

In His Shade

by Rabbi Shefa Gold

בְּצִלוֹ חִמַּדְתִּי וַיִּשְׂבַּתִּי
וּפְרִיו מְתוֹק לְחִפִּי

B'tzilo chimad'ti v'yashavti, upiryo matok l'chiki (Song of Songs 2:3)
In His shade I delight to sit, eating His sweet fruit.

This is a practice of reconnecting with and remembering the essential beneficence of Reality. Sometimes when it feels as if the whole world is my enemy and I am struggling with my predicament, I can stop and rest in the blessing of pure Being. With this practice I receive the gift of feeling held by Reality itself. Imagine leaning back against the trunk of a sturdy tree on a hot summer day. This is The Tree of Life, offering protection, inspiration and unending generosity. At the end of the chant, tune into your breath as you receive the sweet fruit of Being. Let each breath nourish, delight and renew.