

Additional Resources for
Changing the World from the Inside Out
by Rabbi David Jaffe

PRACTICE: **Bitachon/Trust**

Jewish Wisdom about Bitachon/Trust

Everyday Holiness, Dr. Alan Morinis, chapter 22

Focus Phrases

Choose a phrase to repeat out loud for a minute or two each morning. You can adapt the phrases to your own language. Write the phrase on an index card and put it somewhere you will see it each morning. Some people tape the card to their car dashboard or computer.

(ז) בְּרוּךְ הַגִּבּוֹר אֲשֶׁר יִבְטַח בַּיהוָה וְהָיָה יְהוָה מִבְּטָחוֹ:
(ח) וְהָיָה כְּעֵץ שְׂתוּל עַל מַיִם וְעַל יוֹבֵל יִשְׁלַח שָׂרְשָׁיו וְלֹא יִרְאֶה {יִרְאָה} כִּי יָבֹא חֹם וְהָיָה עָלָיו רֵעָן וּבִשְׁנַת בְּצֻרָת
לֹא יִדָּאָג וְלֹא יִמְיֵשׁ מִמַּעֲשׂוֹת פְּרִי:

Blessed is the person who trusts in the Lord, and whose hope the Lord is. For he shall be like a tree planted by the waters, and that spreads out its roots by the river, and shall not see when the heat comes, but its leaf shall be green; and shall not be anxious in the year of drought, nor shall it cease from yielding fruit.” (Jeremiah 17:7-8)

“A perspective of closeness”

-Adapted from Rabbi Shlomo Wolbe

Guided Meditation

This is best done with a group or at least a partner. Have one person read the meditation while the others follow the instructions read by the leader.

Find a comfortable place to sit or lie down.

Feel the weight of your body against the chair or ground.

Rest your hands on your lap or at your sides.

Gently let your eyelids close.

Take three deep breaths, inhaling through your nose and exhaling through your mouth.

Think of a project or campaign you are doing or have done in your social change efforts, family or community.

What was the goal of this project?

What effort did you put in over the course of the project or campaign?

Scan the effort to remember all the effort you put in.

How strongly did you believe that your efforts would make all the difference?

Now imagine that the outcome was actually dependent on God's will or greater forces outside of your control.

Try to bring that awareness into your effort.

Hold both at the same time: You put in lots of effort to achieve your goals and decide that the outcome is ultimately dependent on God or forces outside your control.

You trust that you've done what you can.

Keep holding both perspectives at once.

How does holding both effort and trust impact how you engage in this project or campaign?

How does it impact how you relate to others involved?

How you related to the community or individuals the project is trying to impact?

How you feel about your own contribution?

Visualization

This exercise can be done individually or with a group. If a group, choose one person to read the description once through.

Imagine a spring of water in the side of a mountain surrounded by green grass and rocks.

The spring's source comes from deep within the earth, where the water is constantly replenished by melting snow and rain.

The water is cool, clean and refreshing to drink.

It is impossible for the spring's water source to ever run dry. It is a 100% reliable source of life giving water.

What would it mean for you to have something in your life you can rely on 100%?

Contemplation

This exercise can be done individually or with a group. If a group, choose one person to read the description once through.

Contemplate the idea that God is really there and that the moral arc of the universe does bend toward justice. Ultimately the world will be repaired, social justice achieved, war ended and humanity will be at peace with the earth and larger universe.

How does believing in this outcome impact the way you think about your change efforts?

Kabbalat

The kabbalat are designed to do individually. If you are using this book with a group give people a few minutes to choose a kabbalah and close the session with people sharing which kabbalah they are going to practice until the next meeting.

Make one effort in your work or home life each day as if you really believed God or a higher power was in charge and involved in a benevolent way.

Do a renewing activity each day. What is the source of your renewal?

Focus on one request you receive each day. Does it seem to come from despair or relaxed confidence? Try also noticing a request that arises from within yourself.

Cheshbon Hanefesh

Set aside five to ten minutes at some point in the day to either journal or do the hitbodedut practice answering these questions.

What good point did you notice in yourself or others regarding bitachon in your change efforts?

What choice point did you have regarding effort and trust?

What is your state of renewal or despair regarding social change right now?

How is your Bitachon aligned or not with your understanding at this moment of God's will for you or what the universe is calling for from you right now?

How is your level of Bitachon expressing or working against your own deep desire/will?

Sichat Chaverim

1. Trade turns listening to each other for 2 minutes talking about a good point from the day and anything else the speaker wants to get off his or her chest
2. Journal quietly for five minutes about the Cheshbon Hanefesh questions
3. Trade turns listening to each other for 10 minutes talk about the experience with the focus phrase, kabbalot, Cheshbon Hanefesh, meditation, visualization and contemplation. Then discuss any insights or challenges with Bitachon that came up during the week. End with a commitment for practice for the next week.