

Ascending

by Rabbi Shefa Gold

וְעַל בָּמוֹתַי יִדְרֹכֵנִי

V'al bamotai yadríchayni (Habakuk 3:19)
He prepares a path for me upon the High places.

As I investigate my own vast inner spaces, I am shown pathways of exploration. The High places are my own capacities for love, forgiveness, courage, wisdom, compassion, perspective, curiosity and humor. God prepares the pathways to those places through the beauty of my world, through the gifts of my inheritance, through the stories of those who have walked this path before me, even through the humbling power of my mistakes. I chant these words as a reminder that I am guided on this path. I chant these words to affirm my commitment to embrace the possibilities of the extraordinary.