

Lament

How my heart has been broken by the cruelty of this world

How my heart has been broken by the beauty of this world

אֵיכָה יֹשְׁבָה בָּדָד

Eicha yashva vadam (Lamentations 1:1)

How she sits alone!

On the 9th of Av, the day that commemorates the destruction of the Temple, we let our hearts break, and journey through that fissure into love. The Holy Ari teaches that on the afternoon of *Tishab'Av*, the Messiah is born. Out of the ashes of our grief. Messianic consciousness emerges to inspire us onward to wholeness.

I composed this chant for a *Tishab'Av* ritual. Between every repetition, each one in the sacred circle cried out a lament. We named our heartbreaks, both personal and communal: Suffering, inequality, cynicism, meanness, violence, poverty, injustice, abuse, apathy, hatred...

And then as the High Priest I dedicated it all, saying,

“And yet.... ALL OF THIS sends me

To kindness

To connection

To Compassion

and to the knowing of the preciousness of ALL LIFE.”