

Yours

לְךָ יוֹם אֶף-לַיְלָה

L'cha yom af-l'cha laila (Psalm 74:16)

Yours is the day; Yours is the night.
Yours is the dark and Yours is the light,
I am Yours and You are mine;
where ever I look it is You I find.

There is a love inside me that is almost unbearable. It makes no sense, and I often just shut it down, bottle it up or let this force of love simmer within me. Sometimes, when I find a way to express this love fully, I let it out as a great wave of devotion and service. It is such a relief. When I came across this line in Psalm 74, I felt so grateful to have found a vehicle for this inner force of surrender to the One. The relief comes from releasing the illusion of control, letting go into the widest, wildest embrace, and dissolving the excruciating tension of Duality.

(To magnify the surrendering force of this practice I add bowing. In the downward motion, I give myself over and empty; and in the upward motion, I receive the gift that has been waiting for me.)