

The Exultation of the Heart

וַיַּעֲלֶז לִבִּי וּמִשִּׁירִי אֶהְדָּנִי

Vaya'aloz libi Umishiri ahodenu (Psalm 28:7)

When my heart exults, I will praise (God) with my song.

When my heart feels calm, soothed, vibrant, connected and whole, it will just naturally exult. When my heart exults, glorying in Life-itself, reveling in the miracle of aliveness, I look for a way to express that joy, and pour it into my song, and my song becomes my life. When I am connected to Source, my song receives the overflow of that connection and then enlivens me further. Then I can live from a place of generosity, knowing myself as a channel for the Divine flow. So, if I want to live this way, I must first take care of my heart.