

Undefeated

רַבַּת צָרָרֹנִי מִנְעוּרִי
גַּם לֹא-יִכָּלּוּ לִי

Raba Tz'raruni mi'n'urai, gam lo-yachlu li

From the time I was young, I have felt terribly oppressed,
but I have never been defeated. (Psalms 124:2)

I heal the trauma of the past by acknowledging that wound with tender compassion, and then opening to the deeper truth that I am and will always be victorious over all the forces that rise against me. No one can take away my inherent holiness and unbreakable connection to the One. No one can extinguish the Divine spark within me.