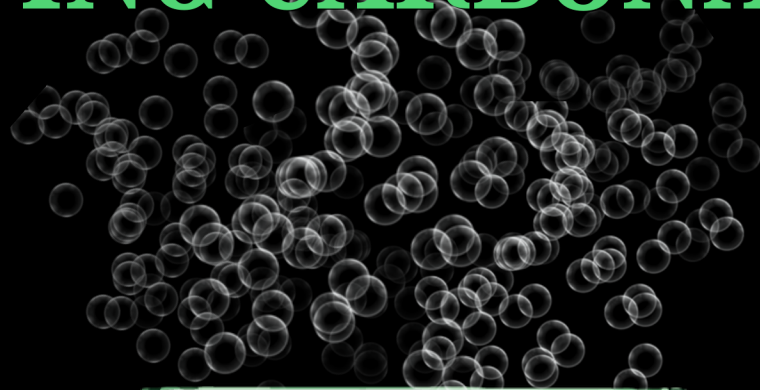


# LIVING CARBONATED



פונדק דעמיד לבורגאן

REFERENCE BOOK



*Laying the Foundation*  
**THE POWER OF LIVING CARBONATED!**

THERE WILL BE FIVE CLASSES AT THREE-WEEK INTERVALS

FEBRUARY 8

MARCH 1

MARCH 22

APRIL 19

MAY 17

*8:30 pm | BJ Conference Room*

PLEASE BRING A BINDER WHICH YOU WILL FILL WITH TEXT MATERIALS, NOTES, STRATEGIES AND CHABURA ASSIGNMENTS (OPTIONAL). YOU WILL MAKE THIS PROCESS YOUR OWN, FITTING IT TO YOUR NEEDS AND PERSONALITY.

*Some of the topics that will be addressed are :*

- ORIGINAL SOURCES THAT SPEAK STRAIGHT TO US (TRANSLATIONS PROVIDED)
  - THE POWER OF VISION; BELIEF IN POSSIBILITY
- USING THE STRUCTURE & NATURE OF OUR BRAINS TO ACHIEVE AUTHENTIC, INTEGRATED GROWTH
  - FALLING IN LOVE WITH THE PROCESS - WITHOUT WORRYING ABOUT THE RESULTS!
  - DEVELOPING PASSION IN OUR RELATIONSHIP WITH HASHEM ON AN EVERY DAY BASIS
    - ACHIEVING TRANSCENDENCE WHEN CHALLENGES ARISE

FILL OUT THE *Chabura Questionnaire* AT [BIT.LY/LIVINGCARBONATED](https://bit.ly/livingcarbonated)

PLEASE CONTACT US WITH *Questions or Comments* AT [LIVINGCARBONATED@GMAIL.COM](mailto:LIVINGCARBONATED@GMAIL.COM)



# LIVING CARBONATED ~ Elements ~

## ~ "שיהיה פונה תמיד לבוראו" ~

### HASHEM IN OUR LIVES

- Bitachon - Trust
- Strengthening the Voice of the Neshama
- Transcendent Belief System
- Developing Passion
- Tefilla

### ~ THE POWER OF THE MIND ~

- Learning the Landscape
- Taking the Reins
- "Exciting the Nefesh" - התלהבות הנפש

### ~ THE POWER OF THE WILL - רצון ~

- Vision
- Beliefs
- Imagination

### ~ THE POWER OF MITZVOS ~

- Actions
- Habits
- Hormones
- Mastering our Middos - "והלכת בדרכיו"

### ~ CHALLENGE & SUFFERING ~

- What Role Does it Play?
- How Do I Respond?

