

Promise of Connection

וְהִתְחַלַּחְתִּי בְּתוֹכְכֶם וְהָיִיתִי לָכֶם לֵאלֹהִים

V'hit'halachti b'tochachem, v'hayiti lachem Lelohim

And then, I will walk within/among you, and I will be your God

(...and you will be my people). (Leviticus 26:12)

The Book of Leviticus tells us that when we walk in connection, listen well and act in accordance with that interconnection, then the Divine Spirit moves within and between us. We come into relationship not just with the parts, but with the Whole of Creation. This is the promise of connection.

By doing this practice, we are receiving that promise and opening ourselves up to the web of Creation.