

All of My Bones

כָּל-עֲצָמוֹתַי תֹּאמְרָנָה יְהוָה מִי כָמוֹךָ

Kol atzmotai tomarnah, Yah mi Chamocha!

All of my bones shall say, "Oh God, who is like You!" (Psalm 35:10)

Yah Mi chamocha is an exclamation of wonder. Like WOW! The word for my bones also means my essence. So, when my bones are expressing this wow, I am allowing my core essence to communicate its amazement radiating out from my center. When I express this wonder, my bones come into alignment with the whole of life, and I just want to dance. My bones lead the way.