### ~ THE POWER OF WOMEN ~

- Hashem didn't consult with the Angels
- Owning our Power
- Responsibility to the Klal (and to the World)



# Man's Purpose

וְהִנֵּה, שָׂרֵשׁ כָּל עֲנִיּוֹן הָעֲבוּדָה הוּא, הֵיּוֹת הָאָדָם  
פּוֹנֶה תָּמִיד לְבוֹרָאוֹ, וְהוּא, שְׂיִדַּע וְיָבִין, שֶׁהוּא לֹא  
נִבְרָא אֶלָּא לְהִיּוֹת מְתַדְבֵּק בְּבוֹרָאוֹ, וְלֹא הוּשָׂם בְּזֶה  
הָעוֹלָם אֶלָּא לְהִיּוֹת כּוֹבֵשׁ אֶת יִצְרוֹ וּמִשְׁעָבֵד עֲצָמוֹ  
לְבוֹרָאוֹ בְּכַח הַשִּׁכּוֹל, הַפֶּן תֵּאֲוֹת הַחֲמָר וּנְטִיתוֹ,  
וְיִהְיֶה מִנְהִיג אֶת כָּל פְּעֻלוֹתָיו לְהַשְׁגַּת הַתְּכֵלֶת הַזֶּה,  
וְלֹא יִטֶּה מִמֶּנּוּ.

ספר דרך ד' - פרק ד'  
ר' משה חיים לוצטו

*Behold, the root of all matters of service is that man should **always turn to his Creator**. And that is that he know and understand that he was only created to cling to his Creator, and that he was only placed in this world to **suppress his [evil] inclination** and give himself in service to his Creator with the power of the intellect - the opposite of the desire of materialism and its inclination. So he should conduct all of his actions to reach this purpose and not deviate from it.*

## Connection to Hashem Self Mastery







# חבורות

*Why Chaburos?*

**"אין דומין המועטים העושים את התורה למרובים העושים" (ויקרא כ"ח תורת כהנים)**

***There is no comparison between a few who fulfill the Torah and a multitude who fulfill the Torah***

*"Can I borrow your כלים?"*



**"מה יש לך בבית" (מלכים ב' - ד"ב)**

***What do you have in the house?***

What Can I Gain From Being In a Chabura?

---

How Can I Learn To Make Use of A Chabura In the Best Way?

---

What Is Concerning To Me About Being In a Chabura?

---



## חבורות

*Think About...*

**”ואתה שנאת מוסר, ותשלך דברי אחרריך”** (תהלים נ:ז)

*For you hate Discipline (holding yourself accountable) and you threw My words behind you*

Do I actually do this? Can I give an example?



**”רב ששת בדק לה בריש לישנה”** (חולין יז)

*Rav Sheishes checked the knife with the tip of his tongue*

**”...פתח פומיך קרי, פומיך תני כי**

**היכי דתתקיים ביך ותוריך היי”** (עירובין נ"ד)

*'...Open your mouth and read, open your mouth and learn,  
so it will last in you and you will have long life'*

**”כי היים הם למוצאיהם ולכל בשרו מרפא”** (משלי ד:כב)

*For Torah is life for those that verbalize with their mouths*

**”אל תקרי למוצאיהם, אלא למוצאיהם נפה”**

*Don't read it 'the ones who find it,'  
read it 'the ones who express it'*

Sefer Shemiras HaLashon  
Sha'ar HaTevunah Chapter 16



**THAT'S WHY I NEED MY CHABURA...**

**THEY HELP ME TO BROADEN MY PERSPECTIVE & REALLY LOOK AT MYSELF**



*A Template for Working Towards*

**”זיכוד הרעיון”**

Rabbi Yisroel Salanter



Do I really understand the idea we just learned?

---

Do I agree with it?

---

What are its practical ramifications in my life?

---

Why might I have difficulty in accepting it?

---

**AFTER DISCUSSION WITH MY CHABURA:**

Am I more comfortable with this idea? Why? \_\_\_\_\_

---

What points have others made that helped me to clarify this concept? \_\_\_\_\_

---

Can I start to move this idea from the realm of the intellect to affect me on a deep, personal level? \_\_\_\_\_

---

Do I want to integrate this idea into my life? \_\_\_\_\_

---



**התלהבות הנפש**

# My Journey to My Greatest Self



Think, Think, & Respond  
YOUR CHABURA CAN HELP YOU WITH THIS!



