

The Divine Mikveh

by Rabbi Shefa Gold

מִקְוֵה יִשְׂרָאֵל יְהוָה

Mikvay Yisroayl Havayah (Jeremiah 17:13)

God is a Mikveh for Israel.

I spent my 60th birthday soaking in some lovely hot springs in New Mexico, with the intention of being purified of the past and reborn into a new time, a new decade, a new era in my life. In the springs I sang these words from Jeremiah. I surrendered to the Divine waters, letting them wash away regrets and worries, letting them open me to the miracle of this moment and a clear, clean, expansive hopeful way forward.

And I remembered that we are always immersed in God, which means that we can relax and be floated, held... and ultimately dissolved in God. (sigh!)