

# Turn, Return, and Be Turned

הַשִּׁיבֵנוּ יְהוָה אֵלֵינוּ וְנָשׁוּבָה

Hashiveynu Yah elecha v'nashuva (Lamentations 5:21)

Now let us turn, return and be turned (3X)

To the One!

With this practice, we explore three aspects of T'shuvah. How do we turn away from that which is draining us of Life-force, and turn towards that which Life-giving? How do we return to a sense of belonging, authenticity and connection to the whole of Creation? How do we surrender to the Great Mystery that is holding us, transforming us and loving us unconditionally?