

Free My Soul!

הוֹצִיָאָה מִמִּסְגָּר נַפְשִׁי לְהוֹדוֹת אֶת-שִׁמְךָ

Hotziyah mimasgayr nafshi l'hodot et-sh'mecha.

Free my soul from prison,
that I may praise Your name. (Psalm 142:8)

My soul is imprisoned by fear, by rigid forms that I have inherited, and also by constricting forms that I have made for myself. My soul is imprisoned by my conditioning, by perceived limitations that have been place on me and also by forms that I have placed on myself. My soul is imprisoned by habits of judgment, expectation and reactivity. When my soul is set free, I return to my true depth and breadth; I expand into my Divine identity, and my very being becomes a praise of the One.