

INNER TORAH SONG

Written by: Ruchy Weiss

PART 1

With the masses of people,
That we meet every day.
Everyone a unique spark,
In their own special way.
Yet when they speak a language,
That we don't comprehend.
We first react, we lose the track,
Of how to make amends.

Sights and sounds and visions,
Encountered everywhere.
Daily life's decisions,
We live our lives in fear.
Upheaval of emotions,
Intensely feeling tight.
We first react, we lose the track,
Of our *inner* truthful might.

Chorus:

INNER TORAH is your guide,
To travel deep inside.
In the mirror see, your adult reflection.
Take your younger self in hand,
And help her understand.
With your breath maintain the deep
connection.

I pray to You, I know and feel,
Hashem can help us heal.
Guide me to attain the right direction.
I know and understand,
I must take it in my hands.
To do my best and not expect perfection!

PART 2

Now when masses of people,
I meet along the way.
I see each as a unique spark,
In their own special way.
I find myself and look at them,
From deep within I see.
And I can give them, in a big way,
As a separate entity!

(Inner Torah process -in short)

*When reacting disproportionate,
I breathe and ground inside.
I name whatever's happening.
The adult I am with pride.
I try to feel my younger self,
And acknowledge her distress.
I reassure, she's not alone,
Give perspective at its best.*

Chorus:

INNER TORAH is your guide,
To travel deep inside.
In the mirror see, your adult reflection.
Take your younger self in hand,
And help her understand.
With your breath maintain the deep
connection.

I pray to You, I know and feel,
Hashem can help us heal.
Guide me to attain the right direction.
I know and understand,
I must take it in my hands.
To do my best and not expect perfection!

PART 3

Each Nisayon has a story,
The puzzle seems unclear.
Hashem with all his glory,
Helps me persevere.
I have a past, a life story.
The future I don't know.
Yet I'm content with the here and now,
And with inner work I'll grow!!
Yet I'm content with the here and now,
And with inner work I'll grow!!

Chorus:

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To my dear friends of Inner Torah;

Thank you for being an amazing source of inspiration to myself and to all fellow participants. By sharing your experiences, you have helped, enabled and encouraged all of us towards many great strides. Wishing you continued Hatzlachah and Siyata Dishmaya in all your future endeavors.

Sincerely,
Ruchy Weiss