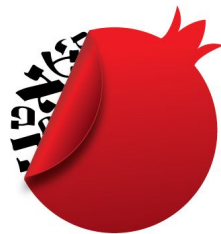


Me, You and the Space Between

Part I: Me

Rabbi Brent Spodek / brent@pardes.org
www.rabbibrentspodek.net



Pardes | פָּרְדֵּס
Institute of Jewish Studies

Yeah, Yeah, Yeah

We need a prompt... any word.

Then we need someone to start making up a story about an imaginary thing that has *already* happened.

Then we need everyone, one by one, to interrupt enthusiastically saying `yeah yeah yeah!...' and continuing the story from where they jump in, keep building off the story.

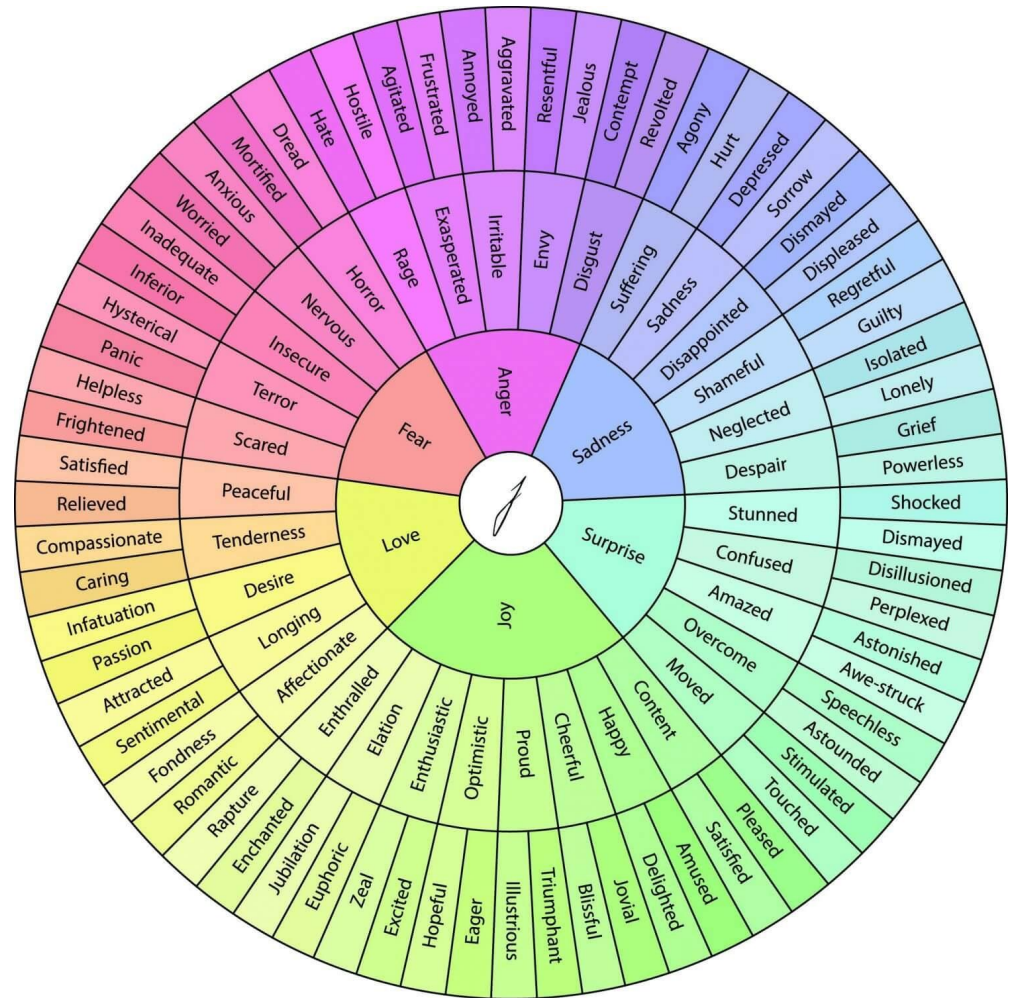
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We Name it to Tame It

“Everyone who tries to create love with an emotionally unaware partner suffers.”

bell hooks, The Will To Change

If we want to be in real relationship with another person, we need to be deliberate and specific in communicating how we are feeling in a given moment.



What are we
doing here?



I will meet you between them (Exodus 25:16-22)

You shall make a cover for the Ark of the Tablets, with two golden winged-sphinxes, one at each end of the cover, *one with the face of a male, and one with the face of a female.*

The winged-sphinxes shall have their wings **spread out above, and they shall look each other in the face...**

There I will meet with you, and I will speak to you—from above the cover, from between the two winged-sphinxes .

