

Blessing of My Soul  
A High Holy Days Practice  
by Rabbi Shefa Gold

בְּרַכֵּי נַפְשִׁי אֶת יְיָ, הַלְלוּהָ.

Borchi nafshi et Adonay, HallaluYah (Psalm 104:1)

Bless the place of Sovereignty, Oh my soul!

I call on the force of my soul to bless the God-spark within me, to call it forth, to let it shine through all the layers of Self so that that part of me can be re-enthroned.