

Elul5783

What areas of your life do you want to 'wake up' in?

~Please add your responses below~

- My artistic and creative side
- My feelings of gratitude for all I have been blessed with
- My ability to integrate and harmonize my Jewish studies with my Taoist Tai Chi practice
- In ways large and small to better heal our world, to better practice tikun olam
- The values and virtues which feel authentic to my soul
- Practicing peaceful meditations called "mindfulness" and "Tonglen"
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