Twitter Thread by Rabbi Danya Ruttenberg



Rabbi Danya Ruttenberg
@TheRaDR



If you have a spiritual practice, this would be a good time to double down on it.

If you don’t have a spiritual practice, this wouldn’t be the worst time to start one.

1/x

> Hey, today I told my therapist that the adrenaline I\u2019ve been relying on for the past 10 months or so has kinda... run out.
>
> He said he\u2019s been hearing that from like every other client this month, so if you\u2019re feeling that too, you\u2019re not alone.
>
> — Erynn Brook (@ErynnBrook) January 31, 2021

Thread on why https://t.co/iQsTY9vJgg

> This, from @LeeClf. Read the whole quote (from 1998 or therebouts.)
>
> "If we have never developed our religiousness -- that part of ourselves that involves our most powerfully transformative capacities -- it's as if we were walking around with one arm tied down....
>
> — Rabbi Danya Ruttenberg (@TheRaDR) June 2, 2020

Do yr spiritual practice. Even when you don't feel like it.

“Hardly does our head begin to ache than we stop going to choir, which won’t kill us either. We stay away 1 day bc our head ached, another bc it was just now aching & 3 more so that it won’t ache again.” Teresa of Avila

Ok: a spiritual practice. Something that you do regularly, and if you do it with the right intention, can transform your relationship to yourself, other people, the world and your place in it and (if this resonates with you) the divine.

Prayer. Meditation. But also: making art. Walks in nature. Going running, for some people. I wrote a whole entire book on parenting as a spiritual practice. Intention matters.

You don’t have to be religious to have one.

And connecting to something bigger than your small self can help you not feel burnt out & used up, help draw from the wellspring, tap in, connect, whatever language works.

If God isn’t your language, maybe creativity, intuition, love, the universe, our interconnectedness is.

(And YES OBVIOUSLY this is not in lieu of science, medicine, vaccines. But rather something that can hold all of us as the adrenaline crashes but before—and, later, after— we have concluded this terrible chapter of history. We’re still in the middle part and this can help.)

Thread on how to start a spiritual practice: https://t.co/dcrcnZo5m1

> Pick a thing to do and when you\u2019ll do it. Start small but assume you\u2019re doing it every day.
>
> 1/x thread https://t.co/NoQoze4mkY
>
> — Rabbi Danya Ruttenberg (@TheRaDR) January 8, 2021

And if you've got a practice but have been struggling with it mightily lately (or this last year, or whatever), maybe it's a sign that your practice needs to change shape? Maybe there’s something different about the what or the how that could better support you now?