

# Taking Refuge in You

חַנּוּנִי אֱלֹהִים חַנּוּנִי  
כִּי בְךָ חֲסִיָּה נַפְשִׁי

*Chanayni Elohím, Chanayni*

*Kí v'cha chasayah nafshi* (Psalm 57:2)

You pour out your grace to me, Oh God,  
When my soul takes refuge in You.

There are many names for God. When I invoke the name *Elohím*, I am sometimes startled to remember that this name is grammatically in the plural; I must explore that great Multiplicity if I am to find my way to Unity. On some days I call God “My Beloved”; on some days I call God “My Friend”; on some days I call to God as “The Great Mystery”; on some days I know God as the “Infinite Invisible”. Today as I face a world that is reeling in flux, I take refuge in God, and I call Her, “Spacious, Loving Awareness.”

Taking refuge in Spacious, Loving Awareness allows me to re-contextualize my own troubles, lean into a larger perspective, and surrender into this expanded moment. This act of taking refuge beneath the wide wings of *Shechina*, is what opens the apertures of my heart, allowing Grace (the Divine flow) to pour in. God is always flowing. It is only I who sometime closes in response to trauma, fear, doubt or wounding. Our spiritual practice is to open to that flow by taking refuge, giving ourselves over to God's loving embrace.