

LIVING CARBONATED

WHY?



"שֶׁכֶּפִי רוֹב פְּרוֹסוּמָם וְכִנְגָד מֵה נְשָׂאֲמַתָּם גְּלוּיָה
לְכָל, כִּי הֵעֵלָם מֵהֶם מְצוּי מְאֹד וְהַנְּשִׁיחָה רַבָּה"

(הקדמת מסילת ישרים)

The more these truths are known and publicized, the more we ignore them and forget all about them.

BUT, WE HAVE AN OBLIGATION!



LAYER #1

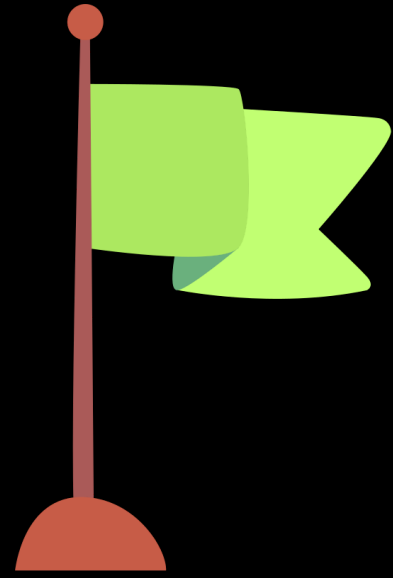
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Man's Purpose

וְהִנֵּה, שָׂרֵשׁ כָּל עֲנִיַן הָעֲבוּדָה הוּא, הֵיּוֹת הָאָדָם
 פּוֹנֶה תָּמִיד לְבוֹרָאוֹ, וְהוּא, שְׂיִדַּע וַיָּבִין, שֶׁהוּא לֹא
 נִבְרָא אֶלָּא לְהִיּוֹת מִתְדַבֵּק בְּבוֹרָאוֹ, וְלֹא הוּשָׂם בְּזֶה
 הָעוֹלָם אֶלָּא לְהִיּוֹת כּוֹבֵשׁ אֶת יִצְרוֹ וּמְשַׁעֲבֵד עֲצָמוֹ
 לְבוֹרָאוֹ בְּכַח הַשִּׁכּוֹל, הַפֶּה תַּאֲוֹת הַחֹמֶר וַיִּטְיֵתוֹ,
 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.*



We Are Powerful Women

WOMEN WHO SUPPORT EACH OTHER AND WORK TOGETHER TOWARD A COMMON GOAL



The Vision:

- WE LEARN TO MAKE HASHEM REAL IN OUR LIVES
- WE WORK ON DEVELOPING PROFOUND TRUST IN HASHEM
- WE SPEAK THE LANGUAGE OF LOVE, FAITH, & TRANSCENDENCE
- WE BECOME PEOPLE OF LOVE, FAITH, & TRANSCENDENCE
- WE DISCOVER AND THEN PRACTICE THE BEHAVIORS OF, THE MAGNIFICENT PEOPLE WE ARE MEANT TO BE
- WE LIVE TO SERVE G-D
- WE LIVE CARBONATED
- OUR COMMUNITY IS UPLIFTED AND INSPIRED

*As a community we take a stand for Hashem,
for His Torah, and for all of humanity*

Is This Really Possible?



YES, IF WE

BREAK THE BELIEF BARRIER

 *(4-Minute Mile)* 

We can return to our Deepest Selves, the 'me' that I met before I was born.

RECOVERING OUR TRUE IDENTITY

by using

Power of the Mind • Power of the Will • Power of Habit

שכל

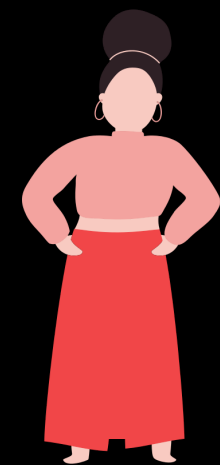
רצון

Action



HOW CAN WE KEEP OURSELVES ALIVE TO THESE TRUTHS & TO OUR MISSION IN THIS WORLD?

~ חבירוּת ~



There is no comparison between one person who seeks to do Hashem's will, and a group who seeks to do Hashem's will."

(Toras Kohanim, Vayikra)



Chaburos help us to...



The Chaburah

So I found this new recipe on "between carpools"...

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 created to serve his Creator. And that was the purpose of his existence.

Is this what we are supposed to be doing?

Status update: zichuch harayon-ing!! ;)lol!

People should really just do the mitzvot and stop wasting time with this fluffy stuff.



- Look at ourselves
- Draw strength from each other
- Shed the veneer
- Make real progress

This is Very Challenging!

HERE'S AN EXAMPLE OF WHAT YOU CAN WORK ON WITH YOUR CHABURAH



LIVING CARBONATED - LAYER #1
WRITING 1

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. _____

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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? _____

↓
החלפת המש

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IS IT POSSIBLE TO REALLY GET 'THERE'?!
MY JOB IS TO MAKE THE EFFORT.



"שלא להרחיק ממדה שאין לה
קצבה... ומלאכה שאין לה גמירה"

(אבות דר' נתן) Quoted by the Chofetz Chaim in the Introduction to Shmiras Halashon

"DON'T DISTANCE YOURSELF FROM A CHARACTER TRAIT THAT
HAS NO END... AND FROM WORK THAT HAS NO FINISH."



DO THE WORK WITH YOUR CHABURAH



SPEAK THE LANGUAGE



FOCUS ON YOUR VALUES



USE THE STRATEGIES



LOVE | TRANSCEND | PERSIST

*Hashem will surely help us all...
and He will have great pleasure from our efforts!*

