

In the Mother's Embrace

אִם-לֹא שָׁוִיתִי וְדוֹמַמְתִּי נַפְשִׁי

Im lo shiviti v'domamtí nafshi

I am a child resting in The Mother's Embrace (Psalm 131:2)

Is my soul not calmed and soothed?

The essential practice of finding inner calm and of soothing our restless hearts is inspired by the image of a child who has been weaned after being perfectly satisfied and sated by her mother's nourishment and support. Remembering that the Great Mother is holding us, allows us to relax, find comfort and open to the simplest pleasure of BEING.