

## Longing for the One

עַל־מִשְׁכְּבִי בַלַּיְלוֹת בְּקִשְׁתִּי אֶת שְׂאֵהָבָה נַפְשִׁי

*Al mishkavi balaylot bekashti et she'ahavah nafshi*

In my bed all night I long

For the one that my soul loves (Song of Songs 3:1)

Longing is the fuel that must be unlocked through our practice. It is the force that moves me on the journey towards truth and essence. That longing is magnified by the difficult times when I looked to the wrong places to find love, fulfilment or validation — to other people's approval or opinions, to food or substances, fame or more information. Each of these dead-ends send me back to my Self and to the inner journey of soul.