

Before I Knew It

לֹא יָדַעְתִּי נִפְשֵׁי שָׂמַתְנִי מִרֶכֶבֹת עַמִּי־נָדִיב

Lo yadati nafshi samatni markevot ami-nadiv

And oh, before I knew it,

She sat me down in the most noble of chariots. (Song of Songs 6:12)

The preconscious is the part of the mind below the level of immediate conscious awareness from which memories and emotions that have not been repressed can be recalled. Our spiritual practice can facilitate that recollection.

When we receive the Divine gaze and let in love, and feel seen and known, we realize our true identity. We re-member, allowing the truth of our nobility to rise up from the preconscious into glorious awareness. When that remembrance happens, we can take our place in “the most noble of chariots,” which is the vehicle that allows us access to all worlds and dimensions of being.