

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

THE CHAAP!

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*

To My Dear Living Carbonated Partners,

I would like to clarify a few things as we move forward on the CHAAP, so we can get the most benefit possible from these practices.

I HAVE A SUGGESTION!

Let's put aside our personal Vision work as we focus on the CHAAP challenges. Put aside the Values card, the Identity card, etc. until later. That way we can give our full attention to practicing these actions without the confusion or anxiety that some people are feeling as they try to figure it all out. We will get back to that when the CHAAP is over; you will find that you will be more ready for the Vision work at that point.

I HAVE ANOTHER SUGGESTION!

Why don't we pretend that the CHAAP challenges are Micro-Visions that we are all doing together?!

For instance: Challenge No. 1 is to

"ELEVATE ONE PHYSICAL ACTION PER DAY TO ITS SOURCE - HASHEM."

What would it look like if we play this game?

Let's lay it out...

Vision.....What do I want?

Connecting with Hashem in every area of life

Identity.....So Who Am I?

I am a person who connects with Hashem throughout the day in all aspects of my life

Values.....Why work on this?

1. I believe that Hashem is the Absolute center of my life
2. I believe that connecting with Hashem is the most important thing in life
3. I believe that it is important to train myself to transcend the desire for comfort and ease and seek to serve Hashem

Plans/Resources....How do I do this?

- I will carefully read the front and back of the first Challenge page
- I will follow the instructions on the first Challenge page
- I will connect one physical action every day to the world of the Neshama

Behaviors.....When do I do this?

1. Daily for one week: I will think about Hashem one time while I am doing a physical act such as a chore, a pleasurable action or achievement
2. Daily for one week: I will thank Hashem for the ability to do this action and for the pleasure or satisfaction that I am having
3. Daily for one week: I will tell Hashem that this action is part of my service to Him
4. Daily for one week: I will fill out my Accountability sheet
5. Once a week: Be in touch with my Chabura mates!

Environment.....How do I do this?

1. I keep the Accountability Booklet where I see it often
2. I make a little card with my Values about this challenge and keep it around.

*This can be fun! And it's great practice for the work we're doing.
Will you play this game with me? Please don't hesitate to be in touch with me -
We all need to help each other in this process of growth...*

With Love, & lots of belief in us Jewish women,

Miriam Feldman

THE CHAAP!

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!

THE CHAAP!

An Extra Credit Challenge

HERE IT IS:

MAKE A VISION PAGE FOR THIS CHALLENGE!*

Fill in the Blanks:

Vision.....What do I want?

I want to speak ONLY LOVE.

Identity.....So Who Am I?

Values.....Why work on this?

1. _____
2. _____
3. _____

Plans/Resources....How do I do this?

1. _____
2. _____
3. _____

Behaviors.....When do I do this?

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

Environment.....Where do I do this?

*Look at the bottom of the CHAAP Challenge 2 page where it says "TO MAKE THIS HAPPEN."
That will give you ideas for Who, Why, How, When, & Where.

THE CHAAP!

Challenge #3

**THIS WEEK WE ARE GOING TO WORK ON OUR CLOSE,
LOVING RELATIONSHIP WITH HASHEM.**

HERE'S HOW WE ARE GOING TO DO THIS:

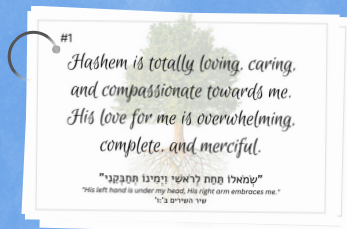
You have received seven cards called
"The Absolutely Compelling Reasons to Trust Hashem"
from Chovos Halevavos, Shaar HaBitachon.

[IF YOU DON'T HAVE CARDS, look at page 19 of Living Carbonated]

For seven days, starting on Wednesday, January 31, we will read one card, take the time to think about it, discuss it with our Chaburah (or one person from the Chaburah), and then write about it for 2 minutes. (Set a Timer!) Make sure to read the pasuk at the bottom of the card as well, and think about how it relates to that statement.

Each day you will receive an email depicting that day's card, with some questions to guide you.

IT WILL LOOK LIKE THIS.... ONLY BIGGER!



1. Does this FEEL true to me? _____
2. Do I feel like I deserve this kind of love and compassion from G-D?

3. This statement is true from Hashem's perspective. If I can't accept it, what do I think is stopping me? _____
4. Can I give love to Hashem even if I feel that I don't deserve His love?

*Living
Carbonated*

THE CHAAP!

