

# Relax and Know

הַרְפוּ וְדַעוּ כִּי־אֲנֹכִי אֱלֹהִים

Harpu u'd'u ki anochi Elohim

Relax and know that I am God. (Psalm 46:11)

There is a war raging within, and this world is a reflection of that struggle. We are holding tension in our bodies, minds and hearts and we're not even aware of it. It's this unconscious tension that stands between us and the experience of intimacy with God.

When I began chanting this sacred phrase, I was filled with joy at the possibility of Divine connection (Devekut) so available, so close. That joy bubbled up into a very celebratory melody. Later when I chanted it slowly, it felt like a completely different practice. I include both tempos for our practice.

I am learning that letting go of the struggle doesn't mean disengaging with life. The process of surrendering and releasing the tension around "getting it right" actually creates a new vibrant spaciousness at my center that allows for a deeper awareness of miracle and Presence.