

## Increase

תָּרַב גְּדֻלָּתִי וְתָסַב תְּנַחֲמָנִי

*Terev g'dulati v'tisov t'nachamayni*

You will increase my greatness,

And You will turn and comfort me. (Psalm 71:21)

This is a practice of trusting in God, a force that is always expanding us to our true breadth. That Divine force is increasing the sense of our own worth and showing us how we fit into the wholeness of life. In order to know who we really are we must heal some old wounds and undo some outgrown conditioning. That healing happens as God turns to us in comfort and consolation.