

# Always with You

by Rabbi Shefa Gold

וְאֲנִי תָמִיד עִמָּךְ

Va'aní Tamíd Imach (Psalm 73:23)

I am always with You.

Though my heart is troubled and I'm filled with dread

I turn to face Your Mystery

Though I've been lost inside my head

I open to Eternity.

The highest Jewish ideal is attaining a state of constant D'vekut, an uninterrupted awareness of God's Presence, even as we are immersed in the experience of this precious world. My addictions and cravings, my doubts, fears and worries, my plans and regrets often pull me away from that awareness- that D'vekut.

This practice is a vow, a commitment, and a re-dedication to the possibility of D'vekut. I chant directly to God, the great underlying and encompassing Mystery ... and through my bold address, I strengthen my commitment to turn again and again towards the Divine Expanse.