

## TO REMEMBER TO RETURN

a documentary  
a quest  
into the felt but not spoken about  
aftermath of the Holocaust



*"Return again, Return again.  
Return to the land of your soul  
Return to who you are  
Return to what you are  
Return to where you are  
Born and Reborn again."*

**DVD To Remember To Return**  
Carola de Vries Robles ©

- film in a prayer flow (56:00 minutes)
- film in chapters
- motto 'Return again' a short piece

*(Music Reb Shlomo Carlebach z"l, words Raphael Kahn)*

**TO REMEMBER TO RETURN****SOUL SEARCHINGS****art making****Judaism as a path of transformation****centering in the light****inner work****return to the root of the soul****FACING AND BLESSING****remembering****return to mother ground****retrieving the essence of love****RETURN TO THE LIGHT OF THE SOUL****return to the source of life****home in the light****in gratitude and joy****the divine inheritance retrieved**

**ART    SPIRITUALITY    AFTERMATH OF THE HOLOCAUST**

*"As we bless the Source of Life, so we are blessed"*  
(Faith Rogov from *Courage to dare*)

## 4 **A spiritual journey home**

### **THE STORY BEGINS**

Parents 'returned' from difficult war situations to Amsterdam in 1945.  
Mother, sister and little brother survived a (transition)camp.  
Carola was born in 1946 in a devastated family setting.  
No grandparents, no uncles, no aunts. Father absent.

The world is not a safe place to be (Jews were displaced, uprooted, not welcomed back). Everything stolen, betrayed. Everybody is a potential enemy. 'Being Jewish' means: being disgraced, doomed, rejected.

Tragedy denied, not spoken about.  
Life is lived forward and outward.

Grandmother Olga's (mother's mother) Absence was very present.

'Before the war' was seen as 'past glory', 'a fairy tale without a happy end'.  
'During the war' was pushed out, held captive in the heart.  
'After the war' was chaotic and hurtful. Paradise was lost.

While being flooded in unattended sorrow, Carola explores the outer world. Leaving 'the war in the family' for what it is. Building ego strength. Becoming a (social) psychologist.

Searching for her Jewish roots. Living the promise of bettering the world.

Carrying dark moods and wounds deep inside. Fighting for life.

### **QUESTIONING**

Home? What is Home? Where is Home?  
Where do I come from ? Who am I ?  
Where do I go to ?  
What does it mean to be a human being ?  
What does it mean to be Jewish ?

## SOUL SEARCHINGS

Feeling Home sick. Listening to the soul's calling. 'Be (the) long (ing).'

Discovering meditation, contemplation, prayer and chanting. Poetry too.

'Soul-language', music and the power of sensory awareness.

The mystery and sacredness of life shines through the cracks and failings.

A path of transformation, a path of blessings and redemption is found.

Shadows can be illuminated. Allowing all the colors of the rainbow to appear.

In 'Death' is the force of 'Rebirth'.

In 'feeling far from Source', 'Home' is found.

The soul remembers, knows.

By turning, returning,  
the Spirit radiates, the Heart opens.  
'Through Time and Space Your Glory shines'.

*"Their soul shall be  
as a watered garden,  
and they shall not sorrow  
any more at all"*  
(Jeremiah, Lamentations 31:12  
second day Rosh Hashanah  
liturgy)



## 6 How to respond to the aftermath of the Holocaust WITHIN ?



### **MAKE SHIFTS**

Open up fixed opinions, ideals, defenses, identifications.  
Go through the form, resting in essence.

See through the drama and survival dynamics.  
Open up judgements. Cultivate compassion.

Seek the Light and unconditional Love.  
Let go of fear. Trust Basic Goodness.

Let the energy of Life itself unfold Beauty and Harmony.  
Opening the gates of the heart.

### **FACE AND BLESS**

The absent who are very present.  
A void, left behind, full of shadows and secrets.

The Stories and stories covering up the pit of misery.  
The build up pride and dignity. The anger. The lack of tenderness.

The denial of tragedy. The survival dynamics and self protections.  
The internalised rejections. The conquering and warding off.

Let go,  
Let God in.

## How to respond to the aftermath of the Holocaust WITHIN ? 7

*"it is nothing but pain  
says fear  
It is hopeless  
says insight  
it is impossible,  
says experience  
it is what it is  
says love"  
(Erich Fried)*

### TURN AROUND

turn upside down, turn inside out and round and round  
return to the root of the soul

laying burdens down, offering troubles up  
drawing down blessings, releasing clinging(s)

breathing compassion in, in depth into depths  
digging for treasures, lifting up, radiating light out

go back. go through. go beyond. Re-member.  
Return to Origin. Unite with the One. The One in All.



