

Welcoming a New Day with a Poem

Many people cope with Monday doldrums with a nice hot shower or a cup of coffee. Personally, I find that a great way to greet a new day is with a snatch of song or a finely crafted poem.

Traditionally the first thing Jews said in the morning were the dawn blessings, these blessings were uttered privately before going about one's day and interacting with the world. The first prayer begins with the words, "I thank you O Lord." Though thanking the Lord is no longer part of my prayer regimen, I feel that there are definitely aspects of my life for which I am thankful on a daily basis, I am grateful that my parents raised me, I am thankful for my spouse's support, I am happy that I have enough to eat, and that I have a roof over my head. All these elements are present in the traditional liturgy, in my mind they just need to be liberated from their theistic contexts, here are a few snatches from my morning prayers (first in translation, then in the original Hebrew):

The Lover's Kiss:

Piety blows from the sky in ephemeral gusts
Never reaching my soul
Instead I am filled with my love's kiss,
Uncontained, like a mighty phoenix,
It bursts out of me
Hovering for a moment it gazes at me tenderly
Welcoming me into the world

נְשִׁיקַת הָאוֹהָבִים
כִּי כְאֲשֶׁר תִּזְלַח הַיְרָאָה מִן הַשָּׁמַיִם
וְשָׁמָּה לֹא תָשׁוּב כִּי אִם בְּהִבְלֵי הַרוּחַ
כִּן נְשִׁיקַת הָאוֹהָבִים
תִּהְבְּהָב בְּדַמְדוּמֵי לִבָּת עוֹלָתָם
וְלִרְגַע קוֹט בֵּין שָׁמַיִם וְאָרֶץ
תִּלְחַשׁ
בְּרוּךְ שְׂאֵמֵר וְהִנֵּה הָעוֹלָם