

**NOTES FROM "OUR HEBREW ROOTS" CD
RICHARD GROVES**

שמע SH'MA YIS-RA-EL = LISTEN DEEPLY!

PRAYING IS NOT MAKING OURSELVES AUDIBLE
BUT MAKING OURSELVES ATTENTIVE!

ISRAEL= ONE WHO WRESTLED WITH G*D... AND WON!

SPIRITUAL DIRECTION
=
KAVANNAH
[RIGHT INTENTION]

THE CHOSEN PEOPLE
[UNWILLING SERVANTS OF GOD]

SOUL [NEFESH] VS. SPIRIT [RUAH]

STAGES OF JUDAISM

TORAH
TALMUD
KABBALAH
HASIDISM
REFORMATION

TORAH
GOAL TO BECOME PEOPLE OF THE TORAH
[PERSONAL EMBODIMENT OF G*D]

3 WAYS OF COMMUNICATION

TORAH

G*D – HUMANITY

WORSHIP

HUMANITY – G*D

D'VEKUT

[LOVINGKINDNESS]

PERSON - PERSON

WHEN SOMEONE ABUSES YOU AND CAUSES YOU SUFFERING, YOU MUST MAKE EVERY EFFORT TO LOVE HIM EVEN MORE THAN BEFORE. THERE ARE THREE REASONS FOR THIS...

- YOU WILL BE TEMPTED TO HATE
- YOU GIVE HIM ROOM FOR REPENTANCE
- YOU MUST CLOSE THE EMPTY SPACE IN THE SHECHINAH
EXCERPTED FROM THE TALMUD

HASIDISM

=

TO LIVE APART

[EASTERN EUROPEAN MOVMENT]

SPIRITUAL LEADER: RABBI ISRAEL BA'AL SHEM TOV

'EVERYTHING IS DIVINITY, DIVINITY IS EVERYTHING'
BA'AL SHEM TOV

SHALOM =

BALANCED RELATIONSHIP WITH LIFE

TESHUVA= REPENTANCE
[SELF SCRUTINY AND REFLECTION]

SELF

TEFILA=PRAYER
[LIVING IN HARMONY WITH
NATURE'S CYLCES]

G*D

TZEDAKA=CHARITY
[GENEROUS GIVING]

OTHERS

KABBALAH
[CONNECTING TO THE SOURCE]
=
'ALLEZ IST GOTT'

WE CANNOT KNOW GOD AT THE SOURCE: EIN SOF
G*D MAKES PRESENCE KNOWN THROUGH EMINATIONS
[SEFIROT] OR CHANNELS OF THE DIVINE

YET G*D CANNOT BE KNOWN
EVERYTHING WE SAY ABOUT G*D IS A LIE

SPIRITUAL GOAL:
A VESSEL OF HOLY 'AYIN'

I DISCERN DIFFERENCE BETWEEN
WILL OF THE DIVINE [WHOLE] = GOOD
VS.
SELF-SEEKING = EVIL
THE PROBLEM
HOW DO THE DIVINE AND HUMAN CONNECT?

HOW DO EVIL AND GOOD CO-EXIST IN THE SAME HUMAN HEART?
BA'AL SHEM TOV

OUR HIGHEST VIRTUE AND DEEPEST FLAW ARE ROOTED IN THE SAME PLACE.
SPIRITUAL DISCERNMENT IS ABOUT KNOWING THE DIFFERENCE BETWEEN THE TWO
POWERS OF OUR SOUL

TZADDIK
=
HOLY DISCERNER

GOD NEEDS US AS MUCH AS WE NEED GOD.
RABBI YACOB YITZAK

IF YOU WANT TO RAISE SOMEONE UP FROM THE MUD AND THE FILTH AND DO NOT
THINK IT IS ENOUGH TO KEEP STANDING ON TOP AND REACHING DOWN WITH A
HELPING HAND...
YOU MUST BE WILLING TO GO ALL THE WAY DOWN YOURSELF, DOWN INTO THE MUD
AND THE FILTH. TAKE A STRONG HAND OF THEM AND PULL THEM AND YOURSELF UP
INTO THE LIGHT.
RUSSIAN JEWISH PROVERB

THREE KEY QUESTIONS IN EVALUATING OUR SPIRITUAL HEALTH:
[1] HOW DO I PRAY?
[2] DO I STRUGGLE WITH THE POOR?
[3] DO I HAVE THE KIND OF FRIENDSHIPS THAT MOVE ME BEYOND JUDGMENT AND
TOWARDS COMPASSION?

'WHEN WE COME TO THE END OF OUR PILGRIMAGE AND REACH HEAVEN, G*D WILL
ASK, 'WHERE ARE THE OTHERS'?
MOSES MAIMONIDES

YHWH יהוה
[GREAT NAME OF G*D]

I WILL BE FOR YOU WHO YOU NEED ME TO BE ALWAYS AND FOREVER.

SECULAR JEWISH HUMANISM
"YOU CAN BE A JEW WITH OR AGAINST GOD BUT YOU CAN'T BE INDIFFERENT ABOUT
GOD!"

PURPOSE OF LEARNING IS NOT LEARNING BUT
THE ART OF LIVING

MEN AND WOMEN OF THE FUTURE WILL BE MYSTICS OR THEY WON'T BE AT ALL!

HISTORICAL JUDAISM

BCE

2000

1250

1000

587

Abraham

Moses

David

Jeremiah

Mesopotamia
To Palestine

Exodus
from Egypt

Babylonian
Captivity

HEBREWS

ISRAELITES JEWS

**TORAH
DEVELOPED**

CE

70

1000

2000

Fall of
Jerusalem

[Mishna]

Moses

Mainonodes

Baal Shem Tov

**TALMUDIC
PERIOD**

**KABBALAH/
MYSTICISM**

HASIDISM

**REFORM
MOVEMENT**