

Tuning In to the Creator-Function

אֶשָׁא עֵינַי אֶל-הַהַרִים מֵאֵין יְבֹא עֲזָרִי

Esa eynai el he-harim me-ayin yovo ezri

My help comes from the One (3X)
Creator of Heaven and Earth. (Psalm 121:1)

I wrote this chant for a friend to use during labor. During the process of birthing, it seemed important to tune in to the Creator-function of God, to become partners with God in the work of Creation, and to turn towards that aspect of God that is continually creating through us.

Even if you are not literally “giving birth,” this chant can be used to stimulate and celebrate the creative force that moves through us each day.

This is a two-part round.