ונתת אֶל־הָאָרֶן אֶת הַעֲדוֹת אֲשֶׁר אָתָּן אֵלֶיךָ:
וַעֲשִׂית כַּפֹּרֶת זָהָב טְהוֹר אַמְתִּים וְחֲצִי אַרְלָה וְאִמָּה
וְחֲצִי רְחֻבָּה: וַעֲשִׂית שְׁנַיִם כְּרָבִים זָהָב מִקְשָׁה
תַּעֲשֶׂה אֹתָם מִשְׁנֵי קְצוֹת הַכַּפֹּרֶת: וַעֲשֶׂה כְרוֹב
אֶחָד מִקְצֵה מִזֶּה וְכְרוֹב־אֶחָד מִקְצֵה מִזֶּה מִן־
הַכַּפֹּרֶת תַּעֲשׂוּ אֶת־הַכְּרָבִים עַל־שְׁנֵי קְצוֹתָיו: וְהָיוּ
הַכְּרָבִים פְּרָשִׁי כְנָפִים לְמַעַל סֹכְכִים בְּכַנְפֵיהֶם עַל־
הַכַּפֹּרֶת וּפְנֵיהֶם אִישׁ אֶל־אֶחָיו אֶל־הַכַּפֹּרֶת יִהְיוּ פְּנֵי
הַכְּרָבִים: וְנָתַת אֶת־הַכַּפֹּרֶת עַל־הָאָרֶן מִלְּמַעַל וְאֶל־
הָאָרֶן תִּתֵּן אֶת־הַעֲדוֹת אֲשֶׁר אָתָּן אֵלֶיךָ: וְנוֹעַדְתִּי לָךְ
שָׁם וְדִבַּרְתִּי אִתְּךָ מֵעַל הַכַּפֹּרֶת מִבֵּין שְׁנֵי
הַכְּרָבִים אֲשֶׁר עַל־אָרוֹן הָעֵדוּת אֶת כָּל־אֲשֶׁר אֲצַוֶּה
אוֹתְךָ אֶל־בְּנֵי יִשְׂרָאֵל:

How was your day, Honey?



Know who you are

A person must believe in one's own life, in one's own physical and spiritual power ([SHK 1:231](#))

Every individual needs to find oneself in oneself, and afterwards one can find themselves in the world that they are part of, in their community and their people ([SHK 8:46](#))

Rabbi Abraham Isaac Kook

האדם צריך להאמין בחייו,
להאמין בכחו החמרי ובכחו
המוסרי יחד.

איש יחידי צריך למצא עצמו
בעצמו, ואחר כך הוא מוצא
את עצמו בעולם המסבבו,
שהוא חברתו, צבורו ועמו.

Claim Your Lane

- Sometimes we seek to avoid conflict by making ourselves small and putting others' needs before our own.
- Particularly true if you have been socialized as a woman.
- Cyclists stay safe by claiming space.
- Assume error before assuming evil - incompetence is far more common than malevolence.



The gap between perception and reality

Incline your ear and come to Me;
Hearken, and you shall be revived.

And I will make with you an
everlasting covenant...

Ibn Ezra - **Incline** means leave your
understanding and towards me

Isaiah 55:3

הִטּוּ אָזְנוֹכֶם וּלְכוּ אֵלַי

שְׁמְעוּ וּתְחִי נַפְשְׁכֶם

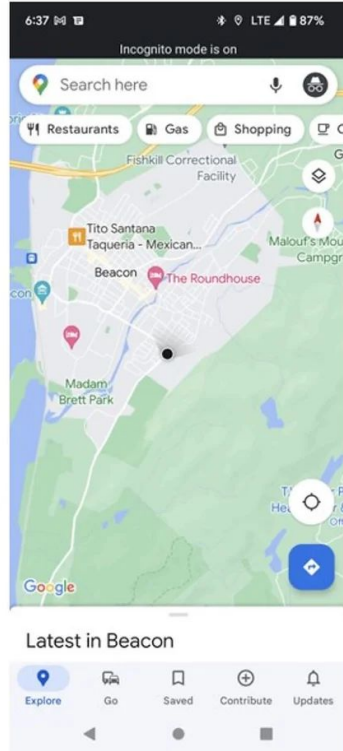
וְאֶכְרַתָּה לָכֶם בְּרִית

עוֹלָם

אבן עזרא: הִטּוּ - וּלְכוּ

ממקומכם אלי

We see through our maps



“If I could give men and women in relationships and leaders and parents one hack, I would give them, ‘the story I’m telling is . . .’ Basically, you’re telling the other person your reading of the situation—and simultaneously admitting that you know it can’t be 100% accurate.”

Brene Brown

Seeking Hidden Radiance

... every single moment that a person controls their tongue, they merit to perceive a hidden radiance invisible even to the angels. Not a month, a day or even an hour - *just one moment...*

[Sefer Shmirat HaLashon, Introduction](#)

כֵּן הַדְּבָר מִמֶּשׁ בְּעֵינֵינוּ,
דִּהְיָא יְדוּעַ מֵה שְׁהֵבִיא הַגֵּר"א
בְּשֵׁם הַמְדָרֶשׁ, שְׁעַל כָּל רְגַע
וְרְגַע שְׁאֲדָם חוֹסֵם פִּיו, זוֹכֶה
לְאוֹר הַגְּנוּז, שְׁאִין כָּל מְלֶאךָ
וּבְרִיָּה יְכוֹל לְשַׁעַר, רָאֵה שְׁלֵא
נִזְכָּר בַּמְדָרֶשׁ חֹדֶשׁ אוֹ שְׁבוּעַ אוֹ
יוֹם אוֹ שְׁעָה, רַק רְגַע.

Soothe Yourself



We all get overwhelmed with emotion or flooded sometimes.

When that happens, our amygdala (*nefesh/נפש*) takes over from prefrontal cortex (*neshama/נשמה*).

What do we do then?

- **Stop** at least 25 min
- **Drop** into supportive practice and
- **Roll** forward in ballance

Four Practices for Self Regulation

- Naming our feelings
- Claiming our lane
- Recognizing our maps
- Soothing ourselves

