

WELLNESS

Before the Before

Contributed by [Rachel Kann](#)

Source: Rachel Kann & David Guccione

Traditionally, we Jews light candles to transition from the day-to-day into the sacred. We honor this tradition with the power of the flame, and take it to a new place by bringing in sacred plant ritual. We lambs and lions will light sage to connect us to the land we now live on, in our current exile. We let the sacred smoke do its work to clear away past traumas, preconceived ideas, and insecurities related to Jewish ritual experience. We can be brand new!

We bless this moment by saying:

Thank you Infinite, for the opportunity to have awe and enter into a new experience that is ancient.