What about my life would be different if I were more spiritually connected?

(i.e. My character, my relationships, my ability to deal with challenges, my health, my self-expression, my moods...)

---

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List ten mundane actions I do on a regular basis that, with intention, are actually mitzvos?

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

What is a statement that I say to myself on a daily basis that keeps me from being my greatest self?

(such as "I can't handle this" or "I blew it!")

I can ask friends & family - they'll be sure to tell me.

---

List five values that I view as essential in life. List them in order of priority.

(i.e. faith, kindness, integrity, honesty, etc.)

1. 

---
2. 

---
3. 

---
4. 

---
5. 

---





”הַיּוֹת הָאֲדָם פּוֹנֶה תָּמִיד לְבוֹרְאוֹ”

*...That we should turn always to our Creator.*

## *The First Three Reasons to Trust Hashem*

Based on the Sefer חובות הלבבות

שער הבטחון פרק ב

*Study These. Ponder Them. Meditate on Them.*

Say them aloud to yourself over and over

"I can let go and trust Hashem because..."

1. He is totally loving, caring, and compassionate towards me. His love for me is overwhelming, complete, and merciful.
2. His attention is constantly focused on me and my needs. He never, ever gets distracted from me and my needs.
3. He 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.

# Building Awareness

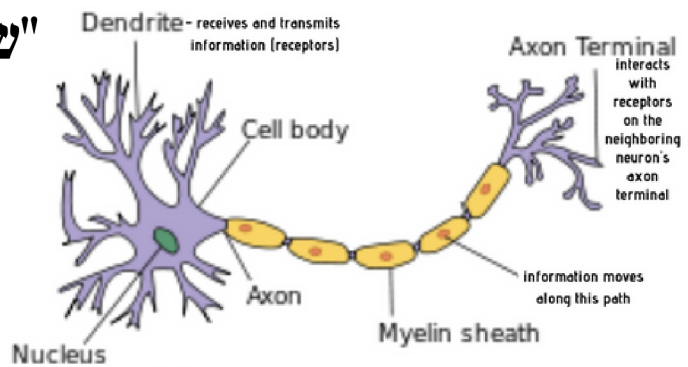


1 "Until you make the unconscious conscious, it will direct your life and you will call it fate."

~ Carl Jung, Swiss psychiatrist and psychoanalyst

*Choose What To Think  
Use The Power of Your Mind*

2 "שנתוסף בו דעה ודבור"  
'רש"י - בראשית ב'ז'



3 **Repetition | Repetition | Repetition**



Rav Yisrael Salanter

4 **Create New Mental Habits**

*~The Habit of Love~  
~The Habit of Trust~  
~The Habit of Transcendence~*

WHO AM I?

# Habits

ACT AS IF



THREE LAYERS OF BEHAVIOR CHANGE

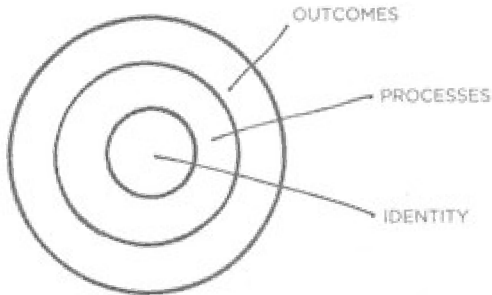
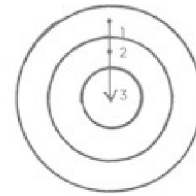


FIGURE 3: There are three layers of behavior change: a change in your outcomes, a change in your processes, or a change in your identity.

OUTCOME-BASED HABITS



IDENTITY-BASED HABITS

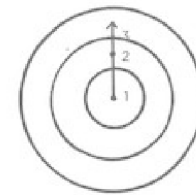


FIGURE 4: With outcome-based habits, the focus is on what you want to achieve. With identity-based habits, the focus is on who you wish to become.

