

In My Distress

אֱלֹהֵי הַיְהוָה בַּצָּרָתָהּ לִי קָרָאתִי וַיַּעֲנֵנִי

El-Yah batzaratah li karati vaya'anani

In my distress | called to God

And God answered me. (Psalm 120:1)

It's important that when I find myself in distress, I will find my voice and express the troubling feeling that is moving through me. In my expression there is truth and beauty that can lift me up and open me to Divine flow. In this way my request is answered; my sincere question calls forth a response that fills me.