

## Presuppositions For Website 5/1/11

For Rabbis.

As many of you know, I am a a full member of the Central Conference of American Rabbis (Reform) and the Rabbinical Assembly (Conservative). I am also very sympathetic to and an Associate member of the RRA, having been perhaps the last Reconstructionist at JTS. My 25 year Honorary D.D asserts that;

**“Your love and respect for the work of your colleagues has made you the quintessential rabbi for rabbis.”**

I am also a Licensed Clinical Psychologist--I own and work at The Psychotherapy Center, Fairfield CT. 06824, since 1975. What follows is a brief exposition of my core assumptions.

**Relationship is the basic psychological and indeed religious unit:**

Each of us and the others we interact with is not a “self”, as we have hitherto understood that. He/She is a **relationship**. between different **“selves”**. And our concern as we interact and care for others and for our **“selves”** is how that relationship between different **“selves”** is going. When our and others sense of relationship is impaired. we are, seriously affected by what has happened. The task is to create/recreate a spirit of connectedness between at the least, /our/their two **“selves”**, somatic and cognitive, that they may be felt and fostered. The odds are great that our /their relationship with our **“selves”** and their relationship with themselves—(our/their **sense of being**), is threatened. Their relationship with that which is beyond their **“selves”**, with you, and significant others in their lives, is threatened, (**their belonging**) and their ability to relate, to conduct the conversation, their (**relating**) is impaired.

I start with the assumption that difficulties in relationship reflect three types of sustained breaks:

a "break in beingness" (and the awareness of goodness or blessedness),

a "break in belonging" to something bigger (spiritual, organismic, social, psychological), and a

"break in relatingness" between differences.

Each of us is at **minimum** two "selves" in relation to each other and the relationship between each of us and the context.

And God is also not a singular **Self**.

## A Biblical Addendum For Thinking Relationally

1. Always Present In Human Living is the

[צֶלֶם<=>נִשְׁמָה][Tzelem<=>Neshamah]<sup>1</sup>

the core and essence of each person

**The נִשְׁמָה is the Somatic Self**

2. Life moves through you, except when it doesn't

3. Life is great, but sometimes it hurts like hell

4. There is a second You, the צֶלֶם always present

**The צֶלֶם is the Cognitive Self**

*mindfulness whose task is to witness sponsor,  
name and bless whatever comes through the*

**Somatic Self נִשְׁמָה**

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Stephen Gilligan, Ph.D and Jack H Bloom, Ph.D.

The [צלם<=>נשמה] [Tzelem<=>Neshamah]<sup>2</sup> is in balance and life works, when both are in an I-You<sup>3</sup> reciprocal relationship.

## Relationship

Is The Basic Religious And Psychological Unit:

5. There is an intelligence greater than you present in the world.
6. You are an incurable deviant!

That Is Inevitable And The Best Thing About You!

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<sup>2</sup> The brackets [ ] indicate the interrelated unity of these two elements. The double arrow  $\Leftrightarrow$  signifies reciprocal relationship.

<sup>3</sup> My wife Ingrid fluent in both German and English affirms that You is the more appropriate English word for conveying the intimate German “du.”