

The Pathway of Praise

Stepping on to the Pathway of Praise, I hear the song that all of Creation is singing to its Creator, just through its very BEING. When I hear that song, I am invited to join in. The final line of the final psalm, Psalm 150, sums up all the Psalms and says, "Let all souls, all who have breath praise God, Hallelu-Yah!" Our very breath, the life force that is moving in us, is a praise to its source. And the challenge is to make that praise/breath deliberate, intentional, yet without content or reason.

I praise 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.

To walk the Path of Praise means to 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. In walking this Pathway of Praise I am transformed. I am led from small-self-egoic tangles into Big-Self-spacious expanse.

The Pathway of Praise opens when I close the door to blame and complaint. In walking this path, I surrender my stories, my too-small identity, my grievances, and my certainties. I get out of the way and let God sing through me.