

Journey Guide for Living Deeply with your Pasuk

Itinerary

Dear Beloveds

The journey you are about to embark upon
is the journey through a love poem
Grab your day and night journey sack
and let us begin!

Though the waters may become treacherous
and the desert march the soles of your feet
and a terrible darkness may appear as the light of day
a deeper Voice is calling you
and the sweetest wine will emerge
and manna will be there
as you journey through your days
en route to the Beloved of your Heart.
'And you shall gain a heart of wisdom.'

Welcome to your journey
your faithful Journey Companion:
Your Pasuk
who will open the gates to your Holy City within
and will show you where the manna
lays hidden between cool rocks
and will lead you to the far distant Inn
to rest your weary heart
at the end of a long day's travel.

Although your Journey Guide and Companion
speaks through an ancient tongue
Do not despair: hold on tight: though the conversation bewildering.

The Journey Home is the Gift of a lifetime:
The precious Homecoming to your Beloved Heart.

Now let us Begin!
Tips for the Journey:

1

Welcome this new acquaintance of your Pasuk
into your heart and your home.
Sit with it quietly.
Write it on a larger card.

Don't try to figure out your new friend just yet.
Let it start talking to you.
It will speak to you in unexpected ways~
at unexpected times.

2

Know that it chose you for very special deep work this year!
Consider it an urban modern revelation tailored especially for you.

3

Pay attention to what Book your Pasuk hails from:
This will point you toward the area of your life it wishes to direct your focus.
Each Book captures a time in our lives when we were wandering
and so too, today, there are specific times and chapters in our lives
that we are living through helping us to grow and deepen.

We could simply say
Bereshit (Genesis) *could be about new beginnings, reflect a younger time in our psyche,
a certain innocence, rite of passage, living a time of your life that feels unprecedented*
or even completely starting over
as God demonstrated with the Flood...

Shemot (Exodus) *could be pointing us to reflect on where we might be enslaved at the
moment, or recently miraculously liberated by something so 'out of the blue' beyond our
wildest imagination or hope, that literally 'saved the day!'*
and was beyond anything a human being could have created for us.
And we stop and bow our heads and let a new prayer come forth;
or perhaps we recently had such a deep Ah-Ha! moment that stunned us
with awe and knocked our socks off

Or perhaps we deeply understood something so profoundly at our core
that it left us feeling radically like someone new.

What just happened?
What was THAT cosmic blessing?
And can we come into relationship with It?
And could it even become Beloved to us?

Vayikra (Leviticus) *could be directing us to look at how we might need to be living differently
to match the values of our deepest heart*

*or that we might be feeling the need for certain boundaries (laws/mitzvot)
or guardrails to protect what we hold dear*

maybe we are needing structures to act as containers for feelings
ideas or projects that are vital to our deepest heart.

Bamidbar (Numbers) *could be calling us to pay attention to how we are traveling through the
wilderness of our lives*

how efficient we are being for what's important to us and how to stay accountable

Or perhaps it is honoring and taking stock and numbering
how we are moving in our personal or collective wildernesses
speaking to the formation and structure that help us navigate Unknown territories
or perhaps many parts of our personality are taking firm stands or rebelling
or demanding to be seen or granted fair portion of inheritance
to stand on like the Zelophechad sisters.

There are many stories of our ancestors in this Book that may invite or call us
to look at how we are showing up in the world
as we travel this sacred wilderness of our life.

Devarim (Deuteronomy) *perhaps we have come to the end of a chapter
in our lives. A big part of us has to die so the psyche can continue.*

Perhaps we are reflecting on our life's journey up to this point.
Perhaps we are ready for a deep change of location.

Perhaps we are coming into acceptance of our own mortality and death
and like Moses will be kissed by God
when our time comes.

Each of these Books is rich with stories and reflections
rivers and towns and inhabitants that could fit right well in with us
in our own inner timeless archetypal landscapes.

Where your pasuk comes from, which Book they hail from
is giving us a clue as to where it wants us to focus our love and care.

What arena our conversation will be deepening into.
Something wants to come through for us in *this* chapter of our lives.
Our pasuk is a perfect guide.

4

Actually make an appointment to visit your Pasuk where it lives.
Visit the neighborhood : Its parsha. Its chapter.

See its exact home in the neighborhood.
See where it lives, visit its family.

Say hello to all the other psukim who live next door!
Read its Book for context.

Read its Parsha for details.
Its street address is: Book 1:1 = Book, chapter, verse

Take note of what culture looked like then.
Learn all you can about the times back when we were wandering.

Then play the ancient text forward into the 21st Century of wandering.

What would it look like today if your Pasuk were dressed in modern clothing?
See how this overlays your life.

What speaks to you?
Your Pasuk is bringing you in deeper.

Resist trying to figure it out
Let associations begin to form like a conscious dream.

