

Come, My Beloved

לְכֵה דוֹדִי נֵצֵא הַשָּׂדֶה

L'cha dodí, naytzeH HaSadeh (Song of Songs 7:12)

Come, my beloved, let us go out to the field.

These are words that invite us into Shabbat Consciousness, a place of spacious, relaxed receptive presence. It is only in that wide open field, that love can reveal herself, express her full beauty, flourish, thrive and blossom into her mature and powerful form.

In responding to this invitation, I find my purpose, because finally, I am in a place where my love can be received. There I will give you my love; there I will give you my all.

By stepping into Shabbat Consciousness, I am letting go of my attachments to judgment, opinions, control, fixed identity and all the rigid complications of my struggle. I am stepping into trust, unknowing and endless possibility.