Yehi Ratzon Milanecha – May it be Your will, Eternal One, God of our ancestors, that the words of my mouth and the grateful prayer of my heart be received by You.

I would like to tell You, God, about the most significant and life-changing event that happened to me last year, the death of my father, z"l. But I realize that You already know how I feel about that. Because You were there with me when I sat with my dying father during the last months of his life, and You were there with me during the year of mourning. During this final journey with my father - along with my husband, our children, and my friends - You comforted me. But during the times I felt especially alone… I felt Your additional comfort and nearness, and for that I feel profoundly grateful and I just want to say Thank You.

I also want to share with You that I do not know what I would have done without You these past few months - when I felt my body going through many unfamiliar changes. I visited several physicians as well as healers who practice complementary medicine and that helped me embrace the changes in my body. But the reality is that many nights when I had trouble sleeping my thoughts would get the best of me, I would feel disembodied, focusing on the various physical symptoms that were bothering me. And it was during those nights, when I was wide awake and my family was sound asleep that I came to truly appreciate the brilliance of Rebbe Nachman’s prayer and meditation practice called Hitbodedut – the ability to talk to You, God, out loud, in English, about whatever was on my mind. When I was talking to You in the middle of the night, I could feel Your nearness. And I especially felt Your Presence through my spontaneous tears of the soul. And this unexpected experience offered me increased insight and self-awareness about what truly resides in my heart, my mind, my body, and my soul. It gave me pause, and reminded me of the power of the interconnectedness of my mind, body, and spirit, something that I don’t always remember.

Please, God, continue to be with me during the ebb and flow of my physical existence. Help me to continue to feel embodied, and to trust in the wisdom of my body and soul to speak to me - moment to moment. May it be Your will, Eternal One, Holy One of Blessing, that I continue to be blessed to feel Your nearness. As it says behind me, above our Aron Kodesh, Shiviti Adonai L’Negdi Tamid – I place You, God, before me always.