

From: "Josh Shapiro" <joshdshapiro@yahoo.com>
Subject: Re: the dance! and more....Shabbat shalom, hey!!!
Date: Fri, October 28, 2011 5:32 pm
To: "dhshapir@uci.edu" <dhshapir@uci.edu>,"JENA" <HUSTJEN@MSN.COM>,"johanna" <jfshapir@uci.edu>,"Shauna Shapiro" <shaunashapiro@hotmail.com>

shauna is coming to visit and stay with me in a couple months

shauna: my bro :)

Josh Shapiro
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When I forget who I am I serve you;
Through serving I remember who i am,
And know that I am you.

From: "dhshapir@uci.edu" <dhshapir@uci.edu>
To: JENA <HUSTJEN@MSN.COM>; johanna <jfshapir@uci.edu>; josh <joshdshapiro@yahoo.com>; Shauna Shapiro <shaunashapiro@hotmail.com>
Sent: Friday, October 28, 2011 3:43 PM
Subject: the dance! and more....Shabbat shalom, hey!!!

Dance life's dance today,
without any preconditions.
You can find the music in your heart.

Hi Special gang,

Well, this is the first week past Simchat Torah, the holiday of Dance. I found the above quote at Dana Point Date this week. Perfect!!!

One good thing is mom has a visiting scholar (Ph.D) candidate from Italy. who came to study with her for six weeks. I joined them at Zinc, and the woman, Martina, shared how in Italian medical schools, students lose their compassion, and become hard and callous toward their patients. ;\$There is no program like the one Dr. Shapiro has developed at UCI.;” Sometimes we take things for granted;Kand it takes an outsider to help us realize what;!’s before our eyes. Mom has nearly single handedly, battling the normal reductionistic, technologicalness of medicine, created a beacon of light, a program of compassion and healing and empathy at UCI. And it lights the lives not only of medical students here, but gives hope to those who see that light, around the world. (And then of course she;!’s flying off to Kentucky to give a keynote on her work to fellow colleagues there). So, my one good thing has to be amazing mom!!!

A second amazing one good thing is a missive we received from sister Nancy. Johanna and I feel sad about not being able to attend Evan;!’s wedding. Nancy wrote of her sadness, too. And she did it in such a loving, empathic, emotionally intelligent, wise way. It was so nuanced, so carefully written. Mom said ;\$This is remarkable. She has a lot to teach us!!!;” and I totally agree. It;!’s such a blessing to have someone, a sibling yet, come from such a wise, caring, compassionate place, sharing a feeling of loss, and doing so in such

a caring way. Perfect donjing!

This week, after Simchat Torah, is the reading from the Torah of the book of Genesis, the beginning, so it is a time of new beginnings. Normally I cherish each of your Shabbat emails, but unlike mom, don't write back individually, but do often make comments on them and place them in a book titled "One Good Thing." But this week I thought since it is the first week of the new cycle, I'd like to make a few comments on each.

Josh, I roared when you said you understood about 22% of what I wrote, but felt what you did understand last week was "brilliant." Thank you. I'm reminded, however, of two things. One, Mark Twain once said that once he wrote something he felt was really wise. When I went back to read it, he commented: When I wrote it, only God and me understood it. Now, only God understands it! So, thank you, but don't assume I even know what I'm writing! (Although the structure of Simchat Torah which is quite deep and nuanced, does form a basis for Volume 6 of J's. (One day!)) Further, anyone who could read and understand The Glass Bead Game in their mid 20s as you did, (better than I understood it at 50), is someone who is indeed "brilliant.!"