## "Your Identity Emerges Out of Your Habits"

### "כִּי הָאָדָם נִפְעֵל כְּפִי פְעֻלוֹתָיו"

A person is formed by his/her actions

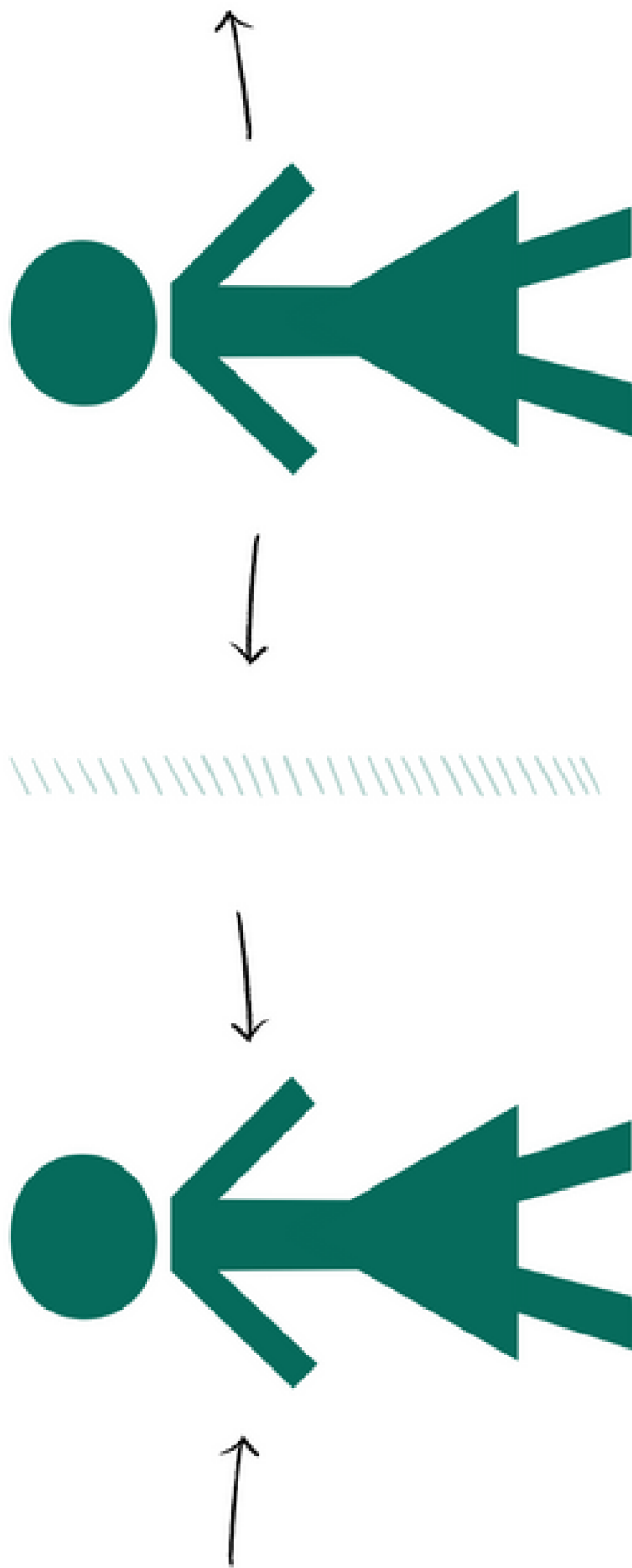
#### ספר החינוך, מצוה ט"ז

דע, כי האדם נפעל כפי פעלותיו, ולבו וכל מחשבתיו תמיד אחר מעשיו שהוא עוסק בהם אם טוב ואם רע, ואפילו רשע גמור בלבבו וכל יצר מחשבות לבו רק רע כל היום, אם יערה רוחו וישים השתדלותו ועסקו בהתמדה בתורה ובמצות, ואפילו שלא לשם שמים, מיד ינטה אל הטוב, ומתוך שלא לשמה בא לשמה, ובכח מעשיו ימית היצר הרע, כי אחרי הפעלות נמשכים הלבבות.

