

# Divine Rescue

כִּי מִכָּל-צָרָה הִצִּילָנִי

*Ki mikol-tzarah hitzilani*

For God has rescued me from all my troubles

(Psalm 54:9)

Sometimes I get caught in the tangles of my own mind, and I mistake myself for a victim of circumstance. In that complicated web, my mind turns back on itself in shame and then defends itself with judgment of others. God's rescue comes in the form of a sudden awareness that widens my perspective, sending me into a spacious heart that can easily hold paradox and contradiction. This practice celebrates that spacious heart and lets me find my gratefulness for the Spirit that frees me from my narrow mind, and sends me to forgiveness and sometimes even humor.