

RABBI SHLOMO TAUGHT ME...

Joan Englander

Whether through singing, storytelling, or listening to a person, your heart has to be broken—with joy and with sorrow. If it isn't broken, then you won't deeply touch another human being.

To hear on the deepest level, to touch where it makes a difference never to be forgotten, to be remembered by life, for life, by others, you have to live totally, give totally, walk on the edge of life unafraid, be open to life in all of its forms no matter how distasteful. Everywhere find a spark of light.

If your heart is not breaking and yearning to do this, your touch will be shallow, your effect momentary, and when others think of you it will be like a passing shadow. If you are whole, passionate, sturdy, ready to stand for your beliefs—your memory shines on through eternity—long after you have left this world.

Since there is no end to learning on the level of soul and spirit, to be deep we have to come from deep; to come from deep we have to be broken—of selfishness, aversion, fear, grasping, false pride.

We have to know how to bend, become humble, get inside of someone else's heart; we can only do this if we have gotten inside our own and found everyone in this world, our brothers and sisters touching our own heart with the same tears: tears of joy, tears of sorrow.

This article appeared in the magazine Kol Chevre in Jerusalem, in a memorial issue commemorating the life of the late Rabbi Shlomo Carlebach. Rabbi Shlomo's teachings and music greatly influenced Ms Englander's creation of Healing Companions® services.