

## **Brene Brown - Jewish Words of Wisdom**

Temple Beth Shalom

Jodi Kaufman and Alissa Ackerman

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Sometimes we are afraid to name experiences or feelings because we think naming them gives them power. If we are feeling something hard or uncomfortable the last thing we want to do is give it power. Let me dispel this myth now... When we name and own hard things it does not give them power, it gives us power.

And what do I mean by power? The best definition of power I think exists in the world comes from Martin Luther King, Jr, "Power is the ability to affect change and achieve purpose."

So, if we put it all together, when we name and own hard things, it doesn't give the hard things power, it gives us the power to affect change and achieve purpose.

### ***Brene Brown ~ Unlocking Us Podcast, Episode 1***

Struggle with your sadness, [Rabbi Nachman] says, struggle with your soul....The point is not to rid oneself of struggle, but to accept it as a condition of being human. We are not meant to prevail. We must make room in the soul for an existential condition of lack.

### ***Rabbi Nachman, The Gate of Tears: Sadness and the Spiritual Path***