

Praise It All

יְהַלְלוּ אֶת-שֵׁם יְהוָה
כִּי-נִשְׁגָּב שְׁמוֹ לְבָדּוֹ
הוֹדוֹ עַל-אֶרֶץ וְשָׁמַיִם

*Y'hal'lu et-shaym HaVaYah,
Ki-nisgav sh'mo l'vado,
Hodo al-aretz v'shamayim*

Let them praise the essence of Existence,
for that essence alone, is sublime;

This splendor infuses the Earth and the Heavens. (Psalm 148:13)

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.