

Ahavah Rabah

אַהֲבָה רַבָּה אֶהְבְּתָנוּ

Ahavah Rabah Ahavtanu

(With such a great love You have loved us)

I open to your blessing

I open to your love,

I open to your blessing

I open to your love,

I receive your firm support

and lean into your wide embrace,

When I walk through your open door

I know the whole world as your face.

Ahavah Rabah Ahavtanu

I composed this at a moment when I was feeling very tired, sad, needy and constricted. I saw clearly, an old pattern of trying to get love, reassurance and validation from others when I felt this way.... But it never really worked. . In some corner of my heart I knew that there was a great love- flowing, but I would need to open to it. So, I began to sing these words as a magical incantation to open. After a while, something in me shifted, and I knew that I had located and opened a door within that would always be available to me.