

# Perfect

כִּלְךָ יִפָּה רְעִיתִי וּמִוֶּם אֵין בְּךָ

*Kulach yafa rayati, u'mum ayn bach*

You are all-beautiful, my friend,  
There is no blemish in you. (Song of Songs 4:7)

Being “in love” means to experience an extraordinary state of heightened sensitivity and expanded perception. From that state we can know the truth of an underlying perfection that holds, supports and suffuses this imperfect world. When I am “in love,” there is really no particular object of that love, yet everything that I touch or see or taste becomes the focus of that love. When I am “in love,” even the most difficult challenges are received as messages and goads to go deeper, see wider, and surrender more fully.

This practice is an opportunity to taste that state, and then remember the glimpse we have received, so that glimpse can be our compass as we traverse this path of love.