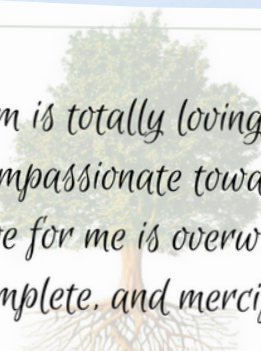
Challenge #3

WEDNESDAY, JANUARY 31ST

#1

*Hashem is totally loving, caring,
and compassionate towards me.
His love for me is overwhelming,
complete, and merciful.*

*"שמאלו תחת לראשי וימינו תחבֵּקני"
"His left hand is under my head, His right arm embraces me."
שיר השירים ב':ו'*



Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Does this FEEL true to me?
2. Do I feel like I deserve this kind of love and compassion from G-D?
3. This statement is true from Hashem's perspective. If I can't accept it, what do I think is stopping me?
4. Can I give love to Hashem even if I feel that I don't deserve His love?

*Living
Carbonated*

THE CHAAP!

Challenge #3

THURSDAY, FEBRUARY 1ST

#2

Hashem's attention is constantly focused on me and my needs. He never, ever gets distracted from me and my needs.

"בְּגִמְלָה עָלַי אִמּוֹ כְּבִגְמָלָה עָלַי נִפְשִׁי"

"Like a nursing child at her mother's side, my soul is like a nursing child"
ההלים קל"א: ב'

Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Do I notice Hashem paying attention to me?
2. What are some examples?
3. Can I feel His care with the trust & serenity of a baby with her mother?
4. Doesn't Hashem care about other people too? So how can He be giving me constant attention?

THE CHAAP!

Challenge #3

FRIDAY, FEBRUARY 2ND

#3

Hashem is All Powerful. No one and nothing can stop Him from doing what He wants for me. He is unlimited in fulfilling my requests and my needs.

"אין עוד מלבדו"
"There is NOTHING but Him"
דברים ד:ל"ה

Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Do I really turn to Hashem as if He is unlimited or do I assume that I shouldn't ask for too much?
2. Do I find myself looking to others, or to things, to fill my need for love & security?
3. Can I see that Hashem provides what I need through other people and circumstances?
4. Do I really understand that there is no power, no existence, other than Hashem?

THE CHAAP!

Challenge #3

SHABBOS, FEBRUARY 3RD

#4

*Hashem has perfect knowledge
and insight into what is good
for me in all aspects of my
existence.*

"בְּטַח אֵל ה' בְּכָל-לֵבָב וְאֶל-בִּינְתָךְ אֶל-תִּשְׁעוּן"
"Trust in Hashem with all your heart, and do not rely on your own understanding."
משלי ג':ה'

Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Can I let go of my judgement and expectations, and really trust that Hashem knows what's best?
2. Can I ever get to the point where I accept whatever Hashem brings to me?
3. How can I practice this in small ways?

THE CHAAP!

Challenge #3

SUNDAY, FEBRUARY 4TH

#5

Hashem is the Only One who has continual management of my entire life from the moment of my conception until the end of my existence in this world.

”זְכֹר־נָא בִּי-כַחמֶר עֲשִׂיתָנִי וְאַל-עָפָר תִּשׁוּבְנִי”

“Remember, please, that You molded me like clay, and that You will return me to the dust.”

איוב י' ט'

Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Describe you: the person Hashem designed & created in as much detail as possible.
2. Describe all that Hashem has done for you to bring you to this point.
3. Describe your success and accomplishments.
4. Thank Him for offering you Eternal Life.

THE CHAAP!

Challenge #3

MONDAY, FEBRUARY 5TH

#6

*Hashem has Absolute Control
over everything that happens to
me. No one can harm me or help
me except for Him.*

"בְּאֱלֹהִים בְּטַחֲתִי לֹא אֵירָא מִהַיַּעֲשֶׂה בְּשׁוֹר לִי"
"In G-d I trust; I am not afraid; what can mortals do to me?"
ההלים נ"ו:ה'

Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

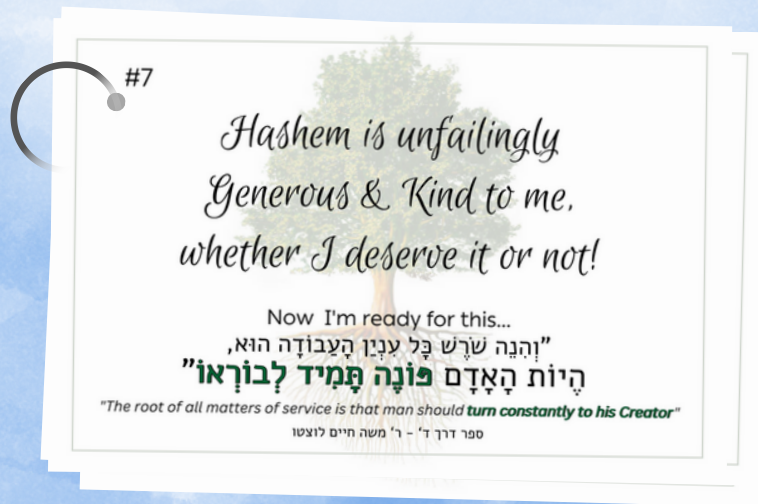
1. Think about October 7th and how many miracles there were that saved people's lives. Who chose who would live and who would die that day?
2. Remember the idea of the stick and the dog. Has anyone insulted you or cheated you lately? Who brought you that difficulty?

*Living
Carbonated*

THE CHAAP!

Challenge #3

TUESDAY, FEBRUARY 6TH



Read this with your whole mind. Push away distractions.

Try to think of Hashem and WHO He is

HERE ARE GUIDING QUESTIONS:

1. Does it always feel kind?
2. Describe all the gifts that Hashem has showered on me even though I don't deserve it.
3. Can I identify the things about me that make me feel that I don't deserve His kindness?
4. How do these cards prepare me to turn, constantly, to my Creator? (see bottom of card)

*Living
Carbonated*

THE CHAAP!

Challenge #4

**STARTING ON WEDNESDAY, FEBRUARY 7TH,
EACH DAY YOU WILL BE ASKED TO**

1. Thank at least one person for what they have done for you
and
2. Describe why it was helpful to you
and
3. Write down what the Thank You was for and how you described it.

The essence of a 'יהודי' (Yehudi), a Jew, is gratitude. The word Yehudi comes from הודאה, which means 'thanking'. Our initial access to Hashem is through the recognition of all He does for us.

By practicing noticing how much others do for us, we *begin* to train ourselves to live in a space of Gratitude - and noticing Hashem's kindness all the time.

This exercise is extremely important and will impact you strongly.

Even if you haven't kept up with these challenges, please don't give up!

Daily practices will create your chosen identity - isn't it worth the few minutes a day of focus and effort? Hashem will see your effort, and always responds.

*Keep At It. Ladies!
We're in this Together...*

*Living
Carbonated*

THE CHAAP!

Challenge #5

WEDNESDAY, FEBRUARY 13

This is it! Our fifth and final Challenge!
We have performed an action with intent each day of the
last four weeks.

THIS WEEK, THE CHALLENGE WILL BE NESHAMA PRINCIPLE #4

"I practice self control in tiny moments throughout the day"

Your job is to achieve one moment of self-control each day of
this coming week:

Stop before you say Lashon Hara

Stop before you speak in anger

Stop before you give up on something and instead, keep trying

Do what is productive when you don't want to do it

Do a favor that you don't want to do (if it is feasible)

Every act of self-direction and/or restraint is a Kiddush Hashem.

Every time you flex your Bechira (free choice) muscles,
you become more G-D like.

Every time you act in line with your chosen identity,
you are Mastering your Life.

ולא הושם בזה העולם אלא להיות כובש את יצרו - פרק ד'
"Man was only placed in this world to suppress his [evil] inclination"

And then, WRITE IT DOWN!

Take advantage of this last week...and then. We Celebrate!

*Living
Carbonated*

Siyum

DID WE CHAAP?

A SUMMARY OF THE CHALLENGES:

1. ELEVATING AN ACTION TO THE SOURCE
2. MY MOUTH SPEAKS ONLY LOVE
3. WORKING ON A CLOSE, LOVING RELATIONSHIP WITH HASHEM, EACH DAY, STUDYING ONE OF THE 7 REASONS TO TRUST HASHEM
4. THANKING ONE PERSON FOR SOMETHING THEY DID FOR YOU AND DESCRIBING WHY IT WAS HELPFUL
5. ONE ACT OF SELF-CONTROL PER DAY

1. Whether you did it or not, which of these challenges speaks to you?

2. If you did these, which one impacted you the most?

3. If you had a hard time doing this, describe what got in the way. (Do not include circumstances!)

4. Is there a challenge that you would like to incorporate in your daily behaviors?

This is a good page to 'Unpack' with your Chabura