

I Lift My Eyes

אֵלֶיךָ נִשְׂאֵתִי אֶת-עֵינַי הַיֹּשֵׁבִי בַשָּׁמַיִם

Aylecha nasati et-aynai hayoshvi bashamayim

To You, enthroned in heaven, I lift my eyes. (Psalm 123:1)

When I lift my eyes, I am opening to the wide perspective; I am seeing through God's eyes, taking in all of it, with loving acceptance. When I lift my eyes, I am letting go of judgment, seeing the wholeness of life and understanding how I fit into the puzzle, discovering what part I play in the unfolding story of Creation. When I turn "to You," God, I am turning away from my fixations and worries, turning in joy towards the infinite.