

Longing

כִּן נַפְשִׁי תַעֲרַג אֵלֶיךָ אֱלֹהִים

Kayn nafshi ta'arog aylecha Elohim

Just as the deer longs for water by the riverbank,
So does my soul long for You, oh God. (Psalm 42:2)

The deer, which we are recalling with this practice, is standing at the riverbank. Her longing is for that water that is right there, right in front of her. Our longing for God, for truth, for the doorway into the sublime mystery is just like this. We long to know intimately the Reality that is right before us; we long to feel the earth that beneath our feet, to taste the food that is in our mouths, to touch the life that is embracing us. We long for the Power of Presence to awaken us to the gift that is given in this very moment.