



**IT DOES NOT
MATTER HOW
SLOW YOU GO**

SO LONG AS YOU DON'T STOP

#EINHABDOLACH

Healing the Nefesh!

The final Tikkun

Breakthrough 2 - Class 6

"עין הבדולח"

YOU SET THE STAGE OF YOUR LIFE!!

You have attracted what you have and pushed away what you don't!

What do you WANT? clarifying that with yourself is MAJOR!

***Ratzon = Will/ Want**

We each have real and fake wants..

Woman who wants to lose weight but cant control her impulses.. Its not that she doesn't want to lose weight, she just wants what's enticing her right now, more.

Your ratzon REALLY is for what your going after not for what you say or feel you want!

Bottomline understanding; to know what you REALLY want, you need to take a good look at your life and everything in it..

The Good, the Bad and the Ugly..

That is your inner script and that is what you are attracting, that is what something inside you keeps calling back to you..

How to change the script and move towards a healthier more balanced more spiritual life!

Let's dive right in!◆◆◆◆

Situation comes up or a feeling you have because of something someone said or did etc..

3 questions to ask yourself;

- 1) What is bothering me?**
- 2) Where is it?**
- 3) How do I fix it?**

1) What is bothering me?

(Ask yourself questions to help you get an understanding of your feelings)

Do I miss someone who is really not good/ healthy for me? Am I offended by someone's remark or lack there of? Do I feel disrespected? not heard? Judged? Criticized? Made fun of? Taken for granted? etc.. etc..

2) Where is it?

A person is their Ratzon - will.

Where does a person get his will for something, his attraction, desire for something specific i.e a person, drug, situation, illness etc.. (referring to his usual responses to life situations as well, i.e anger, sadness, emotional paralysis, feeling like a victim etc..) all come from the, זכרונות, נפש, ציורי נפש - memories, images in his mind with previous experiences that shaped his mind and nefesh, filled him with light, pleasure on whatever level etc.. and are now the images coming back in the current experience..

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"עין הבדולח"

I.E child grows up in a home with a sick parent, watches as their parent slowly dies of the illness.. The chances of they themselves getting sick around the same age as the parent did are much higher then a child who has never witnessed such a thing..

This is an example of ציורי נפש. Our subconscious takes pictures of everything and stores it. Our reactions, thoughts, speech and behaviors are fully based on these pictures/ memories..

עין הבדולח is here to change the negative destructive images and replace with a cleared out nefesh.

Where is the problem? where are these זכרונות, memories?

"חלקי הנפש יורדים לקליפות ומשם מבקשים שפע"

When vessels break they fall to the klippot.. Klippot are spiritual entities born from our mis-taking and fueled by our continued mis-taking. "הרצון לקבל לעצמו"

Taking for personal pleasure alone..

Someone who harms themselves with poor food and drinks and living habits, the issues he has will only get worse because hes CALLING OUT FOR MORE OF WHAT HES ALREADY GETTING.

ITS THE ADDICTION OF THE KLIPPOT TO WHATS FUELING THEM (the same actions, addictions etc.) THAT CREATED THEM!

The Klippot:

What are they and what do they do?

A) Spiritual energy created by mans mis-taking.

(Taking for himself with no higher intention or giving.. Just for "fun" or just out of habit..

B) The klippot distance the person from the light.. I.e there is a lightbulb, whoever is sitting close by will have light and whomever is farther away will have less..

Klippos create the distance - the light ALWAYS stays the same..

C)They are the #1 Creators of negative emotions that we feel in our lives.. i.e anger, sadness, jealousy, fears etc..

The klippot scream for more of what broke the vessels.. THIS IS THE ROOT OF ALL OUR ADDICTIONS!

How to fix:

#1!!!!

Must starve the klippot of their fuel = מסך

The longer you separate yourself from your addictions or your negative thinking/ comfort zones that in truth keep you stuck, the more vessels are being pulled out of the clutches of the klippot..

