

Giving my “self” in service

by Rabbi Shefa Gold

אָנָּה יְהוָה כִּי – אֲנִי עַבְדְּךָ אֲנִי עַבְדְּךָ

Ana Yah ki aní avdecha; Aní avdecha (Psalm 116:16)

Please God, for I am your servant; I am your servant.

With this practice, I am asking God to please take my small self and connect me with the larger Whole so that everything that I have imagined, constructed, developed and refined as my separate self can be re-connected and be given in service to the Whole of Life.

I am saying, “Please use me,” as I give myself to the Greatest Intelligence and Deepest Mystery of Oneness. With each repetition of the chant, I find more of my “self” to give away in dedication to my higher purpose of service.