

My Protection

by Rabbi Shefa Gold

מְגִנִּי עַל-אֱלֹהִים מוֹשִׁיעַ יִשְׂרָאֵל-לֵב

Magini al Elohim, moshiah yishray lev. (Psalm 7:11)

My protection is all about the God-field;
that's what saves the Upright Heart.

When the source for my own energy field is the Shechina, that indwelling Divine Presence... then I am protected, shielded and ultimately safe. That sense of ultimate safety allows my heart to risk being open and expansive no matter what the circumstance. My heart stands up within me and takes the lead.