

LIVING CARBONATED

Man's Purpose

וְהִנֵּה, שָׂרֵשׁ כָּל עֲנִיּוֹ הָעֲבוּדָה הוּא, הֵיּוֹת הָאָדָם
 פּוֹנֶה תָּמִיד לְבוֹרְאוֹ, וְהוּא, שְׂיִדַּע וְיָבִין, שֶׁהוּא לֹא
 נִבְרָא אֶלָּא לְהִיּוֹת מְתַדְבֵּק בְּבוֹרְאוֹ, וְלֹא הוּשָׂם בְּזֶה
 הָעוֹלָם אֶלָּא לְהִיּוֹת כּוֹבֵשׁ אֶת יָצָרוֹ וּמְשַׁעֲבֵד עַצְמוֹ
 לְבוֹרְאוֹ בְּכַח הַשִּׁכְל, הַפֶּן תֵּאֲוֹת הַחֲמָר וּנְטִיתוֹ,
 וַיְהִי מִנְהִיג אֶת כָּל פְּעֻלוֹתָיו לְהַשְׁגֵּת הַתְּכֵלֶת הַזֶּה,
 וְלֹא יִטֶּה מִמֶּנּוּ.

ספר דרך ד' - פרק ד'
 ר' משה חיים לוצטו

Behold, the root of all matters of service is that man should always turn to his Creator. And that is that he know and understand that he was only created to cling to his Creator, and that he was only placed in this world to suppress his [evil] inclination and give himself in service to his Creator with the power of the intellect - the opposite of the desire of materialism and its inclination. So he should conduct all of his actions to reach this purpose and not deviate from it.

Connection to Hashem
 Self Mastery



LIVING CARBONATED ~ Elements ~

~ "שיהיה פונה תמיד לבוראו" ~

HASHEM IN OUR LIVES

- Bitachon - Trust
- Strengthening the Voice of the Neshama
- Transcendent Belief System
- Developing Passion
- Tefilla

~ THE POWER OF THE MIND ~

- Learning the Landscape
- Taking the Reins
- "Exciting the Nefesh" - התלהבות הנפש

~ THE POWER OF THE WILL - רצון ~

- Vision
- Beliefs
- Imagination

~ THE POWER OF MITZVOS ~

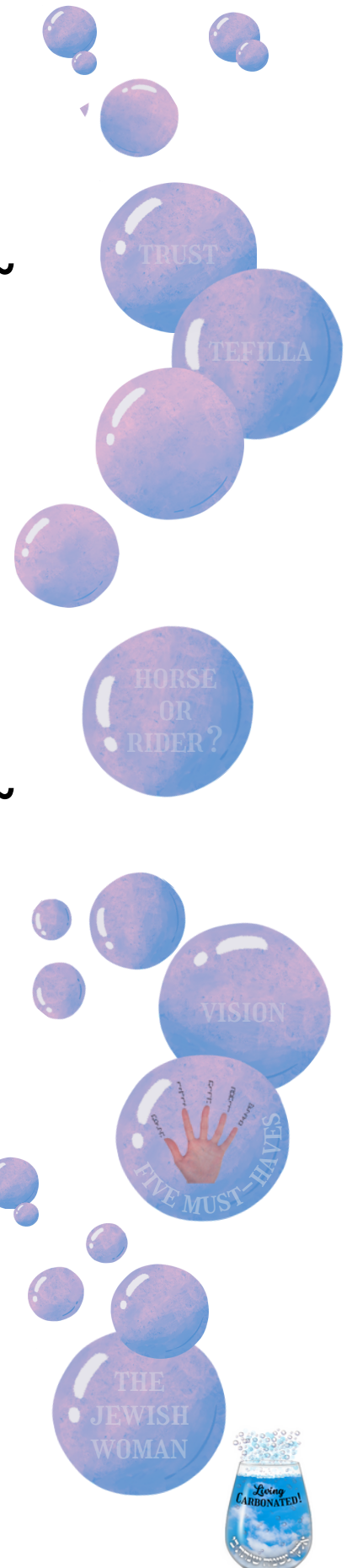
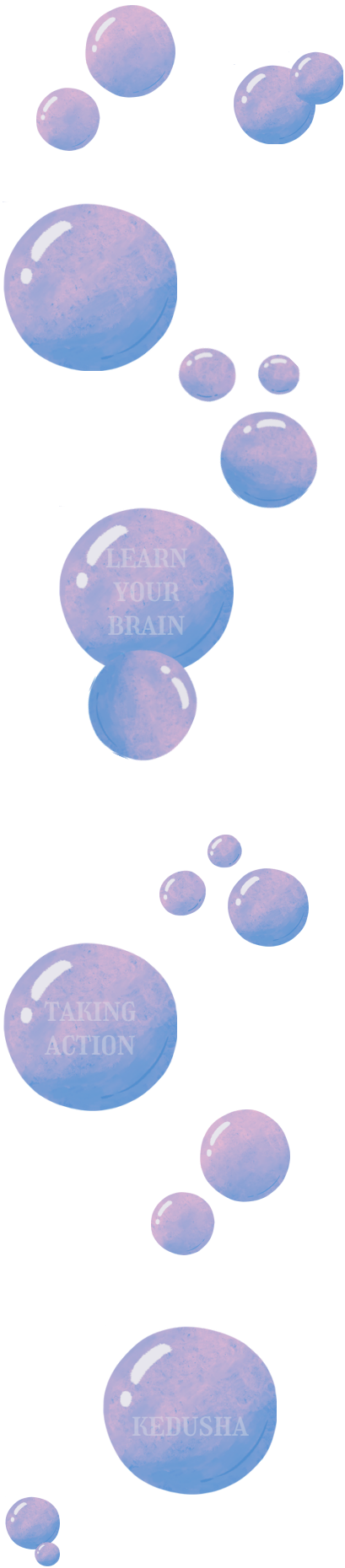
- Actions
- Habits
- Hormones
- Mastering our Middos - "והלכת בדרכיו"

