

Gamliel Institute Final Project
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About my final project:

For my final project, I decided to make a video visualizer of one of my poems, How to Heal and Write at the Same Time, from my book which came out in June, *A Speaker is a Wilderness: Poems on the Sacred Path from Broken to Whole* (Monkfish, 2024). The book explores grief, end of life, and healing, while weaving sacred Jewish texts, and ties into our liturgy studies and supportive work in Jewish End-of-Life here at the Gamliel Institute. The poem I chose is a prompt for healing, elaborated on below.

When counselors, clergy, and end-of-life leaders have reached out to me that they are using my poems in various grief support and hospice, I have felt immense gratitude to take part. The poem I chose for this project is one that a hospice support group counselor recently shared they are using with their group.

Visuals can help us connect to healing words, as well as reach people who may not consider themselves readers. I chose this poem specifically, of the poems being used in end-of-life and grief support, because it lists tangible, actionable writing prompts that people can use to journal and write for healing purposes. Both for my own emotional processing, and as a death doula and Spiritual Counselor (Chaplain) employed by Hospice, I have studied, researched, and experienced firsthand that the way we write about ourselves and our grief can help us heal. And, of course we know in Jewish end-of-life, that engagement with liturgy, poetry, and the way we frame our experience, all affect our grieving process and our healing.

At the Gamliel Institute, many of us found connection in sharing how we had been impacted by death and how this influenced our deep interest in supporting others in community. Like many of us, this is a subject close to my heart. Recently, I felt very appreciative to be interviewed for Medical News Today on the healing powers of poetry and journaling in rewiring our brain. This topic resonates with deep meaning to me, having found it supportive in my own healing journey and influenced my passion for supporting others this way in end-of-life. My hope is that by making this video, more people can connect to support around their grief and their healing.