



Shabbat For All

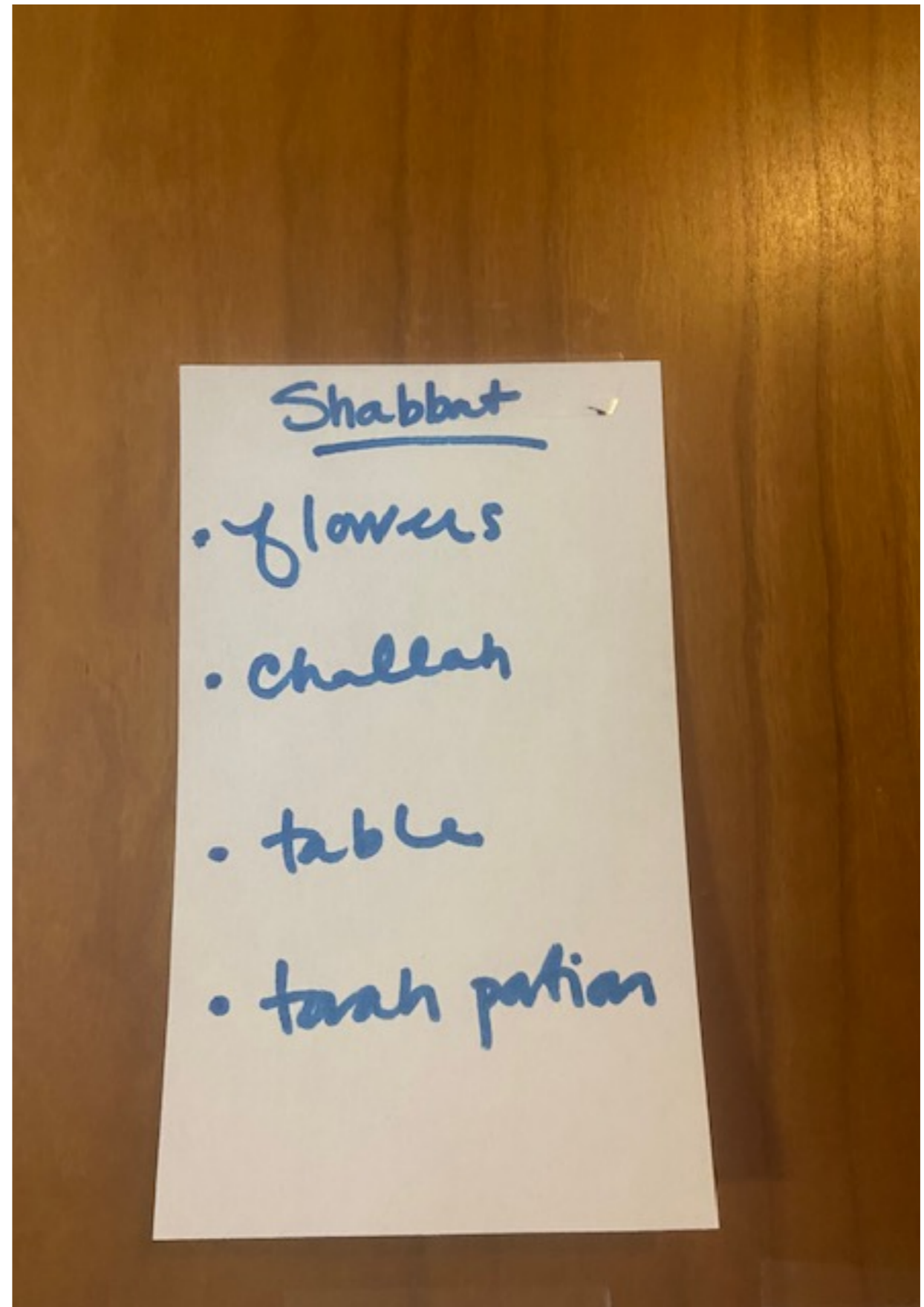
A guide for sacred rest & renewal.

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Welcome.

Years ago, I began a soulful Shabbat practice that did not follow any laws, rigid rules or anyone else's flow. I began my own dialogue with the divine, inviting her to sit with me each week. Marking time with her in prayer, in silence, sometimes on the page reading or journaling. Honoring life with her. And slowly, slowly, slowly, this ritual has become the foundation of my spiritual life. The anchor of my relationship to time and activism.

