

SOULIFT: Exploring the Dance Between the Ecstatic and the Contemplative as We Open to Love



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Led by Rabbi Shefa Gold and Rabbi Benjamin Barnett

Ecstatic practice is the experience of full surrender to the life force. That surrender entails both opening to that flow of the Divine spirit and the unself-conscious expression of that spirit through us.

In contemplative practice we cultivate loving awareness of our direct experience, and refine our hearts through sincere intention and prayer.

The dance between the ecstatic and the contemplative expands our capacity for love in all its depth and expression. In this retreat, we will explore this dance by diving deeply into meditative silence and stillness, and also unlocking the treasures of expression through sound, movement, poetry and sacred text.

Rabbi Shefa Gold is a Reconstructionist rabbi who is a leader in the movement for Jewish Renewal. She is an author, composer and explorer of consciousness, and the director of CDEEP: Center for Devotional, Energy and Ecstatic Practice. www.rabbishefagold.com



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Rabbi Benjamin Barnett serves as rabbi of Havurah Shalom in Portland, Oregon. He is a devoted practitioner and teacher of contemplative prayer, meditation, and chanting, having practiced and learned with a diverse collection of teachers in the Jewish community and beyond.