

THE PRESENCE SERIES

MEDITATION 24/7

YOUR PRESENCE OF MIND MAY BE VERY CONSTRICTIVE
OR VERY EXPANSIVE OR SOMEWHERE IN BETWEEN....



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#1 - Soul Connecton Meditation 24/7

THE PRESENCE SERIES

MEDITATION 24/7

Your Presence Of Mind May Be Very Constrictive
Or Very Expansive Or Somewhere In Between....

You can begin to expand your presence by being in a constant state of meditation
You can further expand your presence by being in a constant state of soul
You can further expand your presence by being in a constant state of G-d connection
You can further expand your presence by being in a constant state of past life guidance
You can further expand your presence by being in a constant state of Ratzon/will
You can further expand your presence by being in a constant state of Kabbalistic cosmic impact

WE BEGIN THE FIRST STEP OF THIS JOURNEY INTO THE VAST EXPANSES OF THE MIND
BY AWAKENING OUR MEDITATIVE CONSCIOUSNESS —BY LIVING IN A MEDITATIVE STATE
AS MUCH AS WE POSSIBLY CAN.....

So the question arises—How can we be in a meditative state 24/7? Is it even possible? Isn't it true that the natural rhythm of life is one of highs followed by lows and then more highs...etc...? So how can one be in a state of meditation 24/7 [or any other state for that matter]?

I believe the answer to all of these questions is found in a proper understanding of what meditation really is all about.....to make it very simple—meditation is focus, awareness or presence—and this presence applies to whatever it is that you are doing, whether it be sitting in a lotus position on the top of the Himalayas, or just hanging out with a good friend telling jokes.....everything is fair game for meditation....the difference between a non-meditative state and a meditative state is simply the quality of focus/awareness/presence that is involved.....

To add the Jewish Kabbalistic factor to the meditative definition, we need to say that the underlying purpose of meditation, is to let the Neshama/Soul come through to the surface from underneath the stranglehold of the chaotic mind and body that are shutting it up most of the

time.....once this presence-filled meditative state allows the soul to come through in all of it's full Divinely inspired splendor, then life becomes not only completely meditative, but also sacred..... With these thoughts in mind —we now ask the most important question—‘How do we stay in an expanded state of being all the time’? I believe that the answer lies in our attitude or outlook of life.....As I have often discussed, perhaps the most important discovery that I have made in my own spiritual explorations is the following; to the extent that I am totally self expressed—or in my terminology—ALL-ING—to that extent, I am in a state of well-being, connectedness, presence , inspiration, awakesness and all the rest of the descriptive words that describe this same idea.... Here are some of the practical applications that I've discovered [from life and from the Holy Source Books];

JEWISH MYSTICAL APPROACHES TO LIVING IN A STATE OF MEDITATION 24/7

1.AFFIRMATIONS

KAVEI EL HASHEM CHAZAK VYAMEITZ LIBECHA VKAVEI EL HASHEM

HOPE FOR HASHEM, BE STRONG & STRENGTHEN YOUR HEART & HOPE FOR HASHEM
[TEHILLIM 27/14]

One way to stay in the meditative state, is to constantly repeat a statement of affirmation that your mind can wrap itself around, no matter what you're involved in.....this has the effect of focusing and reframing all that you do around the message of the affirmation....here are a few examples;

a.Hashleich el Hashem yehavcha vhu yichalkelecha

Toss up to Hashem your burden , and He will take care of it for you

b. Perfect as is

c. Haboteach b'Hashem, Chesed Yesovevenhu

One who trusts in Hashem will be surrounded by Chesed

d. Even better

e. Let go—let G-d

f. Ribbono Shel Olam Master of the Universe

2. MESHIVAT NEFESH RESTORE MY SOUL

[a book based on R.Nachman's teaching of this principle]

Another way to stay in the meditative state, is to realize that life's natural rhythm is high times followed by low times and then those followed by high times and on and on like this.....once we accept this, then we can actually be very present even in the low times...here are few ways how to do that;

a. Wait it out———

just sit back and be! Don't get involved in arguments....don't make real important decisions....don't try to understand or analyze things too much...just watch the wall or your fingers or your partner's nose —just be patient until your expanded consciousness sets in....enjoy the low key ride.....

b. See the low times as a learning experience ——

there are lessons to be learned from the low times—sometimes, the reason why you are partially stuck is in order to learn how not to get stuck again.....sometimes you are placed in a low position in order to ask yourself why—what is it that you have done to get where you are, and how can you avoid it.....

c. See the low times as being necessary for the high times——

just like a person needs to sleep in order to get energized for when they are awake, so too do the low times energize the high times....the lower self energy renews the higher self energy....the hunger experienced in low times makes you appreciate the satisfaction in the high times....