*Know that a man is influenced in accordance with his actions. His heart and all his thoughts are always [drawn] after his deeds in which he is occupied, whether [they are] good or bad. Thus even a person who is thoroughly wicked in his heart, and every imagination of the thoughts of his heart is only evil the entire day - if he will arouse his spirit and set his striving and his occupation, with constancy, in the Torah and the mitzvos, even if not for the sake of Heaven, he will veer at once toward the good, and with the power of his good deeds he will deaden his evil impulse. For after one's acts is the heart drawn.*

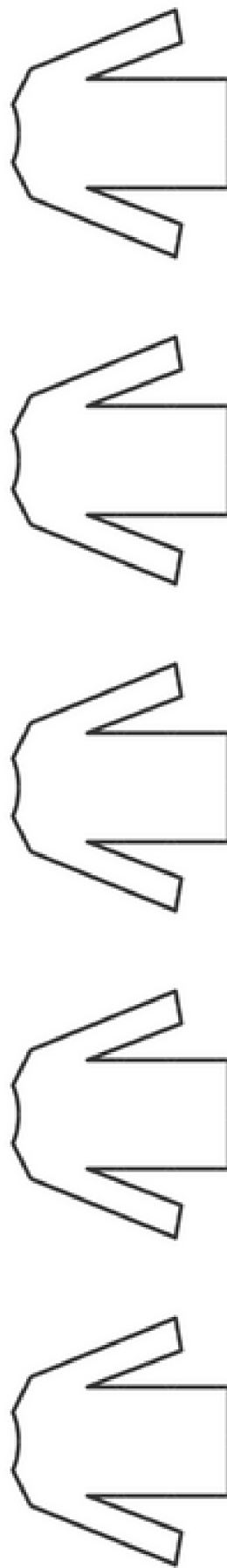


# If You Can See It, You Can Be It



My self now: I'm OK, But Inside, I'm Not Satisfied

My Transcendent Self: Who I Really Want To Be  
It's Actually Who I AM Already!



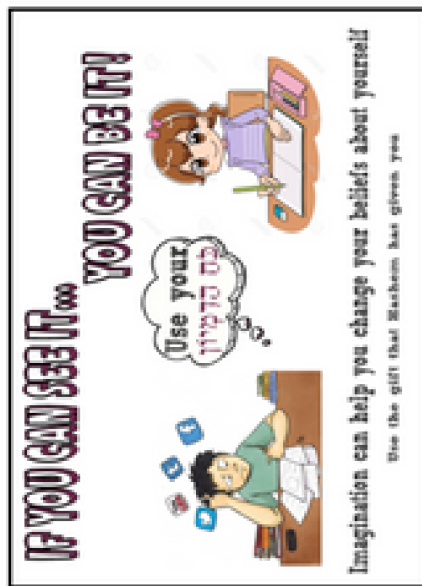
## TRY ON THESE CLOTHES

Write the values from 'My Journey to My Greatest Self' - one on each piece of clothing.  
Feel free to add more pieces of clothing with values.





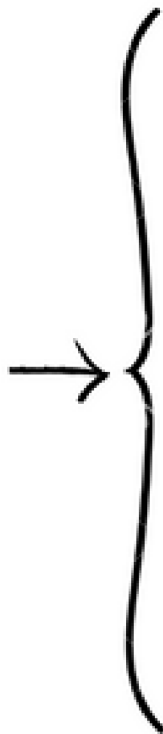
# If You Can See It, You Can Be It



What You  
Do Here



Should Be Guided By Who  
You Want To Be Here



1 yr.

2 yrs.

3 yrs.

