

## Ha'l'u

הַלְלוּ-יָהּ הַלְלוּ אֶת-שֵׁם יְהוָה  
הַלְלוּ עַבְדֵי יְהוָה

*Hallelujah. Ha'l'u et shaym HAVAYAH,  
Ha'l'u avday HAVAYAH*

Praise the essence of Divinity;  
give praise, oh servants of the One. (Psalm 135:1)

I sing Hallelu-Yah to lose myself in the Mystery, to open to the unnamable. With each Hallelu-Yah, I am lifted up out of my small separate self into the larger Self that is united with the One. I sing to open the eyes of my heart that I might see the miracle that was, is and will be, always before me. I sing to give myself away.

I sing Hallelu-Yah to honor, magnify and glorify that glimpse of miracle that is given to me each morning in the dawning light of day, in the steady beat of my heart. I sing Hallelu-Yah to exalt and bless and celebrate the simple fact of existence.

Praise whittles me down to my essence, purifies me of trivialities, washes away my worries. Through praise, I remember who I am and what my life is for. Through praise I am transformed.