

Rise Up, Oh Well!

עָלֵי בְּאֵר עֲנֹרָה

Ali v'er ehnu-lah

Rise up, Oh Well, Chant Her up. (Bamidbar 21:17)

After the prophet Miriam dies, the people are thirsty. She represents our connection to the deep source of Divine Feminine Flow. When we are cut off from that flow, we become profoundly irritable. Our thirst for Shechinah manifests as bitter complaint, negativity and the death of joy. And then we call to the well, the well of living waters that is hidden within.

This is a practice of calling, chanting up the flow of living waters that has been stopped up, and is now ready to rise up and nurture the world.