

Libavtíni (You Have Ravished My Heart)

לְבַבְתִּי אָחֹתִי כְלָה

Libavtíni achoti Chalah

You have ravished my heart, my sister, my bride. (Song of Songs 4:9)

Once I have glimpsed the truth of our Unity; once I have been touched by ultimate Beauty; once I have been seen and known and taken into the Divine embrace... I will never be the same. My Heart has been captured, enraptured and overcome. This love feels like a danger, a threat to my life as habit, a risk to being "normal." This practice acknowledges that danger, and then encourages me to persist on this journey of awakening.