

I Have Come into My Garden

בְּאֵתִי לְגַנִּי אָחֹתִי כְלָהּ

Baati l'gani ahoti challah (Song of Songs 5:1)

I have come into my garden, my sister, my bride.

With this practice we receive the Presence of the Beloved who has responded to our invitation with a glorious YES. We put down the struggle ... and relax. We pause to receive that YES. We open in receptivity and relief, letting the strain of our effort dissolve into celebration. We share the myrrh, spices, honeycomb, wine and milk of this amazing garden, taking in the Great Love with all the nourishment and pleasure that Life offers.