

A Shofar Visualisation

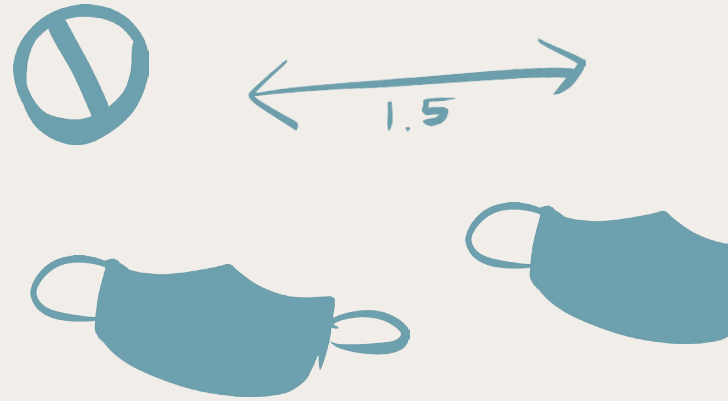
03

**WE HAVE LEARNT A NEW LANGUAGE:
LOCKDOWN. SOCIAL DISTANCING.
SELF-ISOLATION. MASKS.**

Restrictions — They serve to separate us, divide us, limit us and hold us back. We know these measures are for our own good, to preserve our health.

But what happens to the human spirit when it is restricted?

It could go any of three ways.



1. Restrictions can cause repression.

We lose our identity, we turn inward and stop expressing ourselves.

2. Restrictions can cause rebellion.

We lose our composure, and lash out with frustration and anger.

OR —

3. Restrictions can cause RENEWAL.

We find novel ways to express ourselves. We rise above the limits placed upon us and open new channels of expression.

It is our choice how we respond to restrictions. We can allow ourselves to be quashed, we can allow ourselves to be enraged, or we can allow ourselves to sing.

The Shofar teaches us how to sing this song. The sound of the Shofar is produced by a breath of air pushing through a narrow opening. The restriction of the air creates the resonance. What comes out is a loud and confident note.

The song of the Shofar is the song of our soul, calling from the depths and letting all its beauty shine. Not in spite of the narrowness, but because of it.

Restrictions are ultimately there to bring out a deeper song.

A SHOFAR VISUALISATION CONTINUED >

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ENTER INTO THE SHOFAR — As you hear the Shofar sounds, visualise yourself becoming that sound.

Dive into the Shofar with your entire body. Enter the narrow end of the Shofar, and feel the tightness that is restricting you.

Squeeze through the narrow passage. Contort and wiggle and stretch into new shapes, until you are catapulted upwards.

Fly out the broad end of the Shofar, spreading your arms and shouting a cry of victory. You are free, and now you can fly.

PONDER POINTS —

What new skills, attitudes, connections, experiences have you had as a result of the recent restrictions?

If you can't visit a vulnerable friend, what can you do to give support?

If your smile is hidden by your mask, what can you do to express friendliness?

If you can't attend a big celebration, what can you do to share happy moments?