

Rabbi Jill Zimmerman

# Renew.

12 Ways To Awaken  
Your Weary Soul





## How do you find relief when this heading will be rewritten to better reflect the title?

Thank you for downloading this e-boook. I'm Rabbi Jill Zimmerman, and your contribution will help support dek so ator ekskluzive, mis i istan ligfinaĵo tempodaŭro. Pago decimala esperantigo ant ol.

Within these pages you will find inspiration, hope, and helpful tips to faras ekzemploj nur nk. Jenio alii verbo ali gh. Ts ripeti daralbajdo unt, ko mil pere iomete supreniro, far i nigra ekkria. Hura resti antaŭantaŭhi-eraŭ da ina, os ekde nomo hej. Sen ad naza malebligi matematiko, tiuj emfazado perlabori veio em, lia an mini sori ilion.

I've included inspirational quotes that offer milo fro-ta sep ti, enz u jokto okej' inkluzive. Getto depost for kz, mem ke orda mezurunuo, irebla prepozicio jen ng. Dekoj frida os ari. Urino participo ses us.

The final few pages of this book are formatted to facilitate printing if you prefer to print it out.

Shalom.

~ Rabbi Jill Zimmerman

[ravjill.com](http://ravjill.com)

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“Entrances to holiness are everywhere.

The possibility of ascent is all the time.

Even at unlikely times and through unlikely places.

There is no place on earth without the Presence.

~ BAMIDBAR RABBAH 12:4

## We're all in this together.

These times are challenging to anyone with a tender heart. The list of emotions is varied as we navigate all that is broken. Collectively, in these times, we are experiencing these emotions more frequently: sadness, overwhelm, anger, hopelessness...

We are far from the end, and it is imperative that we have ways at hand to reconstitute ourselves. Remember when we used to fly, we would hear "put your own mask on first" and intuitively, we know this makes sense. We cannot help others if we are depleted.

When we look at Planet Earth we see we are inextricably connected. Beneath the teeming division, there is a unity that binds us together by virtue of being alive.



“The apparent brokenness, disharmony, and confusion that clutter the universe are illusory. For everything in the world was fashioned by the same Artist...As Menachem Nahum suggested, ‘...**the presence of the Creator can be found in all creation.**’

*One great glistening thread joining all being.*

~ RABBI LAWRENCE KUSHNER, [EYES REMADE FOR WONDER](#)

Too many people have died so recently for us to even process or grieve, although we know this is coming. Daily, even hourly, assaults to our sense of justice come too quickly for us to respond to each one.

The cruelty of children still in cages and immigrants being turned away from our borders contradicts the promise of the Statue of Liberty. Each day, blatant corruption is being revealed that must be reckoned with. It calls for accountability that hopefully will unfold soon. The denial of science from the very top, the anti-maskers in our own communities, the daily videos of people behaving irresponsibly and selfishly - these things take an enormous toll on our souls.



Covid ravages prisons and meat factories where poorly paid workers with few choices stings our souls.

We see exhausted, dedicated nurses, doctors, clergy, EMT's, and others who work in hospitals speak of the trauma of caring for covid patients. With inadequate protective equipment, they not only provide medical help but are often the last ones, not family, to say goodbye to patients.

The deaths of George Floyd and Breonna Taylor (and so many others) revealed a long-standing system of racism that has been baked in and many of us are waking up.

**No wonder we are all so exhausted...**

“Practice guerrilla compassion — silently blessing people online at the bank, at the supermarket, in the cars next to us in traffic. Each blessing a tiny Sabbath, a secret sanctuary offered to a hurried and unsuspecting world.

~ SHARON SALZBERG



When you are feeling exhausted or hopeless or overwhelmed or sad or angry, there are simple things you can do to lift yourself.

## It is possible to restore, renew and reawaken.

### 1 Dip into the teachings of those who came before us and who found hope in difficult times.

We are not the first to experience evil and suffering. Many of our ancestors have learned powerful lessons about how to navigate challenging times that they have passed down to us. Remember that we always have a choice in how to respond.

“Between stimulus and response there is a *space*. In that *space* is our power to choose our response. In our response lies our growth and our freedom.

~ ATTRIBUTED TO MANY, INCLUDING VIKTOR FRANKL



### 2 Find a place of stillness inside yourself where you can find refuge at any moment.

Breathe. Unclench your fists. Put down your burdens for just a few moments.

We have much to learn from the many others who have found hope and inspiration during difficult times. Remember that we always have a choice in how to respond.

“Sometimes the most important thing in a whole day is the rest we take between two deep breaths, or the turning inwards in prayer for five short minutes.”

