

# Feelings Online- The Ein Gedi Bulletin

Saturday, March 7<sup>th</sup> 2009

## Editorial: **Love After Love – Derek Walcott**

I chose this poem as a love letter to all of you – people – who came to this workshop in these particular hard times. We see and sense so many of our hardest feelings in so many mirrors around us – lets pray together that we will sit eventually together and feast together for our own lives!!

*Joshua Lavie - Editor*

The time will come  
when, with elation  
you will greet yourself arriving  
at your own door, in your own mirror  
and each will smile at the other's welcome,

and say, sit here. Eat.  
You will love again the stranger who was your self.  
Give wine. Give bread. Give back your heart  
to itself, to the stranger who has loved you

all your life, whom you ignored  
for another, who knows you by heart.  
Take down the love letters from the bookshelf,

the photographs, the desperate notes,  
peel your own image from the mirror.  
Sit. Feast on your life.

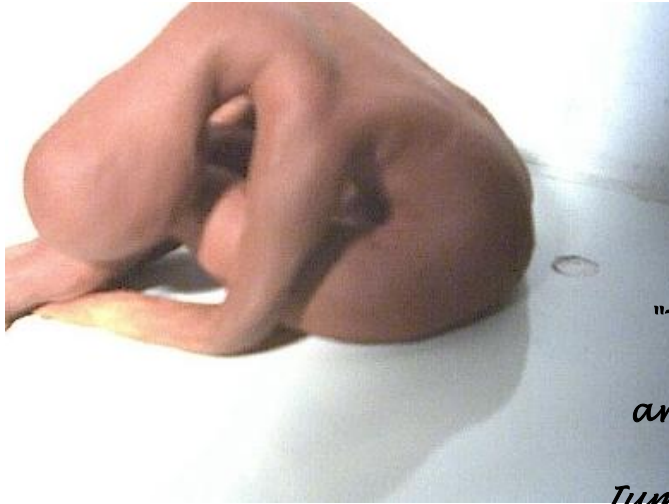
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When reading Foulks and following his words we feel that we can deal with conflicts and as group analysts we can contribute to help bring peace between us.

*Dr. Herzel Yogev*

**THE NEW BRAIN HAS ENABLED US TO BUILD UP  
THE COMPLEX CULTURE AND CIVILIZATION IN  
WHICH WE LIVE, AND THERE IS ESSENTIALLY THE  
PROBLEM OF STRUGGLE AND CONFLICT BETWEEN  
THIS NEW MAMMOTH WORLD FOR WHICH WE ARE  
INSTINCTUALLY UNEQUIPPED AND OUR OLD  
TRIBAL WORLD WHICH OUR INSTINCTS CAN  
MASTER.**

**`MIND'  
S. H. FOULKES 2003**



*"This statue was created 5  
years ago  
and it's very precious to me"*

*Juman Shoughry*

### **I'm Alone**

A beautiful 6 years old girl with huge eyes,  
All her feelings are locked up in within herself  
Her beloved uncle has sexually assaulted her,  
And took away her early childhood  
She couldn't say no.  
She doesn't know how to say no,  
And no one really knows what she wants..

She draws the painting and looks at me in a  
glance that has pain, DESPAIR AND HOPE.  
It is so sad that the black clouds that cover the  
rainbow cry with her, and so do I.  
My pain over the burning muteness, over the  
invisibility,  
Over the suppressed cry, the confusion, the  
smashed confidence, the loneliness.  
And the hope, there is a rainbow there.  
There is a sun that is yet to shine,  
And there is her, telling me her loneliness,  
starting to open up.



(Today the girl is 9 years old, a bit less lonely,  
and knows how to say NO...  
She and others know more of what she wants..  
There is also spring in her paintings)

*Tamar Eyni-Lehman*



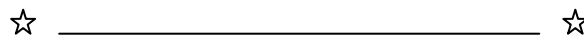
**In Search for Seeds of Life**

*Tzipi Faust*

"I feel that it is inevitable to deny the negative implications of  
the war that Israel is in from the beginning.

I am wondering: if the army, the Holiest of Holy places of the  
State of Israel, give legitimacy to the use of massive power,  
where will an ethical society develop from for all its members?

*Tanya Azat*



## THINK OF OTHERS

As you prepare your breakfast think of others  
Don't forget to feed the pigeons,  
As you conduct your wars think of others  
Don't forget those who want peace,  
As you pay your water bill think of others  
Think of those who only have clouds to drink from  
As you go home, your own home, think of others  
Don't forget those who live in tents,  
As you sleep and count the planets think of others  
There are people who have no place to sleep,  
As you liberate yourself with metaphors think of others  
Those who have lost their right to speak,  
And as you think of distant others  
Think of yourself and say,  
I wish I were a candle in the darkness

Mahmoud Darwish

The poem speaks for itself and I add that we have to always think of the other in normal times as well as stressful, if you are strong but also if you are weak or weakened. It's harder to think about the other when you feel a victim of racist policy or a racist system, but every time I succeed to do that .... I feel strong ... human ... and A CANDLE IN THE DARKNESS.

*Said Tali*

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