

Spaciousness

by Rabbi Shefa Gold

הַרְחִיבִי מְקוֹם אֹהֶלְךָ

Harchiví m'kom ohalech (Isaiah 54:2)

Enlarge the place of your tent.

In dealing with emotional or physical pain, I have noticed a pattern of contraction. I become overwhelmed because the pain takes up the entire space of my awareness. I have found that even when I can't "make the pain stop," it is possible to create a spaciousness around the sensation, so that in that very large space of my awareness, the pain can be experienced as just a small part of who I am. When I can become spacious "enlarging the place of my tent," then the pain becomes manageable and I am not overwhelmed. With this practice of spaciousness, I experience the vastness of my true Being. Instead of contracting around the pain, I expand my awareness into that spaciousness. The expansive harmonies really help.