

Devekut

וְאַתֶּם הַדְּבָקִים בַּיהוָה אֱלֹהֵיכֶם חַיִּים כְּלַכֶּם הַיּוֹם

V'Atem Ha'd'vaykim b'Yah Elohaychem, Chayyim kulchem hayom

You, who connect yourself to God, all of you are alive today.

(D'varim 4:4)

These words from the book of Deuteronomy speak to me about my three passions: for life, for wholeness and connection, and for the ability to be present in this moment.

- **Chayyim...** For life, for the vitality that comes when I am connected to my source and can let that fountain fill me to overflowing.
- **Kulchem...** For wholeness and connection, for the integration of all the separate parts that make up the "I" who I'm becoming, and for the realization of my interrelatedness with all of God's creatures.
- **Hayom...** For the ability to be present in this moment, for freedom from the compulsive mental wanderings that prevent me from experiencing the fullness of "today."