

# Satisfaction and Its Fruits

שְׂבַעֲנוּ בִבְקָר חֶסֶדְךָ וְנִרְנְנָה וְנִשְׂמְחָה בְּכָל-יְמֵינוּ:

*Sab'enu vaboqer chasdekha;*

*Un'ran'nah v'nism'chah b'chol yameynu.*

May Your Loving-kindness satisfy us in the morning;  
and we will sing out and we will rejoice for all our days. (Psalm 90:14)

Satisfaction is a daily practice of opening to the flow of God's love and receiving that flow in gratefulness. Then we can let our lives be an expression of the wonder, surprise, appreciation, awe and delight that comes from receiving the gift of our lives each day. The practice of satisfaction requires that I suspend my habitual complaint, create a space of inner stillness and receptivity, and then open my senses to the subtle flows of loving-kindness that are always flowing into our world. That flow may come through the color of the sky or the song of a bird or the touch of silk against my skin. That flow may come through the rhythm of my breath, through a sudden inspiration, or through the kindness of a friend. Our practice is to become attentive to that flow, be filled by it and then let our lives become a response to this divine generosity.