****at this point, I will just convey the 'headings' of the other approaches, with the hope that at a future time , I will be able elaborate more on them;

3. Fusing the Divine with the Mundane

[including Hitbodedut\free form speaking with Hashem, extending every word of Prayer and other Sacredness at least 7 seconds, transforming life into a constant performance of Mitzvot, Letting Go and letting G-d]

4. All-ing

b'chol levavecha u'vecol nafshecha u'vechol meodecha

with all your heart and all your soul and all your might

[from the first paragraph of the daily SHEMA recital]

[including the P.L.U.G. I.N.meditation, the ALL-ING meditation and the 5 levels of Soul meditation]

5. Puppet show— The Baal shem Tov's teaching of personally guided Divine Providence

6. Letting in the Soul

[including the following meditations---'wait till all of me screams yes', 'what does Hashem say', 'seeing everything as a Divinely sent directive', 'seeing everything as being Eternal']

7. People-ing

Bisvilli nivra haolam the world was created just for me

Hadam olam katan Every person is an entire world

[from the wisdom of our Sages]

8. Living your life's calling

Mah chovato b'olamo [one needs to know] what their calling is in life

[from the 'Path of the Just' by R. Moshe Chaim Luzzatto zt'l]

[including the 3-step Co-creating exercise and the Presume-graduation speech and the exercises for drawing out your life's Ratzon]

9. Essence-ing

omek Hamusag [conveying] the essential point

[the end-purpose of intellectual analysis as brought in early CHABAD works]

[including Hitbonnenut contemplations, and 'the speaking and thinking in essences meditation']

10. Windows

Bo El Hateiva Come into the Ark [or alternatively---into the word or sentence]

[A teaching from the Baal Shem Tov]

[including the 'Window Meditation' and the 'Knowing Meditation']

#2 - Soul Connecton 24/7

This is the 2nd in a series of Presence of Mind teachings—the 2nd level of expansion—the expansion that comes from connecting with your Soul....

What I bring to you below, are a number of my previous teachings about the Soul...

The first 2 teachings ['The Soul' and 'A Part of the Divine'] are definitive....They define what the Soul is, in its connection to life, the world, G-d and to our growth....

The next teaching ['Experiencing the Soul Meditation'] are designed too enable us to begin to experience the Soul's multiple levels

The next 2 teachings ['Universal Soul Experience and 'Experience of the Enlightened Ones'] illustrate what the experience of the Soul is for both the common person as well as more enlightened people

The last 2 teachings ['A list of Soul Awakening Approaches' and 'Soul Awakening Meditations'] illustrate and guide us on how to measure and actualize our various levels of Soul connection, as taught to us by some of the most enlightened Jewish Mystics....

The overall goal of all of these teachings, is to serve as a guide for us to connect to our own Souls 24/7 [or as often as we can]....

THE SOUL

a collection from 'Gilgulei Yisrael' –1st chapter

1. PURPOSE—actualizing your life purpose by causing your sanctity to overcome your animal side
2. DEFINITION— the G-d given instrument to help you elevate your spirit
3. COMPONENT PARTS— nefesh, ruach, neshama, chaya, yechida—and each part is included in all five
4. STAGES OF INTEGRATION—at birth you receive nefesh, at 13 you receive ruach with Torah and Mitzvot and good deeds, at 20 you receive neshama if you are deserving
5. IN THE BODY—the soul's parts are all distributed throughout the body, but their main root places are —neshama in the brain, ruach in the heart and nefesh in the liver
6. SCOPE OF INFLUENCE—the life force of all Worlds, Powers and Angels whose ups and downs totally depend on our soul's impact
7. BEYOND THE BODY—yechida and chaya and part of neshama are all referred to as 'Ohr Makif' [light that is beyond] and are therefore found outside of the body [as is their functions---ie...to accomplish what's beyond you]
8. ROOTS IN THE WORLDS—the nefesh is drawn from the World of Assiyah, the ruach from Yetzirah, the neshama from Briah and the chaya and yechida from Atzilut
9. THE SOUL OF THE ELEMENTS— all but the lowest of the level of mineral [earth] has soul....the other parts of the mineral world has a mineral soul drawn from the earth, the vegetable soul from water [including the lower level], the animal soul from the wind[including the lower levels], the speaking soul from fire [including all lower levels]
10. YISRAEL SOUL ——in addition to possessing all lower levels in a more pure and sophisticated way, they also have 'nefesh sichlit' [intellectual soul] as well as 5 full levels of Soul
11. COMPARED TO ANGELS—the soul is on a higher level, if it is rooted in the same world as those particular Angels [who are rooted in various Worlds]—since they are hard-wired to be composed of opposite dimensions and higher dimensions
12. VIS A VIS GOOD AND BAD INCLINATIONS—the soul utilizing the intellect and the will is the source of your power of free will to lean towards either the yetzer hara or yetzer hatov [good or bad inclinations are independent powers of the soul]
13. POST-LIFE TESTIMONY—the lowest level of the soul, the nefesh, which was in closest proximity to the persons bad inclination, will testify in the Heavenly Court regarding bad inclination life choices

14. FALLEN [NEGATIVE] ELEMENT-BASED CHARACTER TRAITS—fire—the source of pride and it's offshoots—anger, hate and stubbornnesswater—the source of lust and it's offshoots of coveting of others possessions.....wind the source of unnecessary speech and it's offshoots of all damaging speech....earth—the sadness depression and it's offshoots of laziness