(Feeling Stuck is always a result of broken vessels. Light, goodness can only come into your life via your vessels, the broken ones cant hold light, they are now nursing their "light" (fleeting feeling of pleasure) from the dark forces (sitra achra) as long as they are there the klippos get hungrier and release dark feelings into the persons nefesh.. Think of the nefesh as the home and the klippos as the dumpster, the longer the garbage sits there, the harsher the living conditions become in the house)

The more vitality and good feelings you will begin to feel..

THE MORE סוף אין סוף CAN GET IN = Clarity, emotional well being, increased happiness and energy etc..

DONT GO COLD TURKEY ON YOUR ADDICTIONS UNLESS YOU FEEL YOU CAN AND WILL SUCCEED.

REMEMBER-

*Needle point moves everyday out of your comfort zone. (everyday means everyday ;))

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The Steps to "עין הבדולח"

"גבוה מעל גבוה שומר"

The higher energy heals the lower ones.

נשמה-מחשבה

Thoughts come from the soul level of the soul

רוח - דיבור

Speech from the Ruach level of the soul

נפש - מעשה

Actions from the Nefesh level of the soul.

We need the Neshama and Ruach to fix the Nefesh.

"כל נגעים אדם רואה, חוץ מנגעי עצמו"

A person is capable of seeing everyone's blemishes aside from his own. (for real not low esteem)

When we experience something we don't like, see something in someone that erks us etc.. ITS 1000% A DIRECT LOOK AT OUR OPEN DRAWERS! It's an incredible opportunity to eradicate that from within us forever!!

How? What are the steps?

Here we go friends, you are about to learn the secret medicine to all your ailments!!!!

Outside Stimulus - Memories

Emotional Reaction - klippot

RULE OF THUMB: What you think you see and understand is coming in through filters that have been skewed and bent over time that are now sending you messages based on their vantage point.

Could be (most likely) very far from how things really are..

i.e example with husband, coming home, house a mess..

Steps to עין הבדולח:

Second I see, experience the hurt, frustration, the disrespect towards me, lack of affection/care etc.. I IMMEDIATELY STOP THE USUAL EMOTIONALS (KLIPPOT) FROM TAKING OVER AND I SAY;

1) Sorry Hashem that this is what I have going on inside me .. I feel terrible that I have thought, acted , treated people this way etc..etc. Please G-d help me step out of that darkness and into the healthy whole me..
Help me live in alignment with truth and kindness and total love for myself and everyone I meet..
(develop this part as much as you need to, this is hugely crucial in the process)

2) Thank you Hashem, thank you from the depths of my heart for showing me so clearly how wrong I've been, how selfish and shallow, how offensive and quick to judge/snap/get hurt etc.. etc..
(use your own words, these are just examples)

When a person can go through these steps and then thank G-d for showing him his own blemishes in that moment he understands that this is being shown to him SO HE CAN fix his brokenness, ITS A GIFT! HASHEM IS TELLING YOU THAT HE'S HERE TO HELP YOU OUT, GO FOR IT!!

Saying thank you for the opportunity to see and know the truth behind the scenes of your life will suddenly allow you not to feel any negativity towards the original stimulus that got you all worked up!

