

WHAT IS THE PURPOSE OF MY EXISTENCE?

“ולא הושם בזה העולם אלא
להיות כובש את יצרו”
(דרך ה: פ”ד)

“A person was only placed
in this world to master her
evil inclination”



“והוא, שידע ויבין, שהוא לא
נברא אלא להיות מתדבק
בבוראו”
(דרך ה: פ”ד)

“A person must know and
understand that she was only
created to cling to her Creator”

“וישים על לבו חובתו אשר
הוא מתעלם ממנה”

(מסילת ישרים, הקדמה)

A person must pay attention to her
Obligation - which [by nature] she ignores

WHO AM I?

עפר מן
האדמה



Dust of
the Earth



נפש
חיים



A DIVINE
SOUL

דעה
Intelligence
דיבור
Speech!
Communication

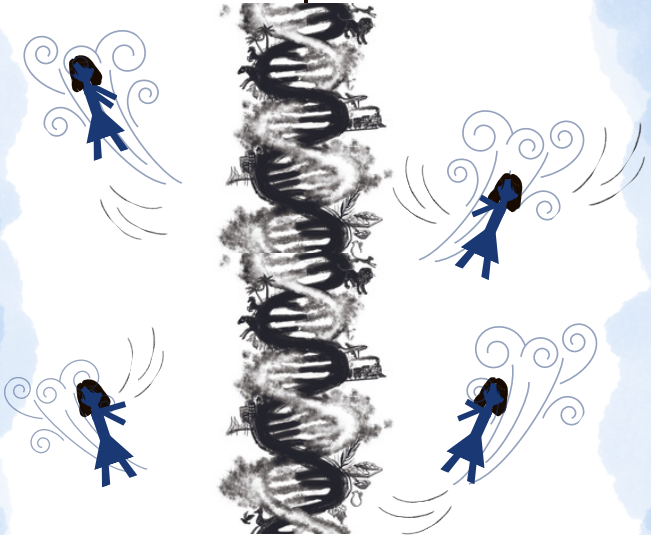
Which Voice directs
the melody that's me?

DISTANCE

*from Our Creator
and Ourselves*

מתדבק בבורא

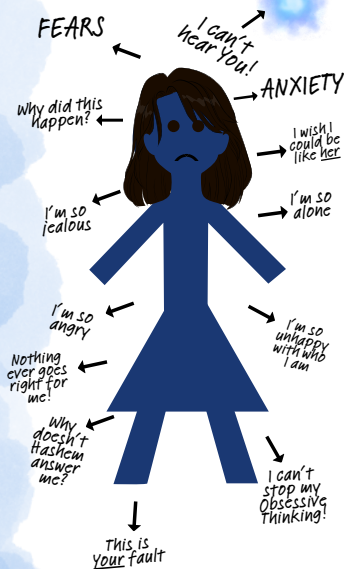
*Clinging to
Our Creator*



**Accept Your Humanity
While You Conquer
More & More Territory**

Who Might I Be If I Don't Pay Attention?

DISTANCE



CLOSENESS



Who Will I Be If I Draw Close?

I am honored to
take care of myself

I hear You!

I feel
Hashem's
Love

There are so many
blessings in my life

I am so excited
to be alive!

I know
that this
will turn
out ok

How can I
help you?

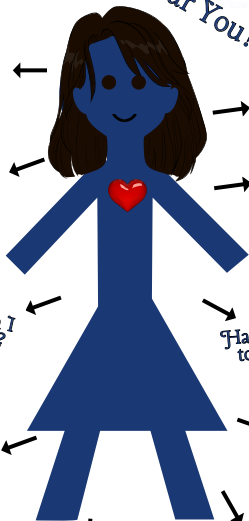
Hashem is helping me
to achieve my goals

I like
being
ME!

What can I do
now to bring
Hashem
pleasure?

I'm so happy
for her
success!

I see the good in her. She's
doing the best she can.



Hearing the Voice of My Neshama

THE FIVE NESHAMA PRINCIPLES

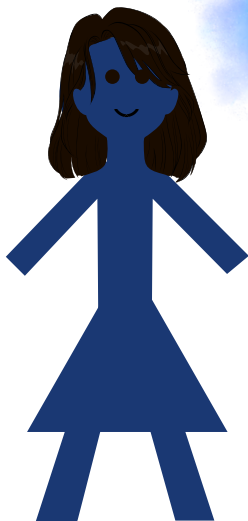
1. My mouth speaks only love
2. I look for the Good in Everything & Everyone
3. I seek Connection with Hashem & Others
4. I practice Self-Control in tiny moments throughout the day
5. I remind myself that Everything that happens comes from Hashem with Love.

Practicing these Principles puts my
Neshama in the Driver's Seat

When I'm Close...

1. I Love You Hashem
2. I Love that You Are
3. I Love that You Love Me
4. I Want to Be Close to You
5. I want to KNOW You
6. I want to Please You
7. I am filled with Awe
8. I am AWEĐ by my Privilege
9. I am FILLEĐ with Love
10. I am completely in Your HANĐS and it gives me peace

Who Do I WANT TO BE?



Check in with your רצון, guided by your שכל