

Through the Waters

by Rabbi Shefa Gold

כִּי-תַעְבֹּר בַּמַּיִם אֶתְךָ-
אֲנִי וּבְנֵהָרוֹת לֹא יִשְׁטַפּוּךָ

Kí ta'avor bamayyim itcha aní, u'va'n'harot lo yishtafucha

When you pass through the waters, I am with you, yes,
I am with you. I won't let the rivers overwhelm you,
I will be with you.

(Isaiah 43:2)

The Waters represent the times of transition, as we pass from slavery to freedom, from womb through birth into our lives, from life through death into the Sea of Oneness or into the embrace of The Beloved. The important thing is not to fear, to know that God's Presence is and has always been with you... through every transition, through every transformation.