

A Prayer for the Moment¹

Creator and Maker of All,

Help me to know, we are not in control.

That life breeds opportunities to invoke more possibilities

Each of us only along for the ride at the grace of the *Shecheynah*

Blessed are You, Adonai our God,

If You give me Your hand, I'll give you my heart.

The lava radiates Your Power, it consumes us at the touch.

Sustainer of the Universe,

Teach me to live in the moment, not get trapped in the stories, I thank God everyday I am breathing.

¹ I was inspired to write this prayer after reading a facebook post from my friend and colleague, [Mikey Pauker](#) about his experience performing at Electric Forest 2018.