

Shiviti

שְׁיִיתִי יְהוָה לְנֶגְדִי תָמִיד

Shiviti Shechina l'negdi tamid (Psalm 16:8)

I set the Presence of the Divine before me always.

This is an important sacred phrase that guides us towards the continuity of practice. Our practice is meant to serve as the foundation of awareness underlying our every thought, word and deed... giving meaning to our lives. Keeping the awareness of God's Presence front and center, truly changes everything. That awareness serves as a constant reminder to open to guidance and blessing, and to keep the egoic mind from taking us hostage with its fearful meanderings. The way it seems to work for me is that I am often losing that awareness and returning to it again and again. Each return strengthens my commitment to awaken to the truth of Connection to Oneness.