

## Calming the Restless Heart - *Ach El-Elohim*

אַךְ אֶל-אֱלֹהִים דּוּמְיָה נַפְשִׁי

*Ach Ayl-Elohim dumiyah nafshi*

Only towards God my soul (turns in) silent calm. (Psalm 62:2)

St. Augustine said, "...our heart is restless till it rests in You." When I touch the place of deep silence within me, I just naturally turn to God who is waiting for me. And in that turning, my restless heart is stilled and calmed. Only when I face The Mystery, does that silence deepen within me, and my restless heart is calmed.