

Pure Heart

מִה יִקַּר חֲסִדָּךְ אֱלֹהִים

Lev tahor b'ra li Elohím.

Create for me a pure heart. (Psalm 51:12)

[God] has created for me a pure heart.

O pure heart, create for me [the experience of] God.

The pure heart has created God for me.

The heart, in our tradition, is the seat of holistic intelligence. The heart center mediates between the upper and lower worlds. And the heart center is the nexus point between the realms of the finite and infinite. Since we receive divine guidance through the open heart, our spiritual practice is about purifying that channel... or acknowledging its essential purity. I freely translate this phrase from Psalm 51 in three different ways. As you chant these words, notice which translation resonates for you.

Am I asking God to re-create me in purity? Am I affirming the essential purity within me?

Am I calling on the power of my heart to allow me to access the Divine? Or am I affirming that access?