

Balancing Will and Surrender

עֲזִי וְזִמְרַת יְהוָה יִהְיֶה לִּי לִישׁוּעָה

Ozi v'Zimrat Yah Vayahi li lishuah

My Strength (balanced) with the Song of God will be my salvation

(Psalm 118:14, Exodus 15:2)

In this practice I find and express my strength, my will, my effort and desire when I chant “Ozi.” When I chant “v'zimrat Yah,” I open and surrender to the God-song and let it be sung through me. Then in the last phrase, “Vayahi li lishuah,” I balance those two aspects of my practice.