

Waiting

דָּוָם לִיהֲנֶה וְהִתְחַלֵּל לוֹ

Dom l'Yah v'hitcholayl lo

Be still/silent and wait for God. (Psalm 37:7)

Our spiritual maturity depends on the ability to be still, to be silent, and to live at ease with uncertainty. Waiting for God means we are not in control of the timing of life's unfolding or the flow of Grace. Yet we can find our stillness and open to that flow. The word for waiting וְהִתְחַלֵּל shares a root that is related to dancing, writhing and birthing... so that stillness is found through intense movement. Our silence is found through dynamic sound. And we find our patience by surrendering to "what is," moment by moment.