

Comfort for Our Worries

בְּרֹב שָׂרָפַי בְּקִרְבִּי
תַּנְחִימֶיךָ יִשְׁעֶשְׂעוּ נַפְשִׁי:

B'rov sarapai b'kirbi

Tanchumecha y'sha'ashu nafshi

When worries multiply within me,

Your comfort soothes my soul. (Psalm 94:19)

When we become aware of the multitude of voices within, and place those concerns into the context of a vast inner spaciousness, then our harried souls can be soothed, comforted and allowed their Freedom.