

# ברוך אתה ה'... אוזר ישראל בגבורה

*Blessed are You, Hashem,  
who Girds Yisrael with Strength*

**WITH YOUR HELP, HASHEM, I CAN OVERCOME**



“אור וחושך משתמשין בערבוביא”

# WHAT IS THE PURPOSE OF MY EXISTENCE?



“ולא הוּשָׂם בְּזֶה הָעוֹלָם אֱלֹא  
לְהִיּוֹת כּוֹבֵשׁ אֶת יִצְרוֹ”  
(דָּרַךְ ה': פ"ד)

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

“וְהוּא, שֵׂיִדַּע וַיִּבִּין, שֶׁהוּא לֹא  
נִבְרָא אֱלֹא לְהִיּוֹת מִתְדַבֵּק  
בְּבוֹרְאוֹ”  
(דָּרַךְ 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



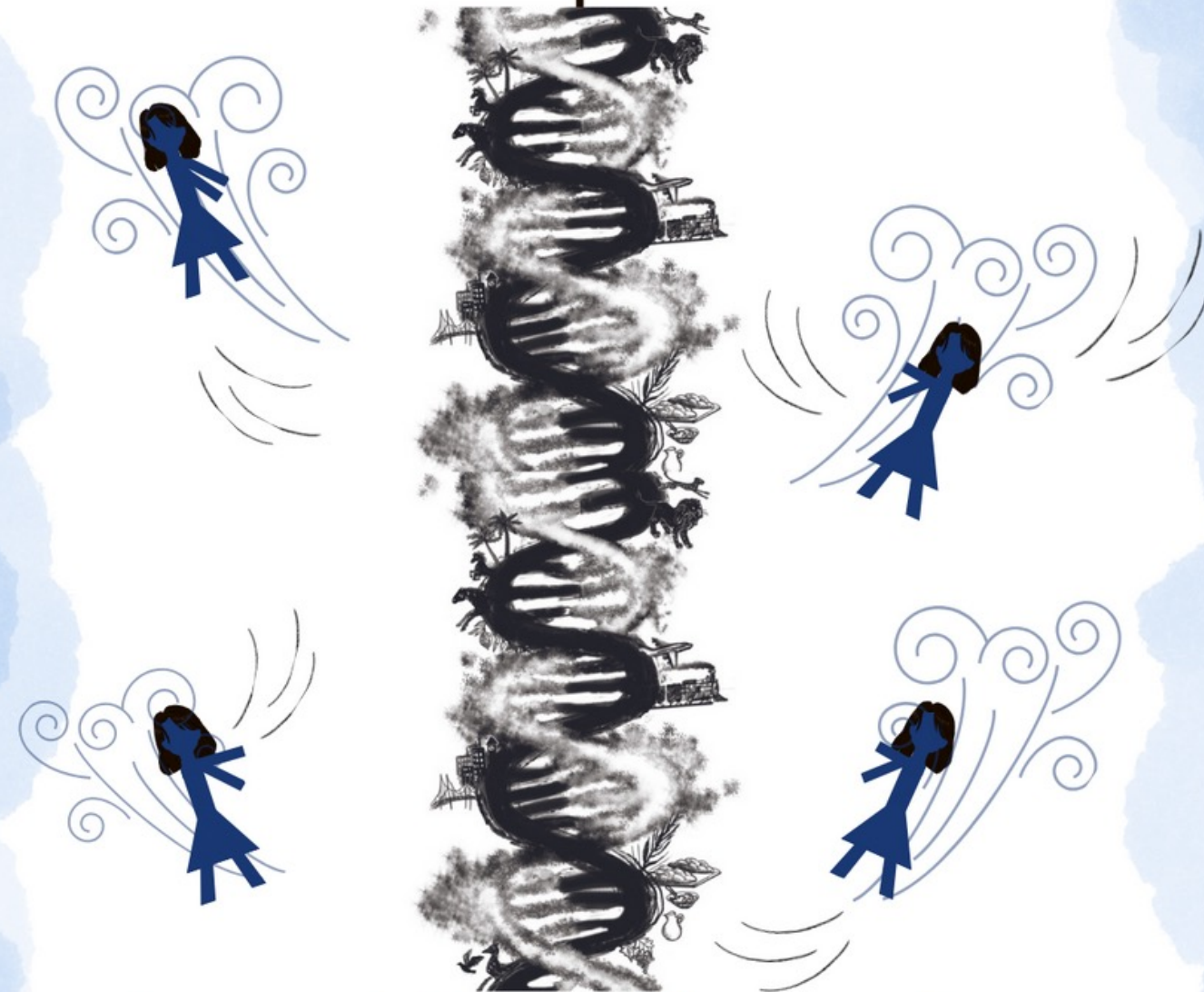
A DIVINE  
SOUL

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

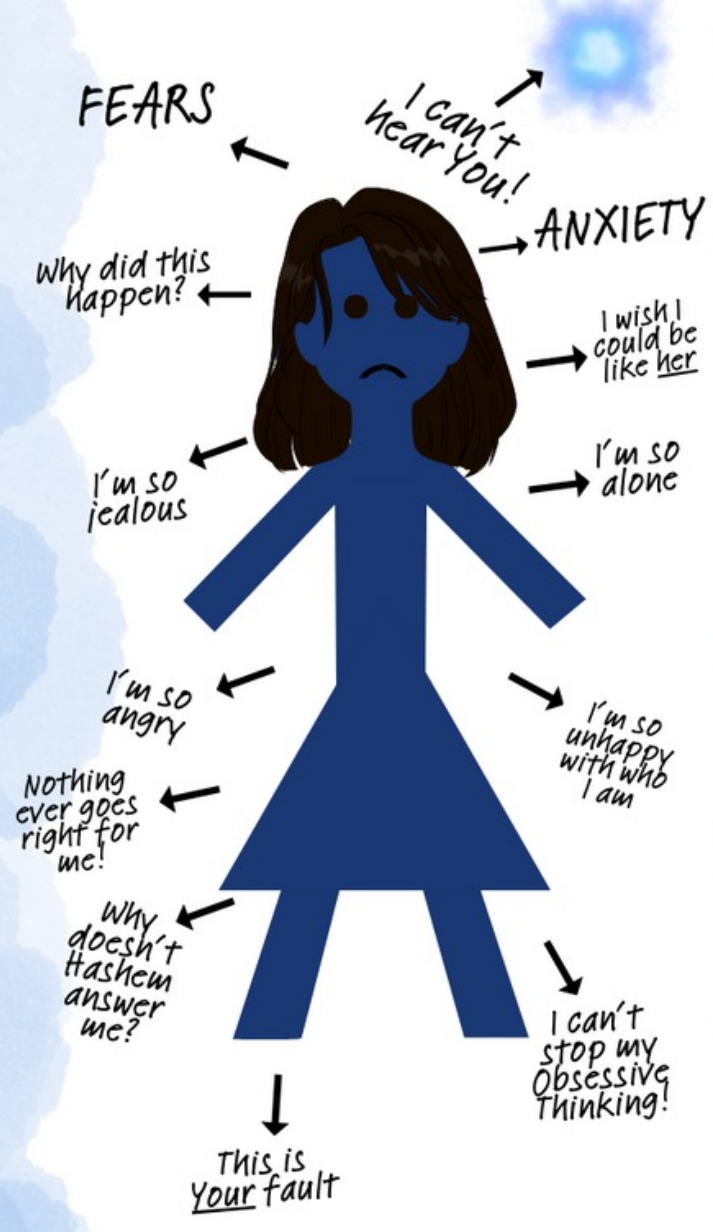


**Accept Your Humanity  
While You Conquer  
More & More Territory**

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

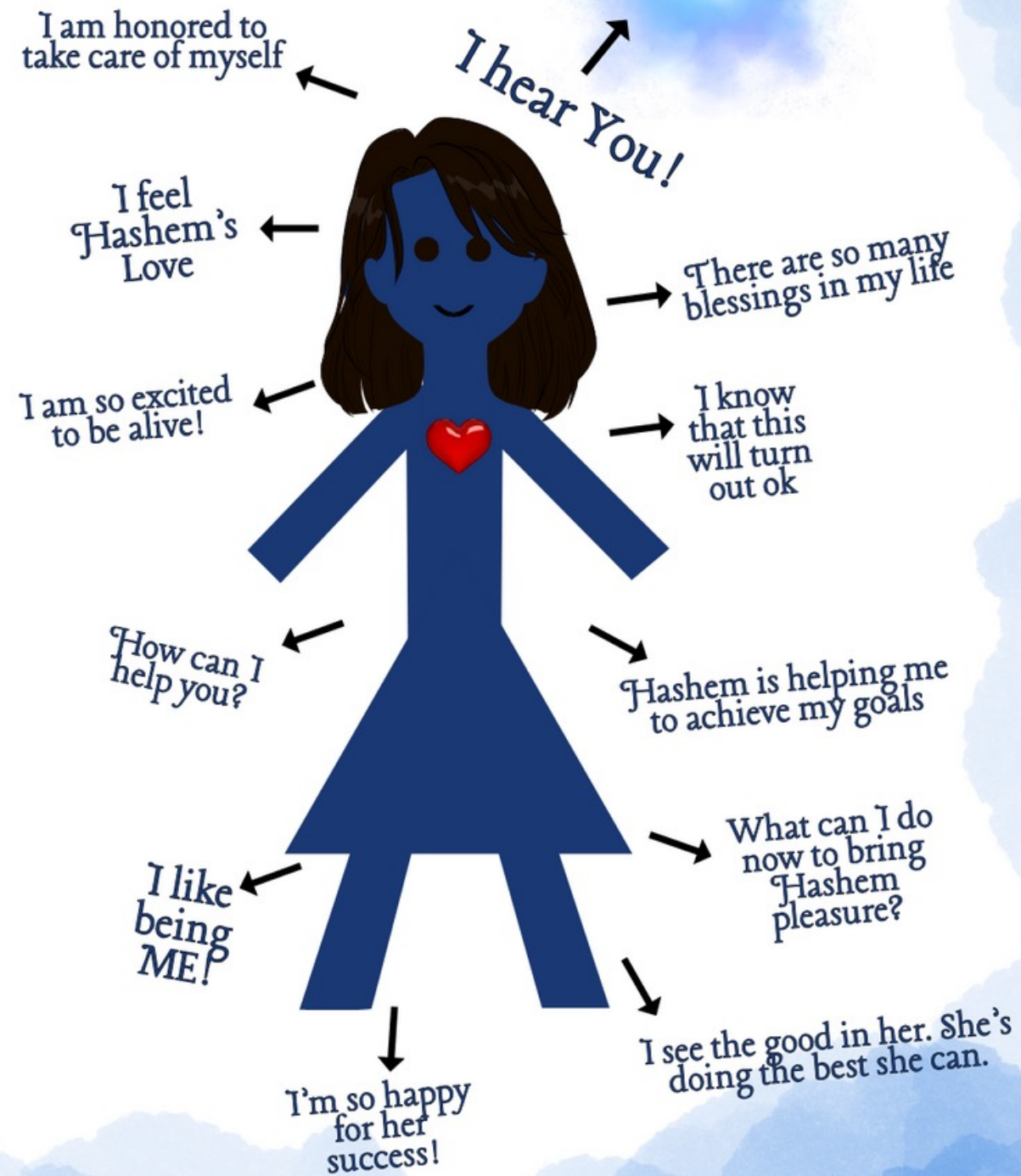
DISTANCE

CLOSENESS



PEACE

