

The Heavens

הַשָּׁמַיִם מְסַפְּרִים כְּבוֹד - אֵל

HaShamayim misaprim k'vod Ayl (Psalm 19:2)

The Heavens open up and tell Your Story,

Of sun and clouds and storm, of wind and Glory.

Where I live in New Mexico, the skies are my great entertainment and inspiration. With this practice, we watch the sky and receive from its wide expanse and changing colors, the story of God's expanse and the Truth of Impermanence. You can try this practice lying back on a grassy field with your chant-buddies, looking up at the sky and receiving the amazing story that the Heavens tell. (If you do this practice at night you can substitute "stars" for "sun.")