

# Soul Light

by Rabbi Shefa Gold

נֵר אֲדֹנָי נִשְׁמַת אָדָם חוֹפֵאֵם כָּל-חַדְרָי-בָּטֶן

Ner Adonay Nishmat adam Chofays kol-chadray-vaten. (Proverbs 20:27)

My soul is the flame of God that searches the inner chambers

This practice from Proverbs defines the soul as an aspect of God that is Pure Awareness, which can be activated as a force of holy curiosity as we explore the inner landscape. This chant can be sung as a 4-part round to build the energy and intention for inner search and inquiry.