

Opening to Ease and Flow

פֹּתַח אֶת־יָדְךָ וּמִשְׁבִּיעַ לְכָל־תִּי רָצוֹן

Poteach et Yadecha u'masbiah l'chol chai ratzon

You Open Your Hand and all desire is fulfilled. (Psalm 145:16)

Opening to the flow of goodness allows me to relax, and then when I relax, I open even further to that flow which fills me and satisfies a deep yearning for connection to my Source. In letting go of struggle, tension and attachment to outcome, I am freed to embrace this moment just as it is, and receive the gift that I am being given. When I open to this moment's gift, I become available to receive the ongoing flow, which is always flowing.