

# Re-Parented

by Rabbi Shefa Gold

כִּי אָבִי וְאִמִּי עֲזָבוּנִי  
וַיְהִיָּה יֹאסֵפִנִי  
הוֹרֵנִי יְהוָה דֶּרֶכְךָ  
(Psalm 27:10-11)

Kí aví v'imí azvuní  
Va'Adonai ya'asfayní  
Horayní Yah darkecha

Though my father and my mother have forsaken me,  
God will gather me in.  
Teach me Your Way Oh God.

This three part round is a three part process of first admitting the ways that your parents may have “failed” you. They may not have been able to give you the exact safety, encouragement, nourishment, guidance or embrace that you needed. From your grown-up perspective now you can stop blaming them and instead cultivate compassion for their limitations and for yourself. They were really doing the best they could.

The second step is to turn to God, the Great Father/Mother and allow yourself to be embraced, gathered in, and re-parented. Surrender into the arms of that Divine Parent and let yourself be held, seen, known and sent to your own truth.

And the third step is to open to Guidance, internalizing that Divine Parent as you connect to Wisdom in this very moment on your Life Path.