
Introduction

This place beyond time and space, this place of infinity, this place where my soul lives and grows – this place is deep inside my body. It is as though a Torah scroll sits within me asking to be read lovingly and continually all the days of my life. Inscribed in it are the stories of my ancestors and myself waiting to be mined for God’s teachings. Life’s events invite me to come within, to travel the timeless river of energy that flows through me. I am a living spark of Hashem. By revealing my Godly inner essence, I help to make His presence manifest in the world.

I am also a part of *klal Yisrael*, a cell in the collective body of the Jewish people. My essence ultimately finds expression by taking its rightful place as part of this body. I cannot know myself in isolation but only as part of the whole. Yet the work of excavating my inner core is solitary. It takes me into dark and sometimes uncomfortable places where I feel mightily alone. I mine in hidden underground crevices for long stretches at a time. Eventually, the bounty that I uncover will be carried to the

surface. There I'll meet the other miners. In an instant, I'll forget the loneliness of my underground excavation and bask in the light of our unearthed treasures. The gems of many sizes and shapes will fit together in ways we could never have imagined as we laboriously freed them from the rock and soil in which they were embedded.

Daughters of Israel – students of an exquisite inner Torah, explorers of a deep inner river, and laborers in an inner gold mine. Quietly and courageously generations of women, given the longing and the tools, plumb the depths of their innermost selves. Why and how do we go there? What are we seeking and finding? How does Torah observance shape our efforts? What are we contributing to the Jewish nation?

These are the questions I set out to explore, and ultimately they became the framework of this book. My vantage point is that of traveler and guide. Working with the energy field in and around the body, I have been privileged to assist many women on this path. I work primarily in Jerusalem and the vast majority of women I see are Torah observant, as am I. After years of doing this work, I sensed that these individual efforts were combining to bring an aspect of Torah into the world that had yet to be articulated. I set out to discover what it was and, with Hashem's help, to give it words.*

* The stories included are based on actual situations. Names, certain identifying details, and other features have been changed to protect privacy, and some stories are composites.

A Timely Note

We're living in a world that in some ways feels like it is careening out of control. Acts of unprecedented terror destroy any notion that we are safe in our physical world. It is clearer than ever – *everything is Hashem*. Our continued existence is solely a function of His will. He can take us out whenever and wherever He pleases.

In the midst of this chaos I am writing a book. What does this book contribute? How can it help? I'm reminding people about an anchor of stability, a place of refuge that is always there. That is the nature of the inner world. Even in its own turbulence and disarray, it is a reliable place to visit and inhabit. It is also a place from which profound contact with the Creator is possible. Every woman should have access to this inner home, should know how to make herself comfortable there and how to explore its endless byways. Whatever happens in the outer world, her response, her particular relationship to the event lies within. It is the only place that is hers and hers alone.

I want to invite women into this sacred inner space. I want them to see how rich and wondrous and glorious it is, how it is a place to live from. The crazier the outer world gets, the more essential it is that we are well-rooted within and with Hashem.