## Tomorrow Begins Today

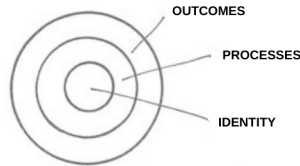
**START WEARING YOUR CLOTHES!**



"וישים על לבו חובתו אשר הוא מתעלם ממנה"  
(הקדמה - מסילת ישרים)

## How Do We Take Responsibility?

Identity Based Outcomes



Power of the Mind • Power of the Will • Power of Action



## Is This Shirt Right For Me?

1. Do I like the color/pattern?
2. What kind of material is it?
3. Do the buttons open in the front?
4. Do the shoulders fit?
5. Does it need a shell?
6. How does it fall - is it too short or too long?
7. Do I have a skirt that matches?
8. Is it cool enough for summer/warm enough for winter?
9. Is it stylish?

## What Would It Look Like If I Lived This Value?



**VALUE:** \_\_\_\_\_

What Actions Would I Take?  
What Language Would I Use?

Details:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

# The Chaburah



So I found this new recipe on "between carpools"...

Behold, the root of all matters of service is that man should always turn to his Creator. And that is that he know and understand that he was created to serve his Creator. And that was the purpose of his existence.

Is this what we are supposed to be doing?

Status update: zichuch harayon-ing!! ;)lol!

People should really just do the mitzvot and stop wasting time with this fluffy stuff.



## *How is our Chaburah working?*

1. Have we all attended/listened to the sessions?
2. Have we read over the materials together?
3. Have we talked through what we learned and used the זיכרון הרעיון template to really delve into the ideas?
4. Have we practiced the vocabulary and are we speaking the language?
5. Have we taken 5 minutes of our Chaburah time to do some writing?
  - a. TOPICS:
    - i. My value(s). Am I living them out?
    - ii. What consistent actions can I take to bring my values to life?
    - iii. Writing about what we discussed in the Chaburah, & how I can really incorporate it into my life.
    - iv. My failures and what I learn from them
6. How will we be in touch and give each other chizuk until we meet again?

# My Journey to My Greatest Self

Think, Think, & Write



What is missing from my life right now?

What do I wish my life would look like?

How do my ego & desires, and 'picture of what SHOULD be' affect my view of my life?

What is ONE of my deepest VALUES?

Why is this value important to me?

Does thinking about this value inspire or motivate me?

Deep inside, I know who I can be. Describe that person.

Do I really, truly WANT to be that person?

Draw out, in as much detail as possible, what that person looks like. What is she doing? What words are coming out of her mouth? What actions does she take every day? What does she think about herself?

On a scale of 1-10, how much do I really want this? 1 2 3 4 5 6 7 8 9 10

Report to your Chaburah: What was this process like for you? Was it hard? Did it flow? Were you able to be honest with yourself?



---

# Who Am I?

- If I'm not my achievements
- If I'm not how much I know?
- If I'm not how great my kids are?
- If I'm not what kind of job I have?
- If I'm not how much money I have?
- If I'm not how many friends I have?
- If I'm not how well people think of me?
- If I'm not what kind of family I come from?
- If I'm not how much 'good' I do?
- If I'm not how beautiful I am?
- If I'm not how much fun I am?
- If I'm not how talented I am?
- If I'm not how popular I am?
- If I'm not how thin I am?
- If I'm not how cool I am?
- If I'm not how smart I am?
- If I'm not how different I am?
- If I'm not how important I am?
- If I'm not how competent I am?
- If I'm not how well-dressed I am?
- If I'm not better than someone else?



*I Am... My Values And My Beliefs*  
*I Am... The Actions I Take To Live Out Those Values*





- הָאָדָם נִפְעַל בְּפִי פְעֻלוֹתָיו A person's identity emerges out of her habits
- ”שִׁנְתוּסָף בּוֹ דַּעַה וְדַבּוּר” (Hashem) added intelligence and speech (that's what makes us human)
- זִיכּוּף הַרְעִיוֹן Clarifying an Idea
- פְּרָטִים Details (The Purview of the רָצוֹן)
- הַתְּלֵהבוֹת הַנֶּפֶשׁ Excitement of the Will
- כְּלָלִים General Rule (The Purview of the שִׁכּוּל)
- שִׁכּוּל Intelligence
- הַתְּבוּנָנוֹת Introspection
- כּוֹבֵשׁ אֶת יִצְרוֹ Master himself (his thinking, his desires)
- ”וְיִשִּׁים עַל לְבוֹ חוּבָתוֹ” Pay attention to the obligation that you ignore
- אֲשֶׁר הוּא מִתְעַלֵּם מִמְּנָה”
- פּוֹנֵה תָּמִיד לְבוֹרָאוֹ Turning Constantly to Hashem
- כְּלִים Vessels/Resources
- ”וְאַתָּה שָׂנֵאת מוֹסֵר, וְתִשְׁלַךְ דְּבָרֵי אַחֲרָיָךְ” You hate discipline and you threw my words behind you