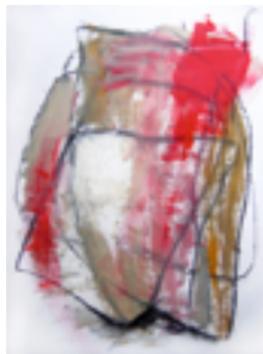
## 8 Doing **TESHUVAH** out of Love

### **CENTERING and PURIFYING**

in the Light  
in Love  
in Great Compassion  
in the Spirit  
the God spark

a selfless space

a seeing from the perspective of the Light that  
sees through the eyes and heart



### **SEPARATING and ILLUMINATING**

deconstructing the story  
returning to Source  
remembering: 'The Soul is pure'  
releasing pain and strife  
de-taching from drama

a fearless space

a facing and blessing and discerning what is  
Rooted in Basic Goodness



### **THE SWEETENING and UNIFYING**

finding wholeness in brokenness  
feeling through all the manifestations  
of the One  
offering life experiences up  
in prayer

a God centered space

a calling on the waters of healing

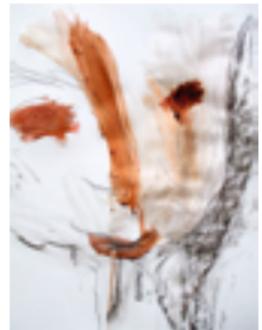
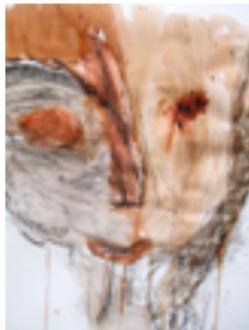


- **Ufros Aleinu.....Ki imcha Mekor Chayim**  
 For with You is the Source of Life.  
 In Your Light do we see light.  
 Sung by Rabbi Tirza Firestone.  
 CD: Ashreynu, jewish chants for meditation and prayer.
- **Kol dodi dofek** a niggun of the Alter Rebbe.  
 CD: The precise melodies of the ChaBaD Rebbes.
- **Mipney Ma** composed and sung by the Klezmatics.  
 CD: Possessed.
- **Borcheinu avinu, kulanu, ke'echad, b'or poneicha**  
 Bless us...with a G'd Face. Reb Shlomo Carlebach z"l.  
 CD: Live in concert.
  
- **Haneshama lach** "Yours is the soul" Slichot prayer. Calling the soul back Home. Reb Shlomo Carlebach z"l. CD: Haneshama Lach.
- **Kaddish** composed by M. Ravel, sung by Mira Zakai.  
 Piano Menachem Wiesenberg. CD: Ravel, Hemi - Jewish-spanish songs.  
 Beth Hatefutsoth museum of the Jewish Diaspora.  
 Honoring the Divine Presence. In praise.
- **Elohai Neshama shenatabi tehora hi** Morning prayer.  
 Centering on the breath. Sung and composed by Hanna Tiferet Siegel.  
 CD: Shir Hadash.
- **Hazak Hazak v'nitchazek** Turning the page, ending and moving on, gathering soul-strength. Sung and composed by Hanna Tiferet Siegel  
 CD: A voice calls.
  
- **Hallelu Adir Adiriem** An ancient piyut recited during Sukkot/Temple water libations. Sung by Ruth Wieder Magan.  
 CD: Songs to the invisible God.
- **Kaddish d'Rabbanan** In gratitude for all the teachers.
- **Ashraynu (happiness)**  
 In joy, the devine inheritance retrieved.  
 Both sung and composed by Rabbi Shefa Gold.  
 CD: Enchant-meant: the power of intention.
- **Return again, Return again** Motto for the Teshuvah process (Elul practice). Sung by Reb Shlomo Carlebach, z"l.  
 CD: Open your hearts.

## TRANSFORMATIVE ART MAKING

*"Remember that the meaning of life is to live your life as if it were a work of art"  
(Rabbi Abraham Joshua Heschel)*

- an art of healing
- a meditative practice
- a way to communicate non- and pre-verbal inner content
- a vehicle for opening and clarifying tight matters stuck in the heart
- a 'drawing out' of the spirit. The spirit of regeneration
- a way of knowing
- a way of going with the flow of life. Using the senses to en-soul and enrich life
- a way of inviting the primitive, the magic, the mythic, the archaic and mysterious workings of consciousness to become visible and felt
- a way to keep moving, evolving, expressing, wholing, individuating
- a way to communicate with the numinous. Seeking God's Face



*"The spirit shall look out through matter's gaze.  
And matter shall reveal the spirit's face."  
(Aurobindo)*

*"If I am not for myself,  
then who will be for me ?  
And if I am only for myself,  
then what am I ?  
and if not now, when ?"*  
(Rabbi Hillel)



### **Jewish Spirituality as guidance for fulfilling my soul's purpose:**

- Doing Teshuvah, the Turning. Cultivating Prayer. Doing Justice. Dealing with loss and rebirth. Receiving Consolation and Grace. Dis-covering the Joy of living. Transforming dark emotions. Bringing the Light in. Setting doom and shadows free. Restoring Balance. Becoming a Blessing. Home in the Heart.
- Reconnecting with the ancestors. Finding my place in the chain of generations. Doing 'House Cleaning'. Uncovering and acknowledging past conditionings and sufferings. Growing in Wisdom. Transforming the 'Mother-wound' into 'Mother-Ground'. Redeeming the feminine. Embodying Presence.
- Completing the past in order not to repeat the past. Returning 'the fruits to the Tree'. Touching on the redemptive power of a God centered life. Participating in The Great Turning. Serving in Joy and Gratefulness, in Love, Harmony and Beauty.



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