

# Dark and Beautiful

שְׁחֹרָה אֲנִי וְנָאִה בְּנוֹת יְרוּשָׁלַם

*Sh'chorah ani v'navah b'not Yerushalayim* (Song of Songs 1:5)

I am dark and beautiful, oh daughters of Jerusalem!

This practice explores our shame and leads us to glory. We live in a world that turns dark skin into a humiliation. Through love and dignity, we overcome that mistreatment, heal the wounds that have been inflicted by oppression, and step into our unique beauty and power. We proclaim that glory to the world through the “Daughters of Jerusalem,” who witness us with love, and reflect back to us our truth.

The music of the chant moves back and forth from a minor to a major key expressing the complexity of this journey to self-realization, which is, ultimately, God-realization.