Continue to open to your inner vastness

5

Know your Pasuk is a holy mirror for you
Holding a special key to unlock a sacred room in your heart.

All aspects of your Pasuk are parts of you:
Each person place object activity

each tribe each sacrifice each prophet each child each tree each river
each Holy Energy

reflects a part of *yourself*
You are a living Energetic Being!
Created in the image of the Divine!

There is room inside of you for it All
The secret sauce
of your Humanity and your Divinity

Your Pasuk is reflecting you right now
in 6 months
in a year

In years to come
And Eternally.

See how these parts of you grow and change.
How you see your Pasuk now

is not how you will see it at the end of the year
Take some time to record your reflections in your journal.

6

Come to know your Pasuk as a Living Presence!
A voice from another realm reaching through to you.

Soul language, not necessarily Hebrew
English or the language you think in.

It is the language you *know* in.
It can be images. Events.

Moments of felt sense wisdom
Snapshots of Eternal Being.

7

We can walk with our Pasuk through 4 Sacred Entrances:
PaRDeS

The Sacred Orchard of Paradise!
Of delicious holy wisdom

Pshat: the surface literal entrance:
the who what when and where of the narrative.

The Grounding level of initial meeting
connection and meaning making.

Remez: the entrance that gives us 'hints':
Symbolic understanding, Special wording. Plays on words.

References to other moments in Torah.
Unique sentence structures, gematria, metaphors and allegory.

Ways we can deepen and expand upon what we are being given
to increase our depth and appreciation of the content.

Drash: what can we learn from this?
What is the teaching? How can we grow wise from this?

What is the practice?
What will build us as human beings
and bring forth our deep learning and wisdom?

Sod: deep mystical treasures hidden within.
What we cannot see at first glance.

Or second glance.
Or maybe years
Or even ever!

THIS

we must go to our mystics and wisdom keepers
for their wisdom guidance and initiation

or maybe our Pasuk will download pure Grace for us!
And we will have direct audience with The Great Radiance!

Which entrance way is your Pasuk inviting you through first?
The Orchard is rich.

Enjoy the feast!

8

Don't be afraid of a scary or disturbing sounding Pasuk.
Say hello

Ground yourself
Take a deep breath and don't back away.

Difficult psukim are an invitation into deep shadow work.
Your pasuk is offering a profound potential for healing

and you have been chosen because you can bear the heat.
See initially what it brings up for you.

This might be the door of your deep inner healing.
Global shadow work. Planetary healing.

Record every emotion and every reaction.

Keep asking it what it has come to teach you
Don't demand an answer.

Bring it close.
Stay curious.

Keep breathing.
Don't be afraid of pain.

Much needs to be released now
for deep healing and rebirth.

Often these scary psukim are speaking to something
completely Unknown

through the Sod entrance way
The mystics have always understood

powerful cosmic dynamics
hidden in everyday language

that we day to day journey folk
haven't been initiated yet into understanding.

Don't take anything at face value.
Stay open and curious

and see how your journey unfolds.

9

If you received a gorgeous beautiful uplifting Pasuk
continue to sing Hallelujah with it!

With an awe inspiring Pasuk
it is easy to stay in the joy of such delight!

But there is work to be done here too
What is your Pasuk asking you to live even deeper into?

How do you live your Hallelujahs?
What form do they take?

What is it like to be bathed in pure awe?

10

Or:

You can just see which word jumps out at you
You could spend the whole year
living with that one word!

Then go to the Hebrew letters of that word
WOW

So many worlds within each letter
Our holy language!

Your Pasuk would love that too.

11

And

You also don't have to do anything at all.
You can just say 'thank you' to your Pasuk.

And hold it with love in your heart.
It will seek out your soul

It longs for Union!
It loves you already!

And if you choose to embark upon this sacred journey
Enjoy the many teachers you will meet upon the road

the many sweet hours of companionship
both human, and more than human

the deep beauty and richness
of our legacy tradition and family!

May you be blessed with a Great Love
May you fall in love with your Pasuk

May something deep click within you
May something new open its frontier

May something deep within be welcomed home
May you be known and feel loved

and may the Great Light at your Source of Being
Shine forth Its deepest love guidance and wisdom

as you come Home
to the Beloved of your Own Heart.

May this and more
be yours.

Ken yihi ratzon.

B'hava rabba,
Nili

written and given over with love
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Nili is a beloved member of the Romemu community who has led a yearlong sacred pasuk journey for 15 years. She is an icon painter and member of an artists' beit midrash for 20 years. She loves fiber and weaves her own wool into sacred garments. She has a private healing practice of helping others heal into their deepest love, and is honored to guide our Chevra Kadisha helping those making their sacred transition into the Great Mystery at the end of this life.

Although Nili is on sabbatical and not leading her yearlong Pasuk Journey Course at the moment, she is happy to hear from you if you need any support on your journey.

She is in love with psukim.

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