

# Session 1 follow-up emails from your co-facilitators

## Rabbi Hannah

Thank you all for deep reading, writing and listening.

The voyage continues with Parshat Vaera. For our gathering on Dec. 28, please pre-read Exodus 6:2-9:35 on Sefaria, or the alternate translation of your choice.

Each week, the Sefaria link will be posted to our site within 24 hours of our Tuesday meetings.

**Course website:** <https://www.orshalom.ca/zusia/voyage-into-exodus/>

**Password:** Shemot

If, at any time, you wish to share what you read in class, in writing, or continue to work on a piece and wish to share, please send your work to Dael or to me so we can post it on our website. Same confidentiality policy: no sharing beyond the group unless with permission. No comments on the work, unless in private, and with prior permission to approach the subject.

Have a lovely week!

## Dael

Dear Chevre,

Following R. Hannah's note to you all, I send my appreciation to you all for our coming together, reading, sharing, writing, and sharing again. I am sending some of the writing /prompt suggestions I shared with you on Tuesday night. Perhaps it might be useful for you to have this text beside you as an invitation or reminder as one way in to find more of your writing, as perhaps you may find yourself wishing to write in again—to hear or seek or find another space/piece/story before we next meet!

Shabbat Shalom and I look forward to being with you all next Tuesday night when we meet again in Va'era.

With Brachot,  
Dael

*Dael's Offerings from Tuesday night's Shemot:*

So please allow yourself to breathe gently with your eyes closed and as you do so, I'd like to share with you some words about the writing we will find here tonight. I'd like to share one way of a writing practice tonight. I'll lead us into a very brief meditation and settling into this afterwards, I'll suggest invite you to write into three separate spaces. This writing practice is one I use regularly in opening a moment or a story I'm wanting to hear. Please take whatever in this technique works for you and allow yourself freedom to go really wherever you wish to go.

Please know there is no right nor wrong in these writings. Allow yourself to really embrace this. Let yourself write into what comes into your awareness without needing to know its destination. Please know that we all know that this writing will issue forth as it is without any secondary refinement or evaluation or editing – that it will come as it does and is as it is, worthy. Allow yourself also to know that it is not/will not be required to share your writing unless you are wanting to do so. If we write from what we want others to hear, it's very difficult to hear our own voice.

Let yourself breathe as you write.

If you find yourself wondering and wandering or judging, let yourself return your attention to your writing with your breath so that you might feel what is true or even on the way to true and continue on. Remember that this writing is for you alone

Allow yourself to suspend  
all judgment

Write what feels true

Allow yourself the freedom to write  
into wherever you are

Wherever you are is right

Trust the process

The more you trust the more you will see and hear the way.

## WARMING NOW

Allow yourself to write into or out from the moment you heard/saw in the narrative – what you placed into the chat remaining connected with it and write out from here. Breathe

Allow yourself to be with this first writing and read it again, feeling the tug of a detail or a space or a feeling that might call you in more deeply. Write out from here. Breathe

Allow yourself to be with your first two pieces now and allow yourself to hear what do these writings call you to next? Allow yourself to hear it as a question. Write from this question. Breathe.

Texts based on and derived from Dael's book *The Hour Stories: An inspirational technique for writing story*