**Processing the Emotional Aspects of Tahara**

**From the work of Rabbi Mel Glazer**

**Questions for reflection for those performing Tahara**

1. Do you struggle with uncomfortable feelings before going into a Tahara? Or after?

2. After a challenging or particularly emotional Tahara are you able to “lay those feelings gently down”?

3. Do you struggle with identifying the emotions you feel after or before the experience of a Tahara?

4. Are you aware of your feelings related to Tahara but feel stuck figuring out how to help yourself to deal with them?

5. Is there anything that happens to you (emotionally, spiritually, other) while you are participating in a Tahara, that you wish you could share or process out loud with someone?

6. Can you identify what motivates you to do Tahara?

7. How does Tahara change you?

8. Mel said performing Tahara may heal you or transcend you – do you experience anything like this?

9. Do you have an “emotional blanket”?

Understand what you need as you process. It may be…

Community – to talk out loud, don’t be alone (unless being alone is the space you need), seek out comfort as you process

Compassion/ Patience – for yourself

Time - to go from frozen to free

Do you wish you had personal tools or resource people to help you with feelings related to the Tahara experience? Would you like to continue this conversation?

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