

CHABUROS

The Seven Prophetesses Show Us How To Conduct A Chabura

שרה ~ מרים ~ דבורה ~ חנה ~ אביגיל ~ חולדה ~ אסתר

Sara: Did any of you find time to do the writing idea that was in the email?

Miriam: Which idea are you talking about?

Sara: That when you are feeling low or anxious or angry, you take a few seconds to think and then write down the FEAR that was behind that feeling.

Devorah: I saw that email, but I didn't do anything about it. Maybe I was just 'afraid'!
[All laugh]

Sara, laughing: It's not really so funny. I guess we're all too scared to find out how FEAR is running our lives.

Devorah: The idea makes sense. In our LC Reference Book, on page 9, there's a quote from Carl Jung -

"Until you make the unconscious conscious, it will direct your life and you will call it fate."

So, the more conscious we become about our fears, the less power they have on us!

Avigayil: Who needs Carl Jung? What's wrong with Shlomo Hamelech? What about page 20 in the Reference Book?

"מכל משמר נצר לבך כי ממנו תוצאות חיים"

"More than you guard anything, safeguard your HEART (Thoughts), because all of the outcomes of life stem from it."

The Seven Prophetesses Show Us How To Conduct A Chabura (cont'd)

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Devorah: Ok, ok. You're right. All truth, all healing, is in the Torah.

Chana: So, Shlomo Hamelech agrees with the idea of identifying our fears...

Chulda: Well, I trust Shlomo Hamelech, and I sure don't want Fear to run my life!

Esther: So it's worth making ourselves stop, think, and write in the middle of a busy day...?

Miriam: I know it's a pain in the neck, but it helps us become aware of what's really driving us.

Sara: It's worth it. Otherwise, habit takes over and we stay stuck. Now, that's scary!

Chulda: It's very hard to make myself do this!

Avigayil: That's what the Chaburah is for! We're supposed to encourage each other to do little things (that make a big impact) that we would never do on our own.

Chana: If it can be effective, why not try it? It can't hurt!

Sara: Believe me, it's worth it. I have experience in doing things no one else in the world does, even though it feels pointless and silly.

Devorah: You sure do, Grandmother Sara. That's the only reason we're still here today!

Chulda: Ok, Ladies. Sounds like we're all on board. Next week, we'll each report that we did this at least twice. Maybe someone will be brave enough to share her fear experience.

Miriam: Yeah, we're supposed to be role models, so we'd better get to work!

The Impact of Impact I

The Issue:

There is an issue of heart disease in my family history. My doctor tells me that it's important for me to exercise daily. I tell myself that since I'm still fairly young, it's ok that I can't find a way to exercise between carpools, my part-time job, making dinner, doing laundry, homework helping etc.

Impact on Myself:

- I know that I'm not following doctor's orders and I'm putting myself in danger.
- I'm afraid that Hashem will 'punish me' for not taking care of myself.
- I live with an undercurrent of anxiety. Any time I'm out of breath, I'm afraid I am having a heart attack.
- I'm disappointed in myself. Why can't I do what I know is right?
- How can I daven for health when I know that I'm hurting myself?
- I feel like a bad person.
- I don't respect myself - I'm such a weak person!
- I've so given up on myself that I don't even eat nutritiously! I rarely feel energetic and alive

Impact on Others:

- I'm often tense with my family because deep down I'm afraid for my health.
- My husband wants me to exercise and thinks that I don't care enough about him to take care of myself.
- I keep it a secret from my friends because they would think I'm nuts for not doing what the doctor tells me.
- I'm not fully invested in my friendships because I'm keeping a secret. Do they know I'm a fraud?
- My kids wish that I would join them for outside hikes and ball games. They have a Mommy that doesn't play with them.
- I fill my home with anxiety.
- I'm not as loving to others as I would want to be because I don't like or respect myself.
- I'm afraid to be grateful for my life and my brachos because what if Hashem takes it all away from me?
- I'm making life harder for everyone around me.

The Impact of Impact II

What kind of future will this lead to?

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Why is this important to examine?

How does it prepare us for
the

Six Steps To Becoming The Greatest You?

Living Carbonated II

"מכל משמר נצר לך כי ממנו תוצאות חיים"

משלי ד:כ"ג

"More than you guard anything, safeguard your HEART,
because all of the outcomes of life stem from it."

If we master our Thoughts, we will open the door to Freedom

If we trust Hashem, He will help us

If we do the work, we will Transform

Six Steps To Becoming The Greatest You

1. **What?**..... Vision
2. **Who?**..... Identity
3. **Why?**..... Values
4. **How?**..... Plans/Resources
5. **When?**..... Behaviors
6. **Where?**..... Environment

We Are At War With Our Limiting Beliefs

There's no such thing as a Battalion of One.
As we work together we can learn to

Love ~ Transcend ~ Persist