

# My Cup

פוסי רינה

*Kosí r'vayah*

My cup overflows. (Psalm 23:5)

Though I walk through the valley of deepest darkness, I will not fear evil, for You, God, are with me. How do you manifest Yourself to me? I have come face-to-face with my own demons across the lavish table that You spread before me. And on that table is a cup that is overflowing.

In building the *kavanah*, the intention, for this chant, I would invite the community to begin to become aware of two different dimensions of “cup”.

- One cup is located in the heart. It is the connection to the source of life and love within us, and no matter what befalls us or what “enemy” faces us across the table, that inner cup continues to flow and overflow. The sound of the chant reconnects us to that flow.
- The other “cup” is the cup that is formed in community. The sound of our voices and the strength of our shared intention create that cup, which both contains the divine flow and serves as a vehicle for our nourishment. As we form the cup of community, we enable each person to access exactly what he or she needs, to drink individually from the flow that we create together.

This chant is composed of three parts, which through different rhythmic patterns evoke the feeling of rivulets flowing mellifluously together and apart. At the end of the chant, we can breathe into the heart and look for an image of a cup. Stay with that image as it gets clearer and clearer with each breath. Imagine touching the cup, drinking from it, being filled with its contents.

And then raise the eyes of your heart to see who (or what) it is that sits across from you at the table—your enemy or demon. Know that the cup contains exactly what you need in order to do that facing. Complete the practice by drinking again from your cup.

