

## **The Feminine Torah**

Very new. Very cutting edge. Very beautiful. Here she is. Re-emerging. Torah teaching from the original Hebrew and through the intuitive lens. We study torah- with and without text, deeply rooted in the original Hebrew phrases. Through creative process and intuition we glean the truths and heartfelt teachings, universal and inclusive.

## ***T'nuat Hatfillah: the movement of prayer***

... an experiential investigation of the inner impulse toward prayer. keren guides participants into states of attention, that give form to fully embodied movement and sound, as raw and direct experience of our in-the-moment prayer. Also, resourcing text of devotional phrases from the *siddur* and *tehillim*, the moving prayer takes spontaneous shape inclusive of these ancient traditional words as assets.

## **Authentic Movement and the Hebrew God**

The practice of Authentic Movement is a form of movement meditation that invites the Mystery to become visible through the body moving, the “*ein sof*” to take moment-to-moment form, while our mind practices crystalline, focused attention. It investigates the human longing to see and be seen. This practice establishes a container of compassionate witnessing, both for ourselves and for others, as we alternate in roles of “mover” – eyes closed and “witness” – eyes open. Through this practice, the Oneness and the witness (*ayin, dalet*) of the “*Shema*”’s proclamation is embodied and seen.

## ***Korban Tamid: The Body, the Temple***

...a morning movement practice of ritual, prayer and attention based on the purification intention of daily ancient Temple rites, and liturgy of the contemporary *siddur*. Participants are guided to a deeper understanding of the *korban tamid* (daily offering) of Temple times, to read and understand some of the contemporary morning prayers, and facilitated to experience a silent movement practice of yogic style postures that holds these essences.

We experience the “*sod*” of the Hebrew root meaning: “Kuf, Bet, Nun” (*close*). As through offering ourselves to Hashem we move *closer* to the One.

## **The Native Hebrew Tribe**

The investigation of the pre-Judaic has been one of keren’s main inquiries and research arenas and the basis of her ordination. This retreat reveals the tribal nature of the Jewish lineage, pre-Judaic. We peer into desert-dwelling Hebrew concepts and essences of practice that are earth-based, inherently mystical and fully embodied. We inherit this more ancient lore and cultural perspectives through customs, as well as Torah’s story-line and hidden codes.

## **Two Rivers: from the Rio Grande to the River Jordan**

This magical meeting of Native American & Native Hebrew music, rituals and practices, is offered both in the USA and in Israel through a collaboration of Keren Khaya and Jo’el Jojola, of the Pueblo Indians in New Mexico. This collaboration is known for the beautiful side-by-side stance these two spiritual leaders hold, as they reveal the essential spiritual similarities while honoring the formal distinctions of the practices and languages. Their voices sing the harmony of gender, culture and traditional paths, resonating with the one heart-beat of the world spirit.

## ***Tekes Mikhilah*: a feminine forgiveness ritual**

A group ritual drawing from the wisdom of the “Authentic Movement” practice and the “*sod*” of the Hebrew root “mem, chet, lamed”. These letters are the root for “circle dance” as well as for “forgiveness”...and more. The intention of this ritual is to recognize and embody the necessary human process of regular heart-cleansing and forgiving. keren guides participants in the intention, depth of attention and structures to create this movement ritual. Within it arises both structured and free movement, deep witnessing, silence, gesture and music.

## **Embodied Kabala: “Sod” Series**

**the sod of “eidut”- Witness Presence**

**the sod of “eirut”- Awakeness**

**the sod of “kirvut” - Intimacy**

keren teaches Torah at the kabalistic “sod” – the sacred secret – level with the following understanding of terms.

1. Kabala ---is the receiving of insight into universal truths, via Torah and the codes of the Hebrew language. 2. Embodied--- defines the pathway to receiving as a direct and immediate transmission to the individual (within the collective or not), which touches all levels of being. 3. "sod" --means secret and is related to sacred. Behind veils, “sod” is accessible to each individual directly when the receiver is truly ready to use that knowledge for service

### ***Ecstatic Hebrew poetry and chant***

Some of the treasures of the Jewish inheritance are the ancient Hebrew texts of praise and devotion, understood to be from the time of King David. In this course we focus on the sacred phrases, or mantras, within “Psalms” texts. Participants are guided to pronounce, understand and read (if appropriate) the key Hebrew words in phrases of text and uncover primary roots. We engage with the text in contemplation and creative processes that may include song, movement, writing or drawing. We also study how some of these texts have been incorporated into contemporary prayer liturgy and/or used in healing rites.

### **The Shabbat Cycle**

Exploring the wisdom, from ancient Hebrew times, of a 6-day work and 1-day rest rhythm. With discussion, source texts and experiential activities to remind us of sacred-rest value, we deepen our clarity and appreciation as we inherit this treasure of the Hebrew heritage.

### **Daily Home Rituals**

We investigate the wisdom in Jewish prayers and customs used in daily morning and evening practice. We focus on those rituals and consciousness practices of waking and prior to sleeping. Through both discussion and experiential exercises, we learn how they may be useful and supportive in each of our daily/weekly/monthly routines. Participants are invited to bring any object they consider a "ritual object" of personal meaning, notebook and/or drawing paper, as well as any traditional prayer or text that invokes their curiosity.