

# Filling Up

שִׁבַּע שִׂמְחֹת אֶת־פְּנִיךָ

Sova smachot et panecha (Psalm 16:11)

Filling up with the joys of Your Presence

This is a practice of deliberately filling ourselves up with joy, beauty, light, and vitality. We chant that word “sova” three times, and with each repetition, we open up a greater capacity for joy, cultivating and stimulating those inner receptors that can open to Divine Presence. Sometimes I do this practice with my eyes open, taking in the beauty of the things of this world, filling up with the magnificence of light, color, fragrance and the vast variety of God’s Creation.

This practice can also be done as a circle dance. Stand in a circle and then face a partner. Look into your partners’ eyes and allow God’s light to shine through them to you. Each person that you face in this dance shines a particular and unique refraction of that one light. Fill up with that light as you chant Sova, sova, sova smachot . (2X) Then as you chant Sova smachot et panecha the first time, take hands with your partner and slowly change places. The second time, turn to face your new partner and take in their unique light.