Jena, your missive about the two people was so touching. One of mom and my favorite short stories is by Isaac Bashevis Singer about the tailor and his wife on Friday night Shabbat. The story includes the lines "Seven if death they were not parted;" and "Love is stronger than death." (Someday when you are out here, you should borrow it and read it. It's just beautiful! (When you're ready). Also, I want to personally thank you for the very loving and healing and emotionally intelligent conversation you had with mom on Sunday. It really lifted her mood. She is so admiring of you and your empathic style and understanding. And we are both so amazed at how you start work at 7:30ish, work all day, go home, take a walk for yourself, then pick up the three boys, cook dinner, then do homework with each. You are amazing;Kon so many levels.

Shauna, thank you for your tai chi dancing regarding having Jackson visit in November. We are SOO excited about that. Mom has found a musical of Aladdin and the magic lamp, which Jackson said is one of his favorite stories. Mindfulness Travel, Inc, which worked with you on the 9 tai chi dances involved in creating this exciting event, said it was an experience of "cosmic curiosity;" to note the different dance steps involved. And we are so happy that it is occurring. Thank you. Thank you. And your final missive of "Our intention is peace and happiness;" is so beautiful. What a great entry into Shabbat! Peace and happiness to you, and to all of the beloved family!!!

Finally, tomorrow, is the 32nd anniversary of mom and me and shauna and jena and (Josh to be) moving into "Clarity House;" Oct 29, 1979. We sat on the floor and had Kentucky fried chicken. (Well, we still love clarity house. But KFC has bit the dust. But the house both was and is a great refuge, a sanctuary of clarity, joy, and happiness. And tonight mom will again sing Shabbat blessings, (and "Bake;" her famous Challah bread! So, a blessed Shabbat shalom to all of you, and what a great way to start off a new beginning;K;K love love,

Dancingly yours, poppers of new beginnings, sanctuaries, and love

From: "Shapiro, Johanna" <jfshapir@uci.edu>
Subject: Shabbat shalom - hey!
Date: Fri, October 28, 2011 11:33 pm
To: "Shapiro, Deane" <dhshapir@uci.edu>,"shauna shapiro"
<shaunashapiro11@gmail.com>,"BRETT JENA HUSTON" <hustjen@msn.com>,"Josh
Shapiro" <joshdshapiro@yahoo.com>

Hi dear ones. My one good thing this week is a line from the British poet Philip Larkin: "What will survive of us is love". What a beautiful affirmation. It makes me think of Nana. Love you all, Mom/J

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From: dhshapir@uci.edu
Subject: DANCING, NEW BEGINNINGS, PROMISED LAND
Date: Fri, October 21, 2011 4:23 pm
To: "JENA" <HUSTJEN@MSN.COM>,"johanna" <jfshapir@uci.edu>,"josh"
<joshdshapiro@yahoo.com>,"Shauna Shapiro" <shaunashapiro@hotmail.com.>

Hi beloved family,

Erev Shabbat Shalom.

My one good thing is I've been having a lovely spiritual retreat during Succot (remember when we built a succot outside on the deck) it's to remind us of "impermanance" of our dwellings (when all of us now have dwellings!)---and of our time on earth.....

and succot ends tonight with Simchat Torah, which is a time of DANCING!. Why?

1) The last chapter of the torah is read, Deuteronomy, where Moses dies (having seen the promised land, but not able to enter it.) The good thing is that he at least saw the vision! (and helped remove us from some of our dust and slavery in Egypt (our narrow places).

2) we begin reading the first book of the Bible, Genesis, In the beginning, Bereshit. Even as we see our vision, realize we haven't quite attained it, we let go of one cycle, and start again, trying again, getting back on the path once again! The cycle re starts.

3) so why dancing, so far it's just unfulfilled dreams, and ugh, more work and effort to start again. AND YET, just as a) mozes dies and doesn't enter promised land b) we start the cycle over, (reading Genesis), We ALSO c) read the book of Joshua (Yup, that Joshua!!) where in fact we do enter the promised land!

So, all this happens, SEEING but not achieving, starting again, and at the same time part of us already entering and there.....and in our altered state of consciousness, we DANCE.

love love Poppers of altered states and the dance

*read it
again!*