

# Planting and Harvest

by Rabbi Shefa Gold

וְנָטְעוּ כְרָמִים וְשָׁתוּ אֶת-יַיִנָם וְעָשׂוּ  
גַנּוֹת וְאָכְלוּ אֶת-פְּרִיהֶם

V'nat'u ch'ramim v'shatu et yaynam, v'asu ganot v'achlu et p'rihem.

And they will plant vineyards and drink the wine thereof,  
And they shall make gardens and eat the fruit of them. (Amos 9:14)

The prophet Amos gives us a vision of what it feels like to harvest the rewards of our intentions, love and work, to drink the wine and eat the fruit of what we have planted. Now, what would it mean if with this out-breath, I planted a vineyard, and with the very next in-breath, I drank the wine thereof. And with this out-breath I made a garden and with the very next in-breath, I am nurtured by the fruit of that garden? This is the practice that Amos gives me. As I exhale, I direct my presence and love into the world. As I inhale the very next breath I harvest my Life's bounty, drinking in its wine and integrating its fruit.

Once you have mastered this breathing pattern, reverse it. Allow the vineyard that you are to be planted by God on the inhale. Breathe out the wine of your life in generous response. Let the garden of your life be planted on the inhale. And as you exhale, give the world your fruits.

Let the chant inspire you in this practice.