

Davkah

דַּבְּקָה נַפְשִׁי אַחֲרֶיךָ
בִּי תַמְכֶּה יְמִינְךָ

Davkah nafshi acharecha, bi tamchah y'minecha (Psalm 63:9)

My soul with love goes after You;
while your strong hand supports me.

This is a practice that illuminates the paradoxical nature of my spiritual practice. I am seeking, reaching, longing for Devekut, which is God-consciousness, awareness of ultimate connectivity. With all my love I follow the glimmers of the Divine, bringing my heart, soul, commitment, effort, skill, wisdom and grace to the adventure. On the other side of the paradox I lean back, and surrender into the Divine embrace. I totally relax to receive this support. I open in the stillness to the gift of this moment and let myself feel held, encouraged, nourished and supported.