

Found: M'tza'uni

מְצֹאֹנִי הַשְּׂמֵרִים הַסְּבִיבִים בְּעִיר

M'tza'uni hashomrim hasov'vim ba'ir

Then the watchmen who circle the city find me. (Song of Songs 3:3)

I like to think of the watchmen who circle the city as Awareness itself, circling though the mind that is in the process of settling into its center. Awareness is another name for God. When I find my stillness, I am found by the Beloved. And then I hold him close and bring him, as blessing, to my innermost chambers. There the past that is within me can be illuminated and purified. When I chant these words, I remember how I was lost in rumination and fear... and now I am found, restored to my wholeness through the miracle of Awareness.