

Introduction

This Workbook was originally available only to participants in the Level One Inner Torah International Teleconference Workshop (Workshop). Over the years since starting the Workshop, I saw that others could also benefit from its practical, step-by-step guidance and integrated way of learning how to come more fully into relationship with your true self and with Hashem. The result is this revised version of the Workbook, now available to anyone who wants to heal and grow.

The Workbook is designed so that you can work with it on your own, with a *chavrusa* (learning partner), or with a small group. New material created specifically for the Workshop is combined with teachings from the books, *Inner Torah*, *Practical Inner Torah*, *The Breath and Body of Inner Torah*, and *The Inner Light of Love* in a way that allows you to learn at your own pace and apply what you're learning to your unique life circumstances.*

The actual Workshop audio program, from which so many have already benefited, is also available. It includes twenty sessions, plus a bonus class of short breath and body explorations with musical interludes between them to use throughout your day. More information on the audio program can be found at www.innertorah.com. The Workbook isn't a comprehensive record of the Workshop. We cover far too much material in the Workshop for everything to be included. Yet there is plenty in the Workbook to help you learn the foundation of Inner Torah and the basic process. You'll have the essentials you need to get started, and to begin to experience changes in yourself and your life.

You'll find that Inner Torah is more than just an approach to inner work; it's an ongoing, and enormously enlivening, way to move through life. Every step you take in the direction of self-awareness and growth is a valuable one. The effort and

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

energy invested in the process are themselves part of our *avodas Hashem* (service of G-d) for which the rewards are infinite.

It is my hope that this Workbook will help you on your way and connect you with fellow travelers on the inner road. May Hashem bless all of us with the faith, wisdom, and strength to keep becoming all that He created us to be.