

# From the Depths

by Rabbi Shefa Gold

מִמַּעְמָקִים קָרָאתִיךָ יְהוָה

Míma'amakím k'ratícha Yah (Psalm 130:1)

From the Depths I call to You, Oh God. Hear my Voice!

For me the practice of chanting is about finding those Depths from which to call, thereby unlocking the treasures of passion, longing, love and wisdom at my core. Slavery is the state of being trapped on the surface. I find my freedom by opening to the possibilities of the infinite space within. Calling out to God is a practice of dropping down into those infinite depths and allowing my deepest and truest expression to emerge.