

SOULIFT: Dealing with Adversity



May 13 - 19, 2019
Lake Delton, Wisconsin

Led by Rabbi Shefa Gold and Rabbi Diane Elliot

In the 18th century, the Ba'al Shem Tov (BeShT)—the great mystic, shaman, healer, and founder of the Hasidic movement—laid out a process for dealing with challenging experience.

He described this process as “sweetening suffering.” As many contemporary spiritual teachers point out, pain is inevitable, while suffering is optional. The BeShT taught that by embracing our difficult experiences, opening to them, whether they appear in the form of physical illness, mental distress, oppressive circumstances, or painful loss, we may ultimately penetrate the pain and lift it to its “root” in the Source of All, thus “sweetening” the suffering.

Join us as we explore each of the BeShT's three-part process for dealing with adversity:

- Practicing Hakhna'ah (Surrender), we'll increase our capacity to open to challenging experience
- Cultivating Havdalah (Discernment), we'll develop our ability to perceive Divine Presence in the midst of difficulty
- Inviting the experience of Hamtakah (Sweetening), we'll experience the inner transformation that occurs when we can reconnect our challenging experience to its Divine “root”

Our mornings will be filled with deep spiritual practices that will invite us to address our personal and collective pain—both longstanding patterns of suffering and current painful situations—with new resource. Our afternoons will be more spacious, allowing for integration of the power of our practice through art, movement, time in nature, and the opportunity for individual bodywork and supported reflection and attention to the inner landscape. Each evening we will co-create a healing ritual to crown the day. Our week of spiritual immersion will culminate in the glorious celebration of Shabbat, a day to revel in newfound possibilities, open to blessing, and step through the doors that have been opened by our practice.

Come, immerse yourself in practices that incorporate the magic of sound, silence, movement, stillness, sacred text, shamanic journey, creative arts, and nature mysticism.