

# Ahavti

by Rabbi Shefa Gold

אָהַבְתִּי כִּי - יִשְׁמַע יְהוָה אֶת - קוֹלִי תַחֲנוּנָי

Ahavti ki yishma Adonai et koli tachanunai

I Love, because God hears my voice, my supplications.

(Psalm 116:1)

How do I become a lover? How can I grow my love? This mysterious and powerful phrase from Psalm 116 begins with the word “ahavti” I love... but it doesn't tell us the object of that love. I interpret this to mean that what will follow is the prerequisite for becoming a lover. When I feel perfectly heard, when my voice is received and my yearnings are acknowledged, then something in my straining heart relaxes. When I let go of the struggle to be heard, then my heart becomes spacious, open and responsive.