

Whole-hearted

אוֹדָה יְהוָה בְּכָל-לִבִּי

Odeh Yah b'chol libi

I thank God with my whole heart. (Psalm 9:2)

To be whole-hearted is to step all the way in to the life I am given. It means I must let go of my resistance, and surrender to “what is.” The practice of gratefulness can take me to this place of whole-heartedness.

On the inhale I am breathing in the gift of my life exactly as it is.

On the exhale I am saying “thank you!” ... for this breath, this very moment.

Each breath takes me deeper. Each breath allows me to include more of my voice and presence as I respond to the gift. I give the fullness of my heart. I stop withholding. And I open wider to receive the heart of God.