

I Am a Wave of Peace

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Rabbi Zev-Hayyim Feyer

Look at the Sabbath candles. Look deeply into them. See them clearly. Then close your eyes. Forget the darkness around you and watch the bright red color within your eyelids. Look intently into that violet-red color. Concentrate on it and imagine it growing bigger and bigger. Behold around you a dimly shining sea of violet light. You are a wave of light, a ripple of peace floating on the surface of the sea.

Now watch closely. You, the little wave, are tossing on an ocean of light. Your tiny life is a part of the all-pervading Life. As you go deeper, you, the little shallow wave of peace, become the entire deep, wide ocean of Peace.

Concentrate now on this thought: I am a wave of peace. Feel the vastness just beneath your consciousness, just as the wave feels the sustaining life of the vast ocean beneath it.

And now, entering the silence, take this thought with you and rest in it.

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