”הַיּוֹת הָאֵדָם פּוֹנֶה תָּמִיד לְבוֹרְאוֹ”

*...That we should turn always to our Creator.*

## *The Next Four Reasons To Trust Hashem*

Based on the Sefer חובות הלבבות  
שער הבטחון פרק ב

We've already discussed the first three reasons to trust Hashem.

Here are the next four which bring us to

## *Seven Absolutely Compelling Reasons To Trust Hashem*

*Study These. Ponder Them. Fill Your Mind With Them.*

Say them aloud to yourself over and over

"I can let go and trust Hashem because..."

4. Hashem has perfect knowledge and insight into what is good for me in all aspects of my existence.
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.
6. Hashem has Absolute Control over everything that happens to me. No one can harm me or help me except for Him.
7. Hashem is unfailingly Generous & Kind to me, whether I deserve it or not!



# Trust Hashem Cards



חובות הלבבות  
שער הבטחון

## Seven Absolutely Compelling Reasons To Trust Hashem

If you really get these, you can't help but feel loved, cherished & safe!

#1

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

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

#2

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

"בגמל עלי אמו בגמל עלי נפשי"  
"Like a nursing child at her mother's side, my soul is like a nursing child"  
תהלים קל"א: ב'

#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

#4

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

"בטח אל ה' בכל לבבך ואל־בינתך אל־תשעו"  
"Trust in Hashem with all your heart, and do not rely on your own understanding."  
משלי ג'ה'

#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.

"זכר־נא כִּי־חמר עשיתני ואל־עפר תשיבני"  
"Remember, please, that You molded me like clay, and that You will return me to the dust."  
איוב י'ט'

#6

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

"באלקים בטחתי לא אירא מה־יעשה בשר לי"  
"In G-d I trust; I am not afraid; what can mortals do to me?"  
תהלים נ"וה'

#7

Hashem is unfailingly Generous & Kind to me, whether I deserve it or not!

Now I'm ready for this...  
"והנה שרש כל ענין העבודה הוא, היות האדם פונה תמיד לבוראו"  
"The root of all matters of service is that man should always turn to his Creator"  
ספר דרך ד' - ר' משה חיים לוצטו



# "מכל משמר נצר לבך 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."

Level	Log	Emotion	Life View
Enlightenment	700 – 1000	Ineffable	Is
Peace	600	Bliss	Perfect
Joy	540	Serenity	Complete
Love	500	Reverence	Benign
Reason	400	Understanding	Meaningful
Acceptance	350	Forgiveness	Harmonious
Willingness	310	Optimism	Hopeful
Neutrality	250	Trust	Satisfactory
Courage	200	Affirmation	Feasible
Pride	175	Scorn	Demanding
Anger	150	Hate	Antagonistic
Desire	125	Craving	Disappointing
Fear	100	Anxiety	Frightening
Grief	75	Regret	Tragic
Apathy	50	Despair	Hopeless
Guilt	30	Blame	Evil
Shame	20	Humiliation	Miserable

*Our Internal Frequency Determines Our Dominant Emotional State.*

*I'm Beginning to See That I Have the Power of Choice!*

*Let's think about this:*

Where do I resonate (right now) on this scale? How do I see it playing out in my life?

At what level would I like to resonate? What will it look like when that happens?

How will my עבודת ה' (Service of G-D) change as I move up the levels of emotional frequency -

בין אדם למקום - Between me & Hashem?

