

Incline Your Ear

אָמַרְתִּי לַיהוָה אֱלֹהֵי אֲפָה
הִאֲזִינָה יְהוָה קוֹל פִּתְחוֹנָי:

Amarti LaYah, Ayli atah,

Ha'azinah Yah kol tachanunai

I said to the LORD: You are my God;

Incline your ear, Oh Yah, to the voice of my supplication (Psalm 140:7)

This practice begins with the affirmation of a core relationship with the Great Mystery. By surrendering to that relationship, we are humbled, and we become aware of our complete dependence. We need a connection to the wholeness of life in order to become whole ourselves. And so we call out to that Divine Wholeness, asking for mercy, connection, and compassion.