
Contents

Preface 9

Introduction

An Overview of Inner Torah and the Inner Torah Process . . 15

How to Use This Book 20

Creating the Foundation

Step 1: Claim Your Inner Torah 27

Step 2: Put Away Theories and Explanations 31

Step 3: Recognize that Events from the Past Are Present
in Your Body/Mind 36

Step 4: Understand that It Takes Time and Practice
to Engage with Yourself 44

Step 5: Appreciate that These Relationships Are Real and
Require Understanding, Commitment, and Care . . 50

Entering Within

Step 6: Identify Something You Want to Focus On 59

Step 7: Pick a Circumstance or Situation in Which the Issue You Chose to Focus On Came Up	63
Step 8: Find the Younger, More Vulnerable Part of You that Is Underlying Your Reaction	67
Step 9: Remind Yourself of the Adult You Are Today	72
Step 10: Imagine the Adult You Meeting the Younger You . .	77

Relating to Yourself

Step 11: Allow Your Adult Self to Reach Out to Your Younger, Vulnerable Self	87
Step 12: Encourage Your Younger Self to Express His or Her Thoughts and Feelings	94
Step 13: Be the Meaningful Adult in Your Younger Self's Life	101
Step 14: Allow for Give-and-Take between Your Younger and Adult Selves	113
Step 15: Reiterate Your Commitment to Be There Even if Only for a Moment.	120
 A Note to Couples	 125
Touching Infinity	131
 <i>Inner Torah Worksheet</i>	 135
<i>Acknowledgments</i>	145