

THE CHAAP!

Challenge #1: ELEVATING AN ACTION TO THE SOURCE

PUTTING IT INTO ACTION:

Look at page 3 of Living Carbonated II.
Please study it, think about it, talk about it with your Chabura,
and even write about it.

“כי הנה עיקר השמחה כשמעלין הכל אל השרש”

The Essence of Joy is when we elevate everything to **THE SOURCE**

NEXT:

Choose one action each day and connect it from the physical world to the 'Neshama World.' The archetype of this kind of action is Hafrashas Challah but we can choose any action or pleasure and elevate it.

*It is especially effective if you choose a physical activity that requires effort, something that gives us satisfaction when we accomplish it. It's good to feel that sense of accomplishment, and to use that moment to remember that we can only accomplish in this world because Hashem gives us the strength & ability to do so. By acknowledging Hashem and thanking Him, we have elevated that action and united the physical world with the Divine, thus repairing the fracture caused by the sin of Adam & Chava.

See examples on back

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Challenge #1: **ELEVATING AN ACTION TO THE SOURCE**

EXAMPLES:

- *Cleaning/Organizing a Room or a Closet*
- *Preparing a Tasty Meal*
- *Food shopping and putting all the groceries away*
- *Exercising*
- *Bathing children and putting them in pajamas*
- *Helping another person physically or emotionally*
- *Completing an artistic endeavor, such as:*
 - *painting a picture*
 - *writing an essay or article*
 - *decorating an area of your house*
 - *fixing a hem or seam*
 - *keeping a plant alive*
 - *baking something delicious for family or friends*

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Challenge #2: PRACTICING NESHAMA PRINCIPLE #1

My Mouth Speaks Only Love

(see page 6 of pamphlet 'WHAT IS THE PURPOSE OF MY EXISTENCE?')

PUTTING IT INTO ACTION:

Once each day, shift from a critical, impatient, sarcastic, negative, or controlling statement to words that express appreciation, admiration, love, and connection. This includes the tone and facial expression during the communication.

EXAMPLE:

✘ "You forgot to take out the garbage, again!"

✔ "I'm so appreciative that you take care of taking out the garbage. It feels like we're a team in making things work at home. I think it's full right now - do you have a minute?"

TO MAKE THIS HAPPEN:

- I will keep my list of values handy, and look at it when I'm forgetting my goal.
- I remember that I am required to imitate the Midos of Hashem - "זה קלי ואנוהו"
- I will love and respect myself, and feel good when I share that love
- I will look for the good in others and see their greatness below the surface
- I will trust that every frustration and difficulty that others bring to me comes from Hashem!