

Letters to my Neshama

As we reflect on this moment in our Jewish calendar, our tradition beckons us to explore who we are and who we hope to become. I encourage you to write each of the following reflections, considering this larger vision. Thank you to Rabbi Jessica Marshall for this exercise.

From Fear

Dear _____, I am your fear and here is what I have to tell you...

Fear is along for the ride, but it doesn't need to dominate your life. You can give it a voice, but also strive to discern if it is this the voice to which I would like to listen.

From Enchantment

Dear _____, I am your enchantment and here is what I have to tell you.

Dear _____, I am the principal and here is your permission slip.

Principal- permission slip to do the things you want to be doing

And in response, we say to you, "permission granted".

Dear Fear _____,

From Divinity to our fear. Write this letter from your vision of the Divine, spirit or universe, wisdom of our soul, or God in the more traditional sense. What does Divinity tell our fears? What do we need to hear?

Were there common themes that presented themselves throughout your letters? Let this be a beginning, a jumping off point for reflection.