

## **With All Your Heart Day 6 – Shabbat Reflection**

Shabbat Shalom, ladies.

I wanted to record a short message for you to take with you into Shabbos — something to sit with, reflect on, and hopefully allow to settle into your heart a little more deeply.

I've been thinking a lot about this time period that we are in right now. We just passed Lag BaOmer and continue through Sefiras HaOmer, this journey from Pesach toward Matan Torah.

This is not only a national journey. It is also a deeply personal one.

We are not only counting days. We are building ourselves.

We are moving from where we are toward where we want to be.

And I think one of the hardest things for us to truly internalize is this:

**\*\*Transformation does not happen overnight.\*\***

A few years ago, I interviewed Melissa Groman for With All Your Heart, and she shared a line that I think about all the time:

> “Change is not a light switch. It’s a sunrise.”

Another woman once shared with me that in her organizational psychology world, they say:

> “Change is a process, not an event.”

And I think that is such an important message for us to remember — not only about ourselves, but also about the people we love.

Because so often, we expect change to happen instantly.

We learn something inspiring.

We recognize a pattern.

We apologize.

We ask for something different.

And then somewhere inside of us, we expect:

“Okay. Now everything should change.”

If I really meant it, I should never do that thing again.

If he really understood me, he should never respond that way again.  
If we truly care, things should immediately be different.

But that's not how real growth works.

Real growth is a process.

The Jewish people did not leave Mitzrayim and instantly become ready for Matan Torah. There were 49 days of growth in between.

And even after Matan Torah, it took 40 years before entering Eretz Yisrael.

And even after that, there were generations of building, falling, rebuilding, growing.

Judaism constantly teaches us that growth happens over time.

We are people in motion.

Hashem did not create a world of finished perfection. He created a world of becoming.

Rabbi David Aaron shares a beautiful idea that at the end of creation, the Torah says Hashem created a world "la'asos" — a world to continue building, growing, and moving toward completion.

There is always more growth.  
Always more becoming.  
Always another layer.

And honestly, we feel that in our own lives too.

We see it in:

- \* our relationships
- \* our emotional patterns
- \* our reactions
- \* our marriages
- \* our parenting
- \* our ability to stay calm and connected

We want to arrive.

But life keeps reminding us:  
this is a journey.

And that can actually be comforting.

Because it means we are not failing when we are still growing.

It means that struggling does not mean something has gone wrong.

It means we are human beings in process.

Over these last few days together, we have spoken about:

- \* emotions
- \* awareness
- \* patterns
- \* compassion
- \* connection
- \* intention

And now the question becomes:

How do we actually begin integrating this into real life?

How do we make this something we live — not just something we hear?

So I want to invite you into a very small Shabbos exercise.

Not perfection.

Not pressure.

Just awareness and intention.

Before Shabbos begins — maybe while lighting candles, maybe during a quiet moment, maybe while taking a breath before the rush begins — I invite you to pause and ask yourself:

> “What is it that I most want to feel in my life?”

Not:

“What do I want someone else to do for me?”

But:

What kind of experience do I want to create in my home, in my relationships, and within myself?

Sometimes women access this question more easily by asking:

> “What feels most missing?”

Maybe:

- \* peace
- \* warmth
- \* calm
- \* appreciation
- \* love
- \* understanding
- \* openness
- \* connection
- \* being heard

Try to choose one word.

And if the word that first comes up is negative, gently ask yourself what the opposite would be.

If the thought is:

“I don’t want criticism.”

Maybe the deeper desire is:

- \* understanding
- \* warmth
- \* acceptance

If the thought is:

“I don’t want to feel like such a mess.”

Maybe the deeper desire is:

- \* calm
- \* steadiness
- \* peace

Once you identify that word, I want to invite you to carry it with you into Shabbos as an intention.

Not as pressure.

As direction.

For example, if your word is:

“love”

Then your question becomes:

> “How can I bring love into this moment?”

Maybe:

- \* toward your husband
- \* toward your child
- \* toward yourself

Maybe it means pausing before reacting.

Maybe it means listening more openly.

Maybe it means resting instead of pushing yourself harder.

Maybe it means recognizing that someone was trying to help, even if it didn't come out perfectly.

Maybe it means allowing yourself to say:

> “I really just need to be heard right now.”

The point is not perfection.

The point is beginning to intentionally create what you most long for.

And here's something important:

Even noticing afterward is still growth.

If after the moment passes you realize:  
“Oh... I could have responded differently there.”

That is still a victory.

Because awareness itself changes us.

And even imagining how you could respond differently next time helps create new pathways in the brain.

So please don't turn this into another way to judge yourself.

This is not about getting it right.

It's about beginning to move in the direction you want to go.

One small moment at a time.

I really hope this Shabbos gives you an opportunity to feel that growth does not have to be dramatic to be meaningful.

A softer response.

A deeper breath.

A moment of awareness.

A pause before reacting.

A little more compassion.

These are real victories.

I am so grateful for this journey together, and I'm excited for what's still ahead for us next week.

I'd love to hear about any moments you notice — even small ones.

Wishing you a loving, warm, connected Shabbos.

And may we all be blessed to live, love, and be loved with all our hearts.