

I Was Asleep

אָנִי יִשְׁנָה וְלִבִּי עֵר

Aní y'shaynah v'libí ayr

I was asleep, but my heart stayed awake. (Song of Songs 5:2)

I was asleep,
nearly unconscious,
I couldn't see; I couldn't hear;
I couldn't know the love within me,
I was lost in all my parts,
Until my heart awakened me to wholeness.

Aní y'shaynah v'libí ayr.

Even when just a small place in my heart is awake, it can save me from going completely unconscious or from being completely lost in my stories and patterns. I want to pay attention to and encourage that tiny place of awakensness in my heart, honoring its aliveness, curiosity, humor and steadfast resilience. With that steady attention I give to the awakened heart, I encourage its influence on my whole being. That influence can lead me to joy, integration, healing and wholeness.