# Who Will I Be If I Draw Close?



# 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.

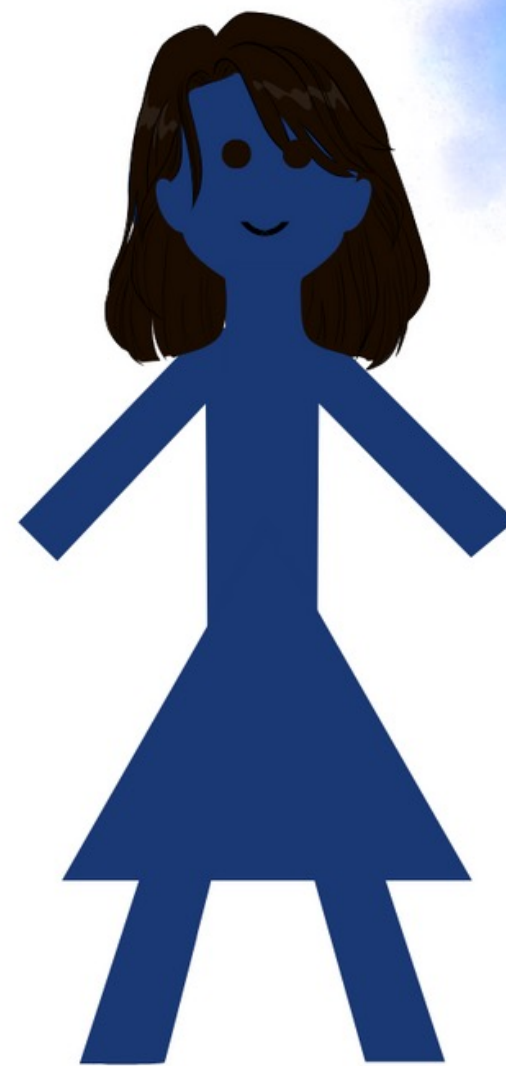
Practicing these Principles puts my  
Neshama in the Driver's Seat



## When I'm Close...

1. I Love You **Y**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 **AWE** by my Privilege
9. I am **FILLE** with Love
10. I am completely in Your **Y**HAN**D**S and it gives me peace

# Who Do I WANT TO BE?



*Check in with your רצון, guided by your שכל*