

A Mare Among Pharaoh's Chariots — L'susati

לְסִסְתִּי בְּרִכְבֵּי פָרְעֹה דְּמִיתִיךְ רַעֲיָתִי

L'susati b'richvay faro dimitich rayati

I see you, my love, as a mare,
Among Pharaoh's chariots. (Song of Songs 1:9)

Considering the fact that *Shir Hashirim* is often read as a midrash on the story of Exodus, this was a shocking image for me. It seemed to call up the power that belonged to our oppressors. I read many commentaries and still was disturbed.... until I began chanting these words. I found myself chanting to my own body, that mare who carries me with such nobility and power. Yes, her power feels a bit dangerous, and yet, as I honor that mare among Pharaoh's chariots, she is radiant in her dignity and resolute in her fierce beauty.

With this practice we affirm the holy animal that we are, honor her power and beauty, while letting go of any shame or fear that might impede the richness and full-realization of embodied love.