

# Taste and See!

טַעֲמוּ וְרֵאוּ כִּי טוֹב יְהוָה

Ta'amu u'r'u ki tov Havayah

Taste and see that God is Good! (Psalm 34:9)

When I enter into the sensibility of reverence and assume an ultimate meaning to the flow of my life, I am rewarded with this Divine Goodness. When I follow my intuitions that a great beauty is hidden just beneath the surface, and I dive into that Mystery, I am gifted with a direct experience of the Oneness. But I must enter; I must dive; I must take the risk. This Psalm invites me to take that leap of Faith. It says, "Don't believe me; see for yourself!" I am invited to go for it, to fully taste this moment of Life, and then to trust my own experience.

In this chant I pronounce the YHVH unpronounceable name of God with the Hasidic term HaVaYaH, a term that incorporates the 4 letters of God's name and also suggests BEING itself.