The Jewish-born master of Eastern Philosophy, Ram Dass described how he explored Judaism after years of being away from it. Dass explains, in the Torah God explains the reason for a mezuzah by saying to the Jewish people, "You will come to know Me as a result of remembering Me."

Ram Dass explains, “The first thing I did when I read this was to buy a mezuzah, and place it on the doorpost of my house, and I kissed it every time I left the house or came into the house. Doing so reminded me of the scroll that was inside, on which was written the shema, the words of which reminded me to think of God.... As time went by I was so busy going somewhere that I forgot about the mezuzah. The minute I realized that, I took a string and hung it over the door, so that it hit my forehead when I walked out, which reminded me the mezuzah was there, which led me to tum and kiss it, which reminded me of the scroll inside, which caused me to think about the shema written on that scrolls, which reminded me to think about God."

Ram Dass created a reminder that would trigger him to kiss a box, which, in tum, is a reminder of the text inside, which itself is a reminder to have one's hand, one's third eye, and the very doorposts of one's house become signs - reminders of commandments.

Rabbi Debra Orenstein points out the pathway to Jewish meaning and observance is memory, and memory needs to be jogged.