

DEEPENING THE INNER AND OUTER LIFE

**A Jewish guide to the Holidays reflecting the psychological,
historical, and spiritual traditions**

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**IF I AM NOT FOR MYSELF, THEN WHO SHALL BE FOR ME;
IF I AM ONLY FOR MYSELF, THEN WHO AM I**

what are 4 names of Holiday

- Pesach*
- Parshas*
- Shofar*
- G-d*

ABSTRACT

One of the gaps we see in contemporary Jewish life is the need for integrating several diverse elements of need. On the one hand, there is the need for coping as a Jew in the everyday world. This skill involves a deeper understanding of who we are, a self-exploration of our personal goals, values, and identity. A second need is for ways to contribute to the world at large. How do we deepen our commitment to our fellow human, Jew and non-Jew to make the world a better place in which to live. And, finally, how do we do the above while still respecting ^{learning from} our historical tradition, ^(invest in contemporary significance) and conversely, how can our historical tradition, through myth, ritual, and symbol, help us in these two very difficult inner and outer tasks.

This manual uses certain holidays as a guide to show how the Jewish tradition can be utilized to deepen both our inner and outer lives. The form of the manual is to discuss the background of the holiday in historical terms, followed by its contemporary significance. This is not intended to be just a passive reading exercise, however, but a practical instructional guide. Therefore, each chapter will contain exercises which can be used in order to implement some of the "inner and/or outer deepening" depending on the choices you are ready, willing, and able to make in your own life.

We hope this manual can be a helpful can be inspirational and valuable to all who seek to increase their own understanding of themselves, of God, and of our efforts to make the world a more compassionate and holy place for everyone to live.