

Ma-Gadlu

מה-גָּדְלוֹ מַעֲשֵׂיךָ יְהוָה מְאֹד עֲמָקוֹ מִחִשְׁבֹּתֶיךָ:

*Ma-Gadlu Ma'asecha Yah,
m'od amku mach'sh'votecha*

How great is your work, oh God,
how very deep are your thoughts! (Psalms 92:6)

On Shabbat we step outside of the ordinary stream of time; we leave behind the structures of Duality in order to drink from the extraordinary river of Delight that flows directly from the Source. We set aside our struggles and worries in order to simply appreciate and celebrate Life.

Shabbat consciousness requires us to embrace a profound paradox. On the one hand we see the amazing beauty of God's Creation, and in that same vision we encounter the unfathomable suffering and mystery of our world. On Shabbat we let go of our struggle to understand, explain, make excuses or figure it out. We embrace and accept it all and celebrate existence itself.