

Neshima Program Information

Rabbi Bernstein will be offering two sessions to help individuals deal with their own patterns of stress and discover how they might break some of those cycles. This is for people interested in personal development and self-actualization as well as insight from our ancient tradition for self clarity.

We are doing these 2 seminars in time for Pesach, the season of our freedom. We physically and spiritually clear out chametz (leaven) which is a symbol of the heaviness that has built up on our souls over the year.

Each person will take a personal assessment on their own time (should take 30-45 minutes) before the 1st seminar and will receive a report on the lenses through which they view the world and how they react to stress. The workshops themselves will give you the tools to understand your own report and some ancient wisdom that helps us view ourselves with open eyes. No one needs to share the details of their personal assessments for this workshop.

These sessions will be lunch webinars given on Wednesday, March 10th and Wednesday, March 17th from 12:00 - 12:45 PM on Zoom. If there is a desire to do them in the evenings, that can also be arranged, but we need at least 3 people to create an evening session. Those who want to stay after for Q & A are welcome.

If you are interested in participating in these workshops, you can [click here](#) to register on shulcloud. Rabbi Bernstein will send you a link with a Personal Assessment questionnaire for you to complete. You must RSVP by Wednesday March 3rd. Late responses will not be able to participate because of the need to complete the assessment beforehand.

From strength to strength,
Rabbi Bernstein

PS: We know you are zoomed out, but this session will give you more energy.