

The Heart of the World Is Good

Emet/truth [alef, mem, tav], the alef is the first letter, the tav the last, the mem the middle; past, future, present.

-- the Book of Illumination, Sefer ha-Bahir

I am afraid of emet,
truth,
alef the first letter
silent.
The silence is crowding me
opening up on emptiness.
The mem, middle,
present,
overflowing like a fountain,
sustaining past and future from the middle.
Et* -- the lure of language,
we are set free by the letters.
We are listening for the alef in the mem
gazing over the horizon for the tav.

Of the tav I have some fear
the last letter
the future.
Emet -- alef mem tav -- is truth.
I am somewhat afraid of truth.
If the world would stand on truth alone
God would not have created it again,
with love this time
with compassion now.
I felt some trust in the fear.

I have some fear of emet
alef mem tav
suspicious that the letters will
tumble over one another
into death,
as if death were the only eventuality.

james stone goodman

*Et is made up of alef and tav, the first and last letter, in the Kabbalah signifying creativity through language.

Alef, mem, tav (truth): Without the alef, truth (emet) becomes death (met).