
Preface

Since the publication of *Inner Torah: Where Consciousness and Kedushah Meet*, I have received many requests for guidance on how to do this work on one's own. Readers resonate deeply with the content of the book and want very much to start plumbing the depths of their lives and their souls, but are not sure how and where to start. In response to these requests, I decided to attempt to distill the essence of what I do with the people I work with privately, both in person and by telephone. The hope is that this more detailed, practical explanation will give people a better sense of how to apply inner Torah teachings in their everyday lives. Hence the title – *Practical Inner Torah*.

This volume focuses on how to go within, how to get to know and relate to oneself at increasingly deeper and more integrated levels. It is intended to be used in conjunction with the original book, which introduces the idea of inner Torah and describes the principles and concepts on which it is based. While

the original book was written primarily for women, this supplemental volume is also suitable for men. A number of the *rabbanim* who read *Inner Torah* told me that “men need this, too.” Also, in recent years some of the women with whom I work wanted their husbands to learn this approach to understanding and developing themselves. They asked if they could bring their husbands with them for joint sessions during which we could focus both on their relationship issues and, if needed, on each spouse’s individual issues. In working with these couples, I saw that this approach is also effective for men who have an interest in deepening their knowledge of themselves.

While many women (and a smaller percentage of men) seem to be naturally drawn to this type of inner work and even energized by it, many men seem willing to engage in it to the extent necessary to fix whatever they perceive to be a problem in themselves or their marriage. All things being equal, this is not where they would choose to spend their time, but, if necessary, they are willing. In recognition of this willingness and the commitment of these men to their wives and their marriages (as well as to themselves), I have included examples that speak to men and to couples in addition to those that are focused on women.*

No matter who is doing this work, it’s important to remember that the invitation to become more self-reflective and internal needs to be extended lovingly and without pressure. This is true for women with themselves and even more so with their husbands. Most people’s more vulnerable inner selves

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

need to feel that there is a loving, caring, and patient presence waiting to receive them. They are not likely to surface in an atmosphere of demands, judgments, and expectations. So we have to learn to be kind to ourselves in this realm and to be even kinder to our loved ones whom we would like to join us on this remarkable journey of discovery.

Because this book is intended for use by both men and women, I didn't include ways to work with body and breath in service of coming into relationship with the self. These topics are discussed generally in the original book and are important subjects in their own right. But since I do breath and body work only with women, I felt it was more appropriate to cover these subjects in a book that is written primarily for women. I hope to be able to do that in the next volume of the Inner Torah series – *The Breath and Body of Inner Torah*.

My intention in this volume is just to walk you through the basic inner Torah process. While at one time I worked in such a way that I was the one to go in and look for the earlier roots of people's present difficulties, I subsequently realized that it was more productive to teach people how to go in themselves and to guide and accompany them instead. The work thus changed from something that only I could do through energy work to something that people can more readily do themselves and with others. My hope is that this will enable more people to learn and benefit from the process and also make it possible for people to work together in pairs and groups on their own so that there is less isolation and more support in the realm of inner work. With that in mind, I've also included an inner Torah worksheet at the end of the book that can be used as a guide.