

# Love at the Center Journey

Can you bring Love to everything you do?

Part 1: Seeking, longing, yearning, arousal, aiming, calling, hearing the call.

**יִשְׁקֵנִי מִנְשִׁיקוֹת פִּיהוּ**

*Yishakayni minshikot piyhu!* Kiss me with the kisses of your mouth! (1:2)

Curriculum: Can I receive the Divine kiss in the color of the sky? In this breath? With this step? Can I open to the gift that God is giving me in "this"?

Part 2: The Work of Love- meeting the obstacles, facing resistance, healing wounds of the past, opening, deepening commitment.

**תּוֹכוֹ רָצוּף אֶהְבָּה**

*Tocho ratzuf ahavah* Within, inlaid with love. (3:10)

Curriculum: Can I touch the most vulnerable and broken place within me with tenderness, and fill those spaces with love and compassion? Can I do this work in the light of friendship with my companions on the path?

Part 3: Finding, celebration, appreciation, enjoyment, acknowledging beauty, consummation.

**הַנָּךְ יָפָה רַעֲיָתִי הַנָּךְ יָפָה**

*Hinach Yafa Rayati, hinach yafa.*

How Beautiful you are my friend! (1:15)

Curriculum: Can I let the beauty that I see open my heart? Can my loving heart open my eyes to beauty?

Part 4: Unlocking the secrets of love, illuminating the mystery, receiving the gifts, stepping onto the path of love.

**שִׁמְיָנִי כְּחוֹתָם עַל-לִבְךָ**

*Simayni chachotam al libecha* Set me as a seal upon your heart. (8:6)

Curriculum: What is the truth that I would want to be sealed upon my heart? How can I open to that deepest Divine imprint at my core?