

IFR Rabbi Shael Siegel

Crossing the Rubicon

This slim volume is not a typical memoir, but a collection of random vignettes; a rear view mirror into events that have impacted the turbulent life of the author. Identity is a composite of past experiences that simmer in the unconscious, bubbling up at times, and then receding back into the subterranean realm of our existence. By accessing and revisiting these experiences a person gains a better understanding of who they were who they are and how the two are integrated pieces of the whole self. The essays in this book are an attempt at touching upon memories long buried; memories that when opened and expanded upon become a portal to the author's persona. The mind may forget but the soul always remembers.

