



daily GOOD

The heart of man is very much like the sea, it has its storms, it has its tides and in its depths it has its pearls too
--Vincent Van Gogh

Two Types of Heartbreak

"A disciple asks the rebbe: Why does Torah tell us to place these words upon your hearts? Why does it not tell us to place these holy words in our hearts? The rebbe answers: It is because as we are, our hearts are closed, and we cannot place the holy words in our hearts. So we place them on top of our hearts. And there they stay until, one day, the heart breaks and the words fall in. The following passage by Parker Palmer on heartbreak, opens with this Hasidic tale...

Be The Change:

How do you relate to the notion that to make our heart supple, we have to take it all in? Can you share a personal story of a time you were able to take in 'life's little death' without an anesthetic? What helps you take all of it in, good and bad?