

# Resilience

אִם־אֵלֶיךָ בִּקְרֵב צָרָה תַחֲיֵנִי

Im aylech b'kerev tzarah, t'chayayni (Psalm 138:7)

Even when I walk in the midst of trouble,  
you are giving me Life.

As I cultivate resilience, I meet the obstacles of reactivity, overwhelm, alienation, despair and feeling cut off from my Source. With this practice, I first acknowledge, with compassion, the difficulties of Life. Then I open to the help that is available in each moment – the unseen possibilities of renewal. When I activate my imagination, the possibilities of joy, curiosity, insight, and a wider perspective are revealed moment by moment and then I simply open to them. In that moment of opening, I let go of my story; I become curious; I connect with inner and outer resources that were always there; I reignite my enthusiasm for the journey.