

# MY DIALOGUE WITH G-D

written by breslov.org

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It is so dark  
I can't find my way  
I am sinking into an abyss of mud  
Drowning, slowly, no one can see  
I want to die

I pray to G-d to let me die  
I am no good  
All I do is hurt inside  
The pain is too much  
I want to die.

I am sinking in the mud  
Going closer into the dark side  
I don't care what happens to me  
This is my fate

I want to die

Where did I go wrong?

I must have been bad

I have hurt those that I have loved

G-d I am lost

I want to die.

Please dear G-d hear my prayer

I don't know why I called out your name

You were not there when my parents died

Where were you when I lost my job?

I want to die

It is so easy to drink the pain away

Drugs to help me sleep

Drugs to keep me awake

I have lost myself to the darkside

I want to die

Why G-d would, you want to help me?

I am no good

I can't do anything right

I have no purpose or reason to live

I want to die

Free will?

What do you mean I have a choice?

I really have a choice?

I don't have to listen to all the negative

Thoughts that have been programmed

Into my mind?

G-d, you have given me a choice?

Why now when everything is so dark?

I can't feel

I can't think

I am so numb

You say to look for my light within

What light?

There is nothing.

I can't see anything.

I am worthless.

Why was I ever born?

I am made in your image?

How can that be?

You are so powerful and I am so weak

G-d you are the Creator and I am the destroyer.

Believe in you?

What do I have to lose?

I am currently in Hell

How could anything get worse?

You say you have always been there for me

Like a parent, you let me fall

Watching me ride a bike, falling and trying again

When did I stop trying?

When did I stop believing?

I am looking for my light

Is it there, just waiting, just waiting to be used?

Now I close my eyes, take a few deep breaths

No, I can't see my light!!

Everyone is unique

Take all the time you need

The light may be hiding, but it is there

It may be hurt or afraid

I see a little light!!

I can see it!!

I am no longer alone

The dark is slowly going away

I now see people who want to help me

All I need to do is ask and reach out  
It is so hard to ask  
I am so afraid

Why would anyone want to help me?  
I am such a failure  
I can't do anything right  
Oh, I am no good.

Wait!! My light is growing a little brighter  
It looks like the Shabbos candles  
How long has it been since I have seen the Shabbos candles?  
Why did I stop believing?

What is this bright flame I see inside me?  
MY SOUL?  
You say I have a soul?  
Oh my G-d, I forgot about my soul.

Yes, it is my soul  
G-d you breathed life into my soul  
I have within me a very precious vessel that is priceless  
Just like my soul, I am priceless.

I am no longer alone  
I am a special miracle created in your image  
I have a choice to go forward  
You have given me a purpose in life  
To Share my Soul and help make this a better world.

*My gift to you is my personal story.  
There is hope when you are in the depths of darkness  
Stop what you are doing!!  
Sit down and close your eyes  
Take a few deep breaths given to you G-d  
Look for your light  
It may be hiding, but is within you  
Believe in yourself because you are MADE IN HIS IMAGE*

Written by Andee Goldman