



Touching Infinity

Many years ago I wrote a song the refrain of which went: “So off we go on the scariest trip of all, a trip that’s gonna take us through our hearts. So off we go on the scariest trip of all, a trip that’s gonna show us who we are. You need faith, you need courage, you need strength to let go. You need faith, you need courage, you need strength to let go.”

Those words could be used to describe a good portion of the inner Torah process. It takes you through your heart; it shows you aspects of who you are. That can definitely be a scary journey that requires faith and courage. Letting go of old patterns, of habitual ways of being that no longer serve you certainly takes strength. In a sense, it is an adventure of the highest order. Hashem gave us the capacity to know ourselves at increasingly deeper levels. He gave us a hint of the dimension of infinity that is Him in the depths of our

own beings. What a precious gift.

Inner Torah is one way to access that gift. The step-by-step process described in this volume can take you places inside yourself that you didn't even know were there. It is a process of discovery, of understanding, and of integration. It asks you to use all of your faculties – to feel and to think, to relate to your body and to your soul. It brings you into relationship with time and takes you beyond time. It stretches you to hold a fuller picture that encompasses seemingly contradictory elements. It leads you to integrate disparate parts of yourself, to move toward greater unity and wholeness.

The demand is to take responsibility for yourself and to be honest with yourself. There is no room to hedge or play games. You are only fooling yourself if you do. The inner world thrives on truth. Words that are glib, manipulative, or otherwise disingenuous fail to penetrate. Attention that is distracted, superficial, preoccupied, bored, or otherwise not totally present yields no response. Only genuine, authentic engagement has an impact.

Hashem hid Himself in the world and within us. He asked us to probe, to look for Him, to constantly search out the divine spark that is our essence. He gives us clues continually, in the pages of our holy texts and in the text of our lives – our inner Torah. Our job is to commit ourselves to learning these texts, thereby making ourselves ever greater vessels for His light.