

## IN THE [womb] POOL: A Physical Theater Workshop with Torah Stories

### MEDITATION SCRIPT

- Find a place to lie down on your back, hands by your side. Concentrate on your breathing.
- Go from feet to head, and mention each body part (use hips and butt, don't be more specific than that in the midsection) and ask them to relax it.
- Keep repeating "concentrate on your breathing"
- Narrate through the following story:
  - you are standing outside your tent in the hot sun and you have to go to the well to get water for your family
  - you walk in the hot desert heat, the sun beating down on you, to get to the well in the center of the encampment
  - when you get to the well you notice an older man with several camels that need to be watered. you feel bad for the guy - he seems like he's older and traveled a long way
  - you offer to get water for the camels
  - he is so grateful he follows you home to thank your father and when he arrives he gives your father a whole bunch of jewels and gold and offers to make you a bride to his master's son Isaac
  - Your father says yes, even though you've never met this Isaac. Think about how you feel about that, being fixed up for marriage. Wait, nevermind, no time to think. You're on your way now to meet your husband, riding the camels you just gave water to.
  - You finally get to your new home, your husband comes out to greet you, you fall off the camel accidentally, embarrassingly. You cover your face with your sash, out of modesty? out of shame?
  - He loves you. And you think you can love him too.
  - And you can't have children, though you try.
  - So you pray, and your husband prays.
  - And you get pregnant. It's a difficult pregnancy.
  - You ask God what's going on.
  - God says, "surprise! you're having twins! you have two nations warring inside your womb"
  - Now you know why this is so painful.
- Wake everyone up from the meditation