

July 14, 2017

Dear BQLI Friends,

I recently was invited to attend an amazing program at Congregation B'nai Sholom-Beth David in Rockville Centre presented by Nili Couzens entitled "What Makes You Tick?" Now, I've heard more than my share of speakers over the last several years but few were as captivating, relevant, and fluid as Nili.

Presented more as a workshop than a lecture, Nili guided us on a journey to discover who each of us is (meaning: Thinkers, intellectuals who connect to ideas; Feelers, those who connect to people; Doers, those who are driven to get things done). Each of us possesses all three traits but one is clearly dominant. Complicating this voyage of self-reflection is the fact that we are a combined product of our souls and our bodies, and each demands something very different from us.

It would be impossible to share two hours of information with you but I would like to impart a few highlights, a few examples of our groups' "ahha" moments.

Consider: When you understand where someone is coming from, what makes her tick, you can let her be who she is and be less judgmental. (This is huge for parents, teachers, and leaders!).

Consider: You can't avoid yourself. We often hear people say, "I need a vacation!" Remember, everywhere you go, there you are!

Consider: God sent each of us here for a specific purpose. It behooves us to discover what this is! Pay attention to your life's journey, not the finish line.

Consider: Life is all about the decisions you make when no one is watching.

I'd like to thank my friend (and machatainista), Carol Levy, for inviting me to join her for this inspiring evening. Enjoy the food for thought.

B'Shalom,

Grace

PS: I will be in our national's capital at the WLCJ International Convention next Shabbat (woo-hoo!) so there will not be a Shabbat Greetings Newsletter next week.