



## How to Use the Workbook

The Workbook is divided into sessions organized to help you walk step by step along the path we follow in the Workshop. Each session begins with an “essential awareness” that encapsulates the core concept presented in that session, followed by a more detailed presentation that includes practical guidance and examples. Next you’ll find breath and body explorations to help you connect more solidly with yourself, and suggestions for practice to help you make the transition from theoretical learning to actual application.

At the end of each session is a reminder to develop a personalized next step to help yourself move forward. One of the hallmarks of Inner Torah is starting from wherever you genuinely are and moving step by little step from there. That requires you to be honest with yourself and asks you to take responsibility for charting your own course within the larger framework within which we are working. It also recognizes that every person is unique, that every inner world has its own landscape. The right next step for one person might be premature or unnecessary for another. Your input ensures that your particular sensibilities are being addressed.

Working with your breath and body can be enormously helpful in Inner Torah work and in daily life. It offers a way to calm and make space in your nervous system for whatever is happening, and gives you a chance to access whatever resources you have to deal with the situation. In the Workshop itself, I typically lead participants through a series of breath and body explorations before I present the substance of each session. This helps everyone come into their bodies so that they can experience what we are learning from inside themselves and not just hear it on an intellectual level.

The Workbook includes a range of basic breath and body explorations to help you get started. The audio sessions also include guided breath and body explorations, including a session with musical interludes devoted exclusively to this aspect of the work. When you use the Workbook, I would encourage you to read through the

material in a session, do the breath and body explorations that follow, and then reread the material. Alternatively, you might want to do the breath and body explorations first, even though they appear after the material, and then review the content of the session. See what works best for you.

Once you've completed the breath and body explorations and read the material, try to complete one or more of the suggestions for practice. Where questions are asked, it can be helpful to write your response and then read it aloud. That way you'll have the fuller picture writing offers, as well as your voice as a gauge to help you sense how connected you are to your words.

Some practice suggestions will be things you can do on the spot; others will be things for you to pay attention to or think about in the course of your daily life. It is very important that your Inner Torah work not be limited to the time you're sitting with the Workbook. Most of your progress will come from applying what you're learning to the events and circumstances of your life. Only this type of "practice" will bring about the change you're seeking.

At a minimum, make a commitment to yourself to review and, where appropriate, implement the essential awareness for that session. This is a way to begin to cultivate the level of self-awareness that will allow you to truly transform. The statements are intended to encapsulate the learning from that session. See how you relate to them and pay attention to any part of yourself with an opinion about them. The goal is to genuinely experience their truth and be able to integrate the teachings into your life. It is not something to force on yourself or to use to run over parts of yourself that may not be holding there. Rather, it is an invitation to see where you are in relationship to that particular aspect of Inner Torah. If you have additional time, you can also read one or more of the books in the Inner Torah series and work with the suggestions for practice that you find there.

Work at your own pace as far as the speed with which you move through the sessions. It doesn't help to rush. Slow is fine, preferable even. To really integrate and learn what we're trying to learn here, it's not enough to understand with our heads. We want our entire beings involved. It is better to move slowly and genuinely integrate what you're learning, than to plow through the material just to cover ground.

Remember that you are now the meaningful adult in the life of your younger, vulnerable self. You want to be sensitive to his/her needs and learning style, and not impose inappropriate demands and expectations on yourself. At the same time, you want to provide the structure and encouragement needed to move forward. Your Inner Torah work itself is an opportunity to practice finding the right balance.

Most importantly, remember Hashem in the picture. Your efforts are only part of the equation. Ask Hashem to help you with whatever you are working on. Things

will happen, openings will be provided that you could never engineer no matter how hard you tried. Try to see and acknowledge Hashem's hand when they do. Hashem created you for a purpose which today only He can know. Never forget this Divine dimension of your existence. It is the true essence of who you are, the true core of your being. With Hashem's help, may we all be blessed to reach this eternal, G-dly part of ourselves.