

My Good

וְאֲנִי קִרְבַּת אֱלֹהִים לִי טוֹב

Va'ani kirvat Elohim li tov (Psalm 73:28)

And as for me, God's nearness is my good.

In Kabbalah there are 4 worlds that describe a continuum between the infinite Source and our limited reality. The world that is closest to God is called *Atzilut*, which means nearness. In moments when we touch the world of *Atzilut*, we feel close to the Source of All. This practice is the expressed realization that those moments of touching and being touched by Source, allow goodness to flow in and become our own goodness. We are inspired to keep drawing near to that Source, through heightened perception, inquiry, praise and celebration. When we touch that Divinely sourced goodness within, we can open our own flow and bring that goodness to the world.