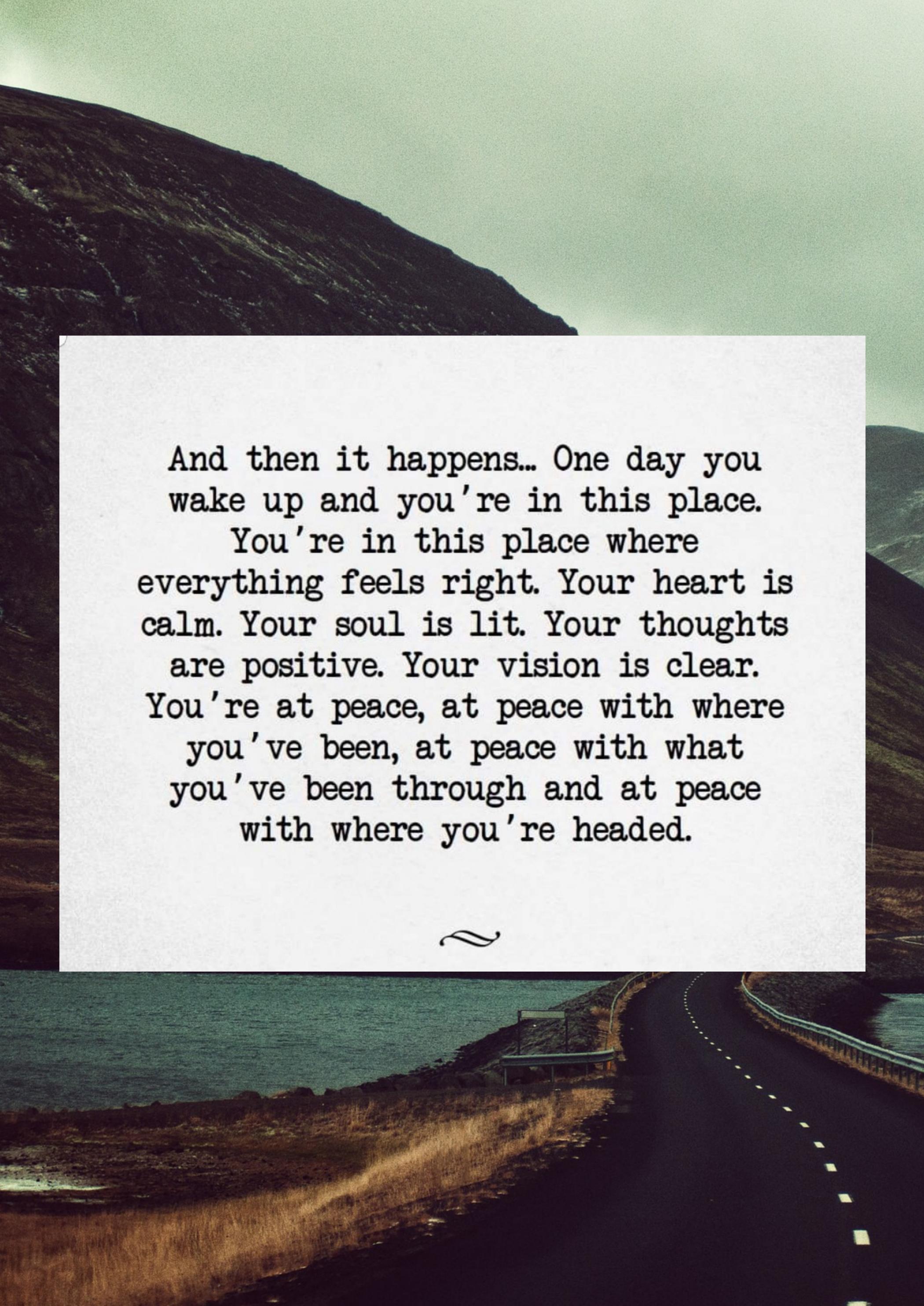
You don't need to delve into your guts and figure out what you should fix in order to pull your vessels from the klippot, life that does that to you on a daily basis. All you need to do, and should do is these steps once you experience your negative emotions flaring up.

What you need to deal with is your point of view.. When the issue comes, embrace it, use it, don't fall into it. It's not real it's the projection of yourself trying to have you come rescue your vessels and restore them to draw more light!

Hashem HELPS me by showing me my enemies.. - ה' לי בעזרי, ואני אראה בשונאי

Internal ones not external..

External ones will turn to friends or disappear once you've worked the steps of Ein Habdolach!



And then it happens... One day you
wake up and you're in this place.

You're in this place where
everything feels right. Your heart is
calm. Your soul is lit. Your thoughts
are positive. Your vision is clear.
You're at peace, at peace with where
you've been, at peace with what
you've been through and at peace
with where you're headed.

