

CLASS FOUR: TEACHER'S NOTES
April 5, 1988

1. Reinforce the uniqueness and depth of their responses in last weeks YHWH meditation.

1.1 Review what we have covered so far: different views of God--fire, female (compassion); a force: cloud.

1.2 Review topics:

God not found within a box; God as providing perspective; God as compassion within humans. Each has to find their own relationship with God (the Avot).

2. Asks if anyone noticed compassion over the last two weeks. If yes, discuss; if no, talk about what compassion might look like!

3. Basho poem: altered state. Can't be understood by ordinary, linear awareness:

Over the darkened sea,
Only the shrill voice of a flying duck
is visible
In soft white.

4. How routine prayers are said without feeling. Just like we eat food (the raisin example) without consciousness. We are going to offer two examples of prayers you all know, and go through them word by word. Ways to connect with and feel God.

4.1 Blessing over bread. (hand out) Kaplan, p.144

4.2 Shema (hand out), Kaplan, p.122

5. Homework:

5.1 Discuss lower and higher selves (good and evil impulses).

5.2 Do one compassionate act

5.3 See evil impulse and try to overcome it with a good one. Angry at someone and use that energy to do something nice for them, give them a gift, compliment them.

5.4 Ask your parents if you can say one blessing before the meal, or say one yourself

5.5 Say the shema once (or ideally twice) a day, and try to feel it

Next Week: pick up on evil and good impulses, and do descent into Egypt exercise; draw good and evil parts of self.

Homework: Draw or write any feeling you may have about what it means to be a Jew in a country that is majority Christian

