

Supported

סְמוּךְ לִבּוֹ לֹא יִירָא

Samuch libo lo yira (masculine)

Samuch liba lo tira (feminine)

Heart supported, fearless. (Psalm 112:8)

This is a practice that cultivates a path to fearlessness, one that I had not imagined possible. On this path, we open ourselves to the feeling of being completely supported. As we relax, expand and lean into that sense of being held and supported, our hearts open in fearlessness.

You can also do this practice with a spiritbuddy, gently placing one hand on the front of their heart and one hand on the back of their heart. As your spiritbuddy dances slowly to the chant, follow their movements giving them a sense of heart support in their dance. Then switch places.