

# Pure

by Rabbi Shefa Gold

כָּל- מִשְׁבְּרֶיךָ וְגַלְיֶיךָ עָלַי עָבְרוּ  
טָהוֹר הוּא, טָהוֹרָה הִיא

Kol mish'barecha v'galecha Alai avaru  
Tahor Hu, T'horah Hi (Psalm 42:8)

All of Your breakers and Your waves have swept over me.  
He is pure; she is pure.

Every moment can be received as a point of transition and an opening into whole new world. As I step into who I am becoming, I need to be washed clean of prejudice, expectation, disappointment and limited perspective.

This chant was written for Taharah, specifically the part of the ritual where water is poured over the body. It is also a wonderful chant for the practice of Mikvah – ritual immersion, or any ritual of purification.

The breakers and waves that cleanse us can also be understood as our life-experience. Through living and learning we are returned to our essential purity.