בין אדם לחברו - Between me & others?

בין אדם לעצמו - Between me & myself?

*"Life is a mirror and will reflect back to the thinker what she thinks of it"*

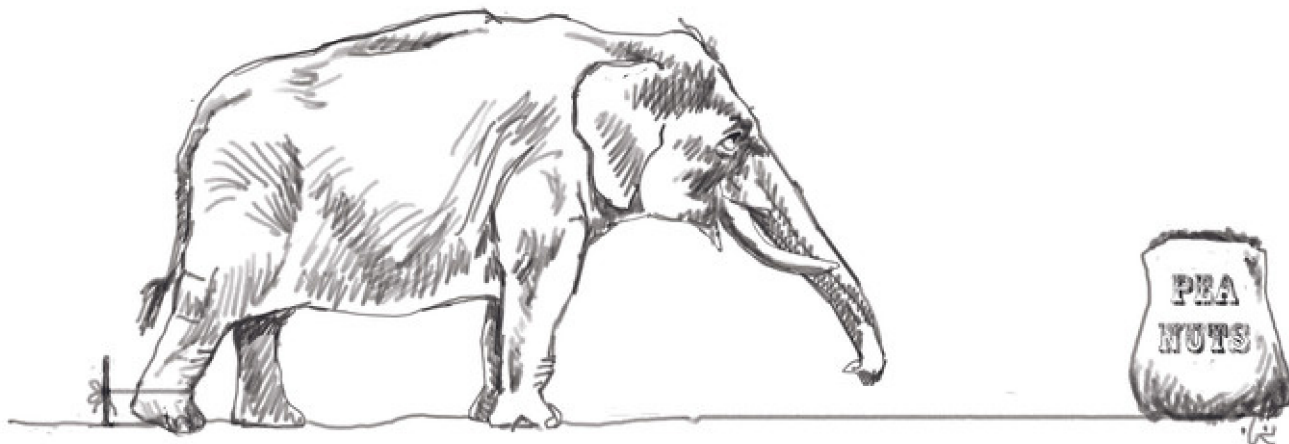
-ERNEST HOLMES, AUTHOR OF "SCIENCE OF THE MIND"



**LIMITING  
BELIEFS**

**vs.**

*Vision, Values,  
Identity & Trust*



**”וּבַחַרְתָּ בַחַיִּים”**

*”You shall choose life”*

דברים ל:י"ט

*We don't have to let our Limiting Beliefs  
override our Behavior.*

*So, How can I let go of my Limiting Beliefs?*

**1. Articulate your Vision (Identity)**

**2. Ask yourself why this Vision matters to you - What are the Values behind it?**

- Becoming the best version of yourself requires you to continuously edit your beliefs, and to upgrade and expand your identity.
- The real reason habits matter is not because they can get you to better results (although they can do that), but because they can change your beliefs about yourself.
- Your identity emerges out of your habits. Every action is a vote for the type of person you wish to become.

-Atomic Habits, James Clear



# The Chaburah

How are you Gladys?

Oy, I've been better.  
What are you so happy about?

After lugging this binder  
around for half a century,  
I finally sat down and *thought!*



Gitty Coriat

*"Destiny is not a matter of chance, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved."*

WILLIAM JENNINGS BRYAN, 1860-1925

Lawyer, Orator, 3-Time Nominee for President of the United States

*As you take on Habits that Build your Identity & Affect your Destiny, Choose to stay in touch with your Chabura this Summer.*

Here are some topics for discussion:

1. The Emotional Frequency Page: Where do I resonate?  
What does that cause in my life?  
Where would I like to be?  
How can BITACHON (Trust in Hashem) affect my Frequency?
2. Discuss the Seven Compelling Reasons to Trust Hashem, one at a time. Use the זיכור הרעיון (Clarifying Issues) Template. Talk about them EVERY SINGLE DAY!
3. *Love-Transcend-Persist* - Post this mantra where you will see it often. Keep track of every moment of Transcendence. BE Love! Don't Give Up!