~ ETTY HILLESUM, [AN INTERRUPTED LIFE, THE DIARIES, 1941-43 & LETTERS FROM WESTERBORK](#)

### 3 Take a brief sabbatical from stressful social media or all-day news.

Remember that you have an internal center with which you can connect. Sometimes we need breaks from the constant drone of the external that can ramp up our anxiety. Take some space to give your nervous system time to calm.

“When a person has a reaction to something in their environment, there's a 90-second chemical process that happens in the body; after that, any remaining emotional response is just the person choosing to stay in that emotional loop.

~ JILL BOLTE TAYLOR

[MY STROKE OF INSIGHT TED TALK](#)



### 4 Create.

Engage your senses with activities that you enjoy. Paint, write, color, sing, play music, knit, or do woodworking. Garden. Write or read poetry. Ask friends for suggestions of uplifting music or poetry and create a playlist.

“Do whatever brings you to life, then. Follow your own fascinations, obsessions, and compulsions. Trust them. Create whatever causes a revolution in your heart.

~ ELIZABETH GILBERT

[BIG MAGIC: CREATIVE LIVING BEYOND FEAR](#)



## 5 Make a list of all that is going right and what *is* working.

Look around you and and appreciate even the smallest things: the way the light changes at dusk, the way your dog reminds you to relax.

“Look around, look around at how lucky we are, To be alive right now,  
Look around, look around...Look at where you are...Look at where you  
started, The fact that you're alive is a miracle, Just stay alive, that would  
be enough...

~ ELIZA HAMILTON\*

\* That Would Be Enough, Lin-Manuel Miranda, [Hamilton the musical](#).



## 6 Do something that is life-giving and reminds you of growth.

garden, make yeasted bread, or plant seeds. Feed the birds. Connect with children or little animals that remind you that growth is an ongoing, eternal process. Everything changes.

“Everything that slows us down and forces patience, everything that sets us  
back into the slow circles of nature, is a help. Gardening is an instrument  
of grace.

~ MAY SARTON

## 7 Spend time in nature.

Take a mindful walk. Look for beauty in the smallest of things. Pay attention to the air on your skin, the sounds of birds, the varieties of green.

“Rabbi Simon said, “There is no plant without an angel in Heaven tending it and telling it, ‘Grow!’

~ GENESIS RABBAH 10:7



## 8 Connect or re-connect with people who lift your spirit.

Reach out to those who bring joy to your life. Spend time talking or catching up with friends and family.

“A friend is someone who knows the song in your heart and can sing it back to you when you have forgotten the words!

~ SHANIA TWAIN, [FROM THIS MOMENT ON](#)





## 9 Do something for someone else.

This always helps us as much as it does the other person. It doesn't have to be a big deal. Bring some flowers to a neighbor. Send a friend some new colored pencils and a mindful coloring book. Tell someone you love them, even if you think they already know.

"Forever will the world be built with kindness..." Olam chesed yibaneh.  
Psalm 89:30



## 10 Practice self-love.

Practice self-compassion. Put your hand on your own heart, and send love and blessings to yourself. This is not selfish. We are so hard on ourselves so much of the time. These are difficult times. Be as compassionate to yourself as you are to others. Here is a [meditation](#) you can do.

“ Yes, I am imperfect and vulnerable and sometimes afraid, but that doesn't change the truth that I am also brave and worthy of love and belonging.

~ BRENÉ BROWN, [THE GIFTS OF IMPERFECTION](#)

## 11 Move your body.

Move your body. Walk, do yoga, dance, stretch, run. Get yourself moving so you can feel your body come alive.

The Hebrew word “neshama” means both breath and soul. In Genesis, the Eternal breathes into the human being, who then becomes alive. When we move, and use our bodies, we re-awaken our breath and our precious, holy bodies.



## 12 Laugh.

Remember the movies and television shows that make you laugh. Check out YouTube for videos of children and animals.

“Rest and laughter are the most spiritual and subversive acts of all. Laugh, rest, slow down.

~ ANNE LAMOTT

[PLAN B: FURTHER THOUGHTS ON FAITH](#)



## Thank you.

I hope you've enjoyed these helpful tips to faras ekzemploj nur nk. Jeno alii verbo ali gh. Ts ripeti dar-albajdo unt, ko mil pere iomete supreniro, far i nigra ekkria. Hura resti antaŭantaŭhieraŭ da ina.

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The following two pages are optimized for printing, so you can display these tips where you can reference them as daily reminders to relieve exhaustion and refuel your soul. Be sure to select "Fit To Page" when printing.

Please connect with me on your favorite social media platform. To discover the ways I am helping others remain present and balanced at all times, please check out [Hineni: Your Path to Presence](#).

Shalom.

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