

Turn and Return

שׁוּבִי שׁוּבִי הַשּׁוּלָמִית שׁוּבִי וְנִחְזֶה-בָּךְ

Shuvi, shuvi haShulamit, shuvi, shuvi v'nechezeh-bach

Turn and return, Oh Shulamit,

Turn and return that we may gaze upon you! (Song of Songs 7:1)

The Shulamit, the aspect of ourselves that is the Perfected One, dances with fervor, authenticity, passion and artistry. When we can know our lives as a dance, then the twisting and turnings of fate are reframed and experienced as poignancy, beauty, dignity, nobility or play. It's all a dance!

To gaze upon the Shulamit is to be inspired by her dance, so we can each find our own dance, our own way of moving in the world and between worlds. I often come back to the question posed by Gabrielle Roth, the great teacher of Ecstatic Dance: "If you don't do your dance, who will?"!!