~ CHALLENGE & SUFFERING ~

- What Role Does it Play?
- How Do I Respond?

~ THE POWER OF WOMEN ~

- Hashem, didn't consult with the Angels
- Owning our Power
- Responsibility to the Klal (and to the World)





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חבורות

Why Chaburos?

"אין דומין המועטים העושים את התורה למרובים העושים"
(ויקרא כ"ח תורת כהנים)

***There is no comparison between a few who fulfill the Torah
and a multitude who fulfill the Torah***

"Can I borrow your כלים?"



"מה יש לך בבית"
(מלכים ב' - ד"ב)

What do you have in the house?

What Can I Gain From Being In a Chabura?

How Can I Learn To Make Use of A Chabura In the Best Way?

What Is Concerning To Me About Being In a Chabura?



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חבורות

Think About...

”ואתה שנאת מוסר, ותשלך דברי אחרריך” (תהלים נ:ז)

For you hate Discipline (holding yourself accountable) and you threw My words behind you

Do I actually do this? Can I give an example?



”רב ששת בדק לה בריש לישנה” (חולין יז:)

Rav Sheishes checked the knife with the tip of his tongue

”...פתח פומיך קרי, פומיך תני כי

היכי דתתקיים ביך ותוריך היי” (עירובין נ"ד)

*'...Open your mouth and read, open your mouth and learn,
so it will last in you and you will have long life'*

”כי היים הם למוצאיהם ולכל בשרו מרפא” (משלי ד:כב)

For Torah is life for those that verbalize with their mouths

”אל תקרי למוצאיהם, אלא למוצאיהם בפה”

*Don't read it 'the ones who find it,'
read it 'the ones who express it'*

Sefer Shemiras HaLashon
Sha'ar HaTevunah Chapter 16



THAT'S WHY I NEED MY CHABURA...

THEY HELP ME TO BROADEN MY PERSPECTIVE & REALLY LOOK AT MYSELF



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Chaburos

A Template for Working Towards

"זיכוד הרעיון"

Rabbi Yisroel Salanter



Do I really understand the idea we just learned?

Do I agree with it?

What are its practical ramifications in my life?

Why might I have difficulty in accepting it?

AFTER DISCUSSION WITH MY CHABURA:

Am I more comfortable with this idea? Why? _____

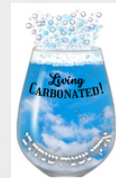
What points have others made that helped me to clarify this concept? _____

Can I start to move this idea from the realm of the intellect to affect me on a deep, personal level? _____

Do I want to integrate this idea into my life? _____



התלהבות הנפש



My Journey to My Greatest Self

Think, Think, & Respond
YOUR CHABURA CAN HELP YOU WITH THIS!



What about my life would be different if I were more spiritually connected?
(i.e. My character, my relationships, my ability to deal with challenges, my health, my self-expression, my moods...)

List ten mundane actions I do on a regular basis that, with intention, are actually mitzvos?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

What is a statement that I say to myself on a daily basis that keeps me from being my greatest self?
(such as "I can't handle this" or "I blew it!")

I can ask friends & family - they'll be sure to tell me.

List five values that I view as essential in life. List them in order of priority.
(i.e. faith, kindness, integrity, honesty, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____