

# Awake North Wind!

עוֹרֵי צָפוֹן וּבֹאֵי תִמָּן הַפִּיחֵי גַנִּי יִזְלֹוּ בְּשִׁמְיִי

*Uri tzafon u'vo'l tayman, hafichi gani yizlu v'samav*

Awake north wind! Oh South wind, come!

Blow upon my garden and let its spices stream out. (Song of Songs 4:16)

There is a natural tendency to resist change, in order to maintain the illusion of control and the fantasy of security. Yet life moves on, bringing with it upheavals, losses, transformations and shifts in perception. What if instead of resisting the winds of change, we surrendered to those powerful forces, as the messengers of expanded consciousness? In the spirit of welcome, those changes that we might resist can become opportunities for adventure, growth, surprise and awakening. The spices of our garden represent the hidden inner strength and beauty that is unlocked through times of tumult and change.