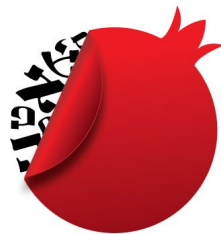


Me, You and the Space Between

Part II: You

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Five things

Everyone up and in a circle, chanting “five things” 5 times.

R. Brent gives someone a category (80s Rock Stars, cheeses, Jewish holidays, breeds of dogs, etc).

That person lists five things in that category, and after every one, we count.

Everyone chants “five things” 5 times and that person gives a new category to a new person, and the circle continues till everyone has gone

— — —

Part I - Me Recap

1. Name Your Feelings
2. Recognize Your Map
3. Claim Your Lane
4. Soothe Yourself



1. Differentiation

Against Superficiality

Loving others demands extensive self awareness, to expand it to the scope it deserves, to fight against superficiality, shallow impressions and undeveloped awareness.

Rabbi Abraham Isaac Kook ([SHK 1:593](#))

אהבת הבריות צריכה
טיפול מרובה, להרחיבה
ברוח הראוי לה,
להלחם נגד השטחיות,
הנראה בסקירה
הראשונה.

Differentiation & Boundaries

The love-experience, which is now full of error, will be reshaped into a relation of one human being to another... love consists of this, two solitudes that protect, border and salute each other.

Rainer Maria Rilke,
Letters to a Young Poet



Many couples confuse love with merging. This mix-up is a bad omen for sex... erotic intelligence is about creating distance, and then bringing that space to life.

Esther Perel,
Mating in Captivity

2. Lover's Eyes

Love is a (very) active verb

Who is the person who is eager for life, who desires years of good fortune?

One who **guards** their tongue from evil, their lips from deceitful speech.

One who **shuns** evil and **does** good, who **seeks** integrity and **pursues** it.

[Psalm 34:13-15](#)

מִי־הָאִישׁ הַחֹפֵץ חַיִּים אֲהַב יָמַיִם
לְרֵאוֹת טוֹב:

נָצַר לְשׁוֹנְךָ מֵרַע וּשְׂפָתֶיךָ מִדַּבֵּר
מִרְמָה:

סוּר מֵרַע וַעֲשֵׂה־טוֹב בְּקִשׁ שְׁלוֹם
וְרִדְפָהוּ:

Seeing with Lovers Eyes



Look at your partner the way Luke Combs looks at Tracy Chapman.

3. Know Your Partner

The Intimacy of Knowing

Genesis 4:1

וְהָאָדָם יָדַע אֶת-חַוָּה אִשְׁתּוֹ וַתַּהַר וַתֵּלֶד אֶת-קַיִן

Now the man **knew** his wife Eve, and she conceived and bore Cain

Judges 13:21

וְלֹא-יָסַף עוֹד מִלְאָךְ יְהוָה לְהִרְאֶה אֶל-מְנוּחַם וְאֶל-
אִשְׁתּוֹ אֲזַי יָדַע מְנוּחַם כִּי-מִלְאָךְ יְהוָה הוּא:

The angel of the LORD never appeared again to Manoah and his wife, and Manoah then **knew** that it had been an angel of the LORD.

Be A Good Jewish Lover



How do we *נָתַן*?

- Getting naked
- Committing to tenderness
- Being curious

Put First Things First

...emotionally intelligent couples are intimately familiar with each other's world... these couples have **made plenty of cognitive room for their marriage**. They remember the major events in each other's history, and they keep updating their information as the facts and feelings of their spouse's world change.

- John Gottman

4. Teshuva is a way of Life

Forgiving self and others

To alleviate the anguish of disappointing behavior, one must first learn to absolve and forgive themselves, and then afterward, expand outward to to absolve and forgive others. This brings joy to the Creator and joy to the world

Rav Abraham Isaac Kook ([SHK 2:150](#))

האדם הכואב תמיד על עוונותיו
ועוונות העולם, צריך הוא תמיד
למחול ולסלוח לעצמו ולעולם
כולו, ובזה הוא ממשיך סליחה
ואור חסד על ההויה כולה,
ומשמח את המקום ומשמח את
הבריות. ובתחילה צריך למחול
לעצמו

Teshuva as a Way of life



[Pirke d' Rebbe Eliezer 3:2](#)

Before the world there was nothing but the Holy One and the Holy Name. And it arose in Divine thought to create the world and so the Holy One began to trace the foundations of the world, *but it would not stand.*

To what can this be compared? To a king who wishes to build his palace. He does not begin to build until he traces in the earth its foundations, its exits and its entrances. Likewise the Holy Blessed One was tracing (the plans of) the world did not endure until the creation teshuva.

עד שלא נברא העולם, היה הקדוש ברוך הוא ושמו הגדול בלבד, ועלה במחשבה לברוא את העולם, והיה מחריט את העולם לפניו ולא היה עומד. משלו משל למה הדבר דומה, למלך שהוא רוצה לבנות פלטרים שלו, אם אינו מחריט בארץ יסודותיו ומובאיו ומוצאיו, אינו מתחיל לבנות, כך הקדוש ברוך הוא החריט לפניו את העולם ולא היה עומד עד שברא את התשובה

Four Ways we regard our partners

1. Differentiation
2. Lovers' Eyes
3. Know Your Partner
4. Teshuva as a way of life