You don't have to be Jewish or religious for Shabbat to be an incredibly powerful and potent practice for YOUR life. You can adapt, create, and craft a magical ritual that honors YOUR life. How liberating! I have been sharing my Shabbat practices with non-Jews for the past few years and they have told me how impactful and important this practice has become. Rest for resistance to systems of oppression and the never ending grind/ hustle/money-focused world. Shabbat puts all that to a STOP. In the quiet moments of Shabbat, we remember who we truly are. **Divine Creations and Creators.**



‘Remember the Sabbath day and keep it holy.’ The commandment smacks of obsolete puritanism – the shuttered liquor store, the cheque sitting in a darkened post office. We usually encounter the Sabbath as an inconvenience, or at best a nice idea increasingly at odds with reality. But observing this weekly day of rest can actually be a radical act. Indeed, what makes it so obsolete and impractical is precisely what makes it so dangerous.

When taken seriously, the Sabbath has the power to restructure not only the calendar but also the entire political economy. In place of an economy built upon the profit motive – the ever-present need for more, in fact the need for there to never be enough – the Sabbath puts forward an economy built upon the belief that there *is* enough. But few who observe the Sabbath are willing to consider its full implications, and therefore few who do not observe it have reason to find any value in it.

-- Dr. William R. Black, Professor of History,
Western Kentucky University

WHAT? SO WHAT?

What is Shabbat? It's a biblical commandment (yikes, don't let that scare you away!!!) that tells us to rest on the 7th day, a holy day. In the Jewish calendar, our "days" begin at sundown, thus "Shabbat" begins at sundown on Friday night and extends through sundown on Saturday night.

So, what does that have to do with us?

Well, given the pace of our world and obsession with productivity, many, many humans are suffering from burnout, overwork, chronic stress and overwhelm states. Many of us also don't "know what to do" when we do have time to relax or unwind. Many people still feel anxious or restless with downtime. So, even if you are not into the Bible or commandments (yeah, me neither!) This idea of taking a Sabbath is VERY POWERFUL and POTENT for the time we are living in. **What an amazing time to turn our attention towards a day of rest and release each week, a time to integrate and digest our lives, a time for play and connection as the highest priority, as a way to live and be in deepest alignment.** Did I mention that we also have a deep desire for connection to spirituality in our lives? A recent study on Spirituality from the Fetzer Institute had many interesting outcomes around our longings & desires for connection to spirit.

Shabbat as a time to replenish mind, body and spirit...

On the Sabbath, we do not work, nor are we permitted to employ others to work. **All relationships of hierarchy and dominance are temporarily suspended, one day in seven.** During the six weekdays, we think of ourselves as creators. On the seventh we become aware that we are also creations- part of the natural order, whose integrity we are bidden to respect. The Sabbath is thus a most compelling tutorial in human dignity, environmental consciousness, and the principle that there are moral limits to economic exchange and commercial exploration. It is one of the great antidotes to **consumerization and commoditization.**

Sabbath can be a great and necessary practice for *the individual*—AND when we think of Sabbath in institutional contexts, we can also bring to mind sweatshop workers around the world who work seven days a week, a single mother who has to choose between keeping the Sabbath and keeping food on the table.

Genesis speaks to the fact that Sabbath is for *everyone*: the land, animals, and human beings.

Yavilah McCoy wrote the quote above. This reminds me to drop into Shabbat as a time of savoring. This sacred time is a way for us to honor all the aspects of creation and creativity. For those of us who dream of a world where all are fed/nourished/held/loved, we get to spend this time living into dreaming the world to come. Focusing on what we DO have. All the ways in which we are fed, loved, nourished and cared for.

Did you know? Shabbat is the Hebrew word for the 7th day of the week. Sabbath is from the Hebrew and means “to rest” and the Yiddish word for Shabbat is Shabbos, so you’ll often hear people say “Good Shabbos!”

FYI: The first few weeks/ months you might notice a bit of discomfort or restlessness during your shabbat. That’s okay, and normal as you begin to unhook from hyper-productivity and activity. Whatever arises, just let it come. It may take a bit for your nervous system to find stability, regulation, and ease. Slowing Down is a practice.

TIP: Begin and end your Sabbath with a prayer/ gratitude/ offering / blessing from the heart. It does not need to be fancy or perfect, just a nod to marking the time.

Tip: Make your own list of what would make this time “DIVINE” for you in this season/ stage of life. It will change and evolve, and that’s AWE-some.

Here are some of my favorite ways to turn towards Shabbat with intention, pleasure and sensuality.

