

## Trust in You

יוֹם אִירָא אֲנִי אֶלֶיךָ אֲבֹטָח

*Yom Ira Ani aylecha evtach* (Psalm 56:4)

In the (very) day that I fear, I will put my trust in You.

My practice is to notice, really notice when fear arises, so that in that very moment I can turn and surrender to the Great Mystery. It's tricky because fear often wears a disguise. The disguise might look like anger or cynicism or irritability or numbness or anxiety or tension in my body. When I can catch myself, I can interrupt the pattern of fear hiding behind one of these masks. Then, I notice the fear, take care of myself with tender self-compassion, and open in trust to the Great Mystery, relaxing into the Divine embrace, which, in truth, has been holding me all along.