

Tell Me - Hagida li

הַגִּידָה לִּי שְׂאֵהֶבָה נַפְשִׁי

Hagida li she'ahavah nafshi (Song of Songs Chapter 1:7)

Tell me, my only love...

In this practice, we open a conversation with the Beloved, asking the One we love to respond with Presence, guidance, and intimacy. By chanting these words, we are turning towards the Great Mystery. The answers may come through the silence in the stirrings of the heart or through the portents and wonders of this world. And then we must listen, and open the inner eyes to see. And then we must follow the signs and the glimpses we are given.