

In Jewish Renewal, we've embraced **the Four Worlds model** of the kabbalists, which holds that multiple levels of awareness are always available to us. So when one World, the physical, becomes temporarily less available, we are blessed with the ability to expand our consciousness into the other Worlds, strengthening our spiritual muscle to support ourselves and others in times of challenge.

In this present moment, physical distancing is required. As **Assiyah**, the world of physical presence and action moves into the background, we can invite into the foreground our practices in the other three worlds: the world of **Yetzirah** (Formation), emotional truth and right relationship; **B'riah** (Creation), mental clarity in relationship with universal mind; and **Atzilut** (Nearness), connection with the Oneness that unites all.

Now is the time to experiment with our relationship to, with, and between the other worlds.



## Emotionally

Direct your attention inwards and pay attention to how your body is feeling. Emotions are often stored in the body. Pay special attention to points of tenderness, fatigue, tightness.

Breathe in with ruach. The world of formation and emotion. Send ruach to those places of need in your body.

Direct your attention outward. Ask questions that center on feelings/emotions.

Breathe out with ruach. The world of formation and emotion.



## Mentally

Direct your thoughts inward. What do you know to be true about yourself at this moment? What questions do you still have?

Breathe in with neshama. The world of the mind-soul.

Direct your thoughts outward. What do you know to be true about others/the world at this moment? What questions do you still have?

Breathe out with neshama. The world of the mind-soul.



## Spiritually

Shine a bright light inward. Listen to what is arising in your soul. What is it that your soul yearns for?

Breathe in with chayah. The world of the divine spark.

Shine a bright light outward. Listen to what is arising in other souls. What do you hear from the souls of others?

Breathe out with chayah. The world of the divine spark.