

Rise Like A Lion: Laughing Yoga Cornerstone 2019

הִנֵּה-עַם כֹּלֵבִיא יָקוּם וְכֹאֲרֵי יִתְנַשֵּׂא

Hen am kelavi yakum, vecha'ari yitnassa

Behold, a people that rises like a lion...

Numbers 23:24

יְהוּדָה בֶּן תֵּימָא אוֹמֵר, הָוֵי עֵז כַּנָּמֵר, וְקַל כַּנְשֵׁשׁ, וְרַץ כַּצֶּבִי, וְגִבּוֹר כַּאֲרֵי, לַעֲשׂוֹת רְצוֹן אָבִיךָ
שֶׁבִישָׁמַיִם.

Yehudah ben Teima omer, hevei az kannamer, vekal kannesher, veratz katzevi,
vegibbor ka'ar, la'asot retzon avicha shebbashamayim

Yehudah ben Teimah says: Be brazen like the leopard, light like the eagle, swift like the deer, and mighty like the lion to do the Will of your Father Who is in Heaven.

Pirkei Avot 5:20

Questions for discussion:

- How do you want to wake up each day?
- How do we wake up each day like it's going to be the best day?
- Who are we responsible to each day?
- What are qualities that we want to embody each day? How will they serve us?