

# Heart Walk

by Rabbi Shefa Gold

אֶתְהַלֵּךְ בְּתָם - לִבִּי בְּקֶרֶב בֵּיתִי

Et-halaych b'tam l'vavi, b'kerev bayti

I will walk within my house in the integrity of my heart. (Psalm 101:2)

To find the integrity of my heart is to return to its innocence, simplicity, and wholeness, and then live my life from that place. When Life gets complicated, tangled up and overwhelming, it's time to "go for a walk".

Et-halaych is a reflexive verb (to take yourself for a walk) that describes a way of living that is self-aware. I must take this walk within my own house, first, if I am to manifest that integrity in the world. My own house might mean the workings of my inner life or the life of my family and intimate relationships, or the sacred realm of "HOME."

This practice is a walking meditation.