- * Drink lots of water. *Have a special robe/ nightgown/ outfit that you only wear on Shabbat.
- *Dress in all red or all white or whatever color feels so good.
- * Create a special place/ altar to go to to pray, meditate, read, nap
- * Gather spiritual books/ songs that help you honor shabbat. Read and sing from any traditions that touch your soul.
- * Create Playlists that you only listen/ move/ walk to on Shabbat.
- * Create Shabbat Journal/Sketch pad that hold your Sabbath Dreams, Visions, Desires
- * Gather your favorite Pens/markers/ colored pencils to take out during this sacred time. Make art.
- * Create something with your voice, body, hands.
- * Plan long walks and long meals in SOULITUDE OR WITH BELOVEDS.
- * Take baths with lavender and rose water.
- * Rest, Daydream, Rest, Slow way down to savor, savor, savor
- * * Lay on a Hammock
- * Dance. Play. Sing. Cry. Eat. Drink.
- * DayDream & Nap
- *Make love in any way that aligns for you.

HONOR & RECIEVE

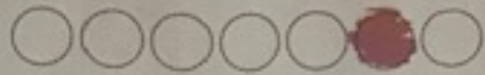
One of my favorite things to do on Shabbat morning is get up before everyone else, light candles, make coffee and listen to my Shabbat Playlist. I'm often humming, dancing, chanting with the music. Feels like such a special treat b/c I only listen to this playlist on Shabbat. Something to savor!

The best part about a regenerative Shabbat practice is that you determine what makes it special to you and your season/ cycle of life. My Shabbat practices change as my life changes! That's a sign of a dynamic, vital practice that supports and compliments your life. I invite you to think of the phrase ON PURPOSE. Pay attention to your conversations, actions, and relationships. Can you just BE with your life, feeling fulfilled, content, satisfied? Invite the Divine to come play with you.

Did you know? Some say we light 2 candles right before nightfall on Shabbat to honor the light and dark. One candle invites us "to remember" and one candle "to observe the holy/ sacred time" I have also heard that one candle is for the Divine Feminine and one for the Divine Masculine.



Sabbath Manifesto



Slowing down lives
since 2010

01. *Avoid technology.*
02. *Connect with loved ones.*
03. *Nurture your health.*
04. *Get outside.*
05. *Avoid commerce.*
06. *Light candles.*
07. *Drink wine.*
08. *Eat bread.*
09. *Find silence.*
10. *Give back.*

Enough Already with 24/7

“I don’t have time for this!” Something I hear peeps say. But honestly, we are at the time and place where we can’t NOT do this. The data is clear from mental and physical health measures, we have to absolutely 100% change how we are living. We are not robots and should not be working or available 24/7. Not only may we lose access to the creativity and problem solving parts of our brain but we also become addicted to the busy, to the frenzy, to the chaos and that is not helpful for deepening our mind- body- spirit-relationships. For my activist friends. Shabbat is when we get a chance to pause, integrate, digest, reset, realign, reaffirm, and pull ourselves together/INTEGRATE for the days ahead. We are stronger, more aligned and focused on the work ahead. This is the foundation for Pleasure Activism.

Thank you Sabbath Manifesto for this great list of ideas to slow down and make meaning on Shabbat. Pick and choose what aligns for your life. Our family started with just a simple journal that we wrote in together each week. We would share memories of the week that ended and would chat about what was to come.

So, Now What?

Building your own practice.

You now have enough to create your own dynamic, nourishing, regenerative version of Shabbat. Each week before my Shabbat starts, I tidy my email and my work projects. I close everything out before I go in for my deep rest. This has become a weekly ritual of preparation.

TO Consider: When (specific day/time) each week will you commit to starting a practice? Can be as little as 2 hours a week to begin with! See how it feels and add more as you like...

What actions do you need to take to carve this time out for yourself? Set email reminders? Tell loved ones you'll be offline? Hide/ Lock your phone/ computer? What may block/ disturb/ interrupt this time? What will you do about that?

What materials do you want to gather to make this time special? * I keep my " Shabbat" books, prayer shawl and journal in the same spot in my kitchen, easy to find. I get so excited about this special time, I often pull the materials out early Friday in preparation for the next morning. I also put away/hide my " work" stuff and then don't bring it out again until after my Shabbat.

What might get in the way of your carving out this time? Map out how you'll deal with that.

Often times when I'm traveling, I won't bring ALL my Shabbat materials but just 1 very special item so that I still remember to honor this time, even when I'm not home.

Listen to your intuition as you begin to carve out this time. Some friends are GREAT to connect with over this time, soulful, spiritual and nourishing for the soul! And some, well.. not so much. YOU get to decide how to fill your cup on Shabbat. GOOD LUCK & ENJOY this time.

Blessing for Shabbat:

"Be who you are and may you be blessed in all that you are."- Marcia Falk

For further inspiration, resources and ideas, I created [this list](#) for you along with my pic of my Shabbat map.

Love, Blessings and Care,

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