

J'S COMMENT: He sounds searching, struggling for sure,. Your reply is very kind and supportive, offering him several resources. 😊 Love, J

Hi ThankK you for your kind and thoughtful note. Let me respond in the text of your note (in caps---I do this to make sure I speak to each point--NOT because I have a loud voice--it's actually very soft (when I used it!:))

On 2020-08-10 14:00, wrote:
Prof. Shapiro,

I just wanted to share that I've been enjoying your writings. THANK YOU I'll point out two essays that introduced me to your writing, "Judaism as a Journey of Transformation" and "Envisioning the New Psycho-Spiritual Paradigm". I thoroughly enjoyed both of them. AGAIN, THANKS,

I've been going on my own journey of discovery...spending my entire youth in the most extreme orthodox yeshivas here in America and in Israel. Pursuing study in my younger years with sincerity and excitement only to burn out and be disillusioned...and then after many years in that state...an awakening through what seemed at the time a traumatic event. I've since discovered plant medicine, transpersonal psychology, Jung, a true understanding of Kabbalah and I am excited about life and the possibilities. WOW, WHAT AN AMAZING TRANSFORMATIONAL JOURNEY! "IN AND THROUGH!" DO YOU KNOW THE THREE STANZA ZEN POEM...WHEN ONE IS UNENLIGHTENED...EVERYTHING SEEMS NORMAL AND "IN CONTROL" WATER IS WATER MOUNTAINS ARE MOUNTAINS; WHEN ONE SEEKS ENLIGHTENMENT...EVERYTHING IS "OUT OF CONTROL" WATER NO LONGER WATER; MOUNTAINS NO LONGER MOUNTAINS; ...AND THEN THE THIRD STANZE...AH,

I'm married with many kids and still live a ultra-orthodox lifestyle which is both a benefit and a huge challenge at the same time. LIKE LIFE!!!: GOOD FOR YOU. DO YOU KNOW THE WORK OF ALLEN CHINNEN ON FAIRY TALES; EARLY ADULthood (ALL WORKS OUT, THROUGH SELF EFFORT, AND/OR DEUS EX MACHINA; MID LIFE: ARE YOU KIDDING ME?!?! (SEE JUNG!) ALL IS A JUGGLING: TRYING TO ADDRESS WHAT WE DIDN'T ADDRESS THE FIRST PHASE...AND THEN ELDER WISDOM TALES (KNOWING THAT ALL ARE WOUNDED, BUT NOW SOME PERSPECTIVE. I would love to connect with you and have a conversation one of these days. AGAIN, VERY KIND. DURING THIS FINAL PHASE OF LIFE, I LIVE IN A METAPHORIC "CONTEMPLATIVE CAVE" . SO I REALLY DON'T "TALK" MUCH AT ALL. HOWEVER IF THERE ARE ONE OR TWO POINTS YOU'D LIKE TO EXPLORE, PLEASE LET ME KNOW , AND I'LL SURELY RESPOND TO THE BEST OF MY ABILITY!:) Please let me know if that's a possibility.

In the meantime, thank you again for sharing your wisdom and I hope to connect to you soon. AGAIN, THANK YOU. SOUNDS LIKE YOU'RE ON AN AMAZING JOURNEY. (DID YOU EVER READ JON KABAT ZINN'S FULL CATASTROPHE LIVING---(TAKEN FROM ZORBA THE GREEK!) HE ALSO HAS A SWEET BOOK: WHEREVER YOU GO THERE YOU ARE (ON MINDFULNESS VIPASSANA) MEDITATION. " DO YOU PRACTICE A TYPE OF MEDITATION? (OF SILENCE, STILLNESS?) THERE ARE MANY WONDERFUL JEWISH MEDITATIONS TOO (E.G. THE SHEMA; AS JOURNEY; CF ARYEH KAPLAN, SHOLEM; AND <https://deanehshapirojr.org/jewish-meditation-context-and-content/>

PLEASE STAY WELL. KEEP BREATHING! AND THANKS FOR SHARING YOUR JOURNEY.
SHABBAT SHALOM :)