15. GENERAL RECTIFICATION—submission to Hashem's Will, which includes seeing that all who wish for your worst, are only agents of Hashem [for your own good]

16. POST LIFE —the nefesh stays with the body until it decomposes and then assists in it's resurrection....the ruach goes to the lower Gan Edenthe neshama to the higher gan Eden

17. DAMAGE—a horrible sin in the world of action, can cause the nefesh to be cut off from it's root {KARET}....a sin committed by negative speech, can cause the soul to be damaged [but NOT cut off]....and sins in the world of thought are more subtle, and therefore do much more subtle damage to the person in their corresponding world of thought

18. COSMIC SPAN—the 'Head' of the soul is rooted in the Heavens, and is drawn down in a chain-like fashion until the lower part of the soul [the 'feet'] enters the body

'A PART OF THE DIVINE'

The Soul is referred to as '..part of the Divine..' [Job Ch. 31/verse 2]....These seemingly simple words, convey most of what we need to know about what the Soul is—it's Divine essence, but only a part....

A PART of the Divine

Only the lowest part of the Soul is inside of the body....The great majority of the Soul reaches beyond the body up to the highest heights....This explains the essential upward striving of the soul [as if it wants to escape from the body and return to its Heavenly Home]....The Soul, prior to entering the body, was in a World of Souls—a very pure and sublime world—where the souls are as yet untested by the coarse and dark reality of the materialistically oriented body....Besides the Soul's memory of life prior to the body, the Soul also has a super-consciousness that draws from that part of itself that is presently not inside of the body [which comprises the great majority of it's makeup]...Just like a candle flame that is constantly striving to reach beyond it's limiting, grounding wick, the Soul strives to reach beyond the limiting mindset and consciousness that it is presently confined to inside of the body—a striving to grow, to go beyond itself and to somehow return to it's Infinite Divine roots...

Internal and Transcendent Levels

As a result of the Souls being partially inside and partially outside of the body—there comes into being 2 inner drives—an internal drive and an external drive;

A. The internal drive is called the 'Ohr Pnimi'—The inner light—where the person seeks to perfect that part of the Soul that is inside of themselves....This internal drive is further subdivided into 3 other drives or Soul levels—referred to as;

Nefesh—the lowest level closest to our physicality and experienced as the inner drive to be active and to do and accomplish...

Ruach—the middle level experienced as a bubbly overflow of energy and thought associations and insights...

Neshama—the highest level of internal Soul, experienced as that part of ourselves that guides us in Divine purity and wisdom and creativity through a conduit that draws down all of this Divine guidance from above...

B. The external or surrounding or transcendent Drive is called the 'Ohr Makif'—the transcendent drive....This drive is based on the little bit that we can fathom and pick up on of the part of our soul that is beyond our body...It is also subdivided;

Chaya—this is experienced as the part of ourselves that is not concerned with our own personal perfection, but rather with cosmic perfection —Tikun Olam [rectification of the World]. We all have this level accessible to us—but rare is the person whose dominant trait is Chaya....This person is a very inspirational person, a visionary—someone whose main concern for themselves and for all of the myriads of people that they motivate, is to serve as the primary agents of Hashem in bringing one and all in the nation and in the world to a state of healing and enlightenment...

Yechida—this is the highest Soul level, that is experienced as a drive towards pure Dveikut or G-d consciousness 24/7...The Yechida person focuses all that happens to them in life to be within the context of G-d—constantly seeking ways to bring about a reality for themselves and for the world, where nothing else exists except for G-d—a return to the Infinite Divine Womb...

A Part of the DIVINE

The bottom line, is that the Soul is Divine ...It's main drive is G-d...Doing G-d's Will, emulating G-d, being in G-d consciousness ..etc...And this is what it is doing inside of the body and inside of the world—where G-d's presence is hidden—the Soul comes to wake up and reveal G-d in the midst of this hiddenness—it comes to transform a person who naturally has a strong inclination to follow bodily, non-G-dly drives—into seeking G-d in the midst of day to day mundaneness.....The Soul is assisted in it's task by Soul-like aids, such as the Mitzvot, which are all designed to bring G-d into our lives, in all aspects of life—especially those aspects where G-d's presence is not felt or found....The Torah, as well, aids the Soul in its mission—by revealing G-d's Will and guidance, in endless realms of life, where G-d's will and guidance are not knownPrayer also seeks to bridge this gap....

The Soul, in its mission to Divinize—goes through a perfection process which spans 1000's of years and many lifetimes, until it finally reaches its goal and a state of enlightenment...

Experiencing the Soul Meditations

****Experience your Soul—your deepest essential self—as reaching beyond yourself—all the way up to the highest of heights – with only the lowest part of it inside of yourself....Focus on the fact that the part of yourself - your Soul - that is above and beyond you contains all of the consciousness and wisdom that you will eventually fathom and internalize , as you continue to grow....

****Experience your Soul's lowest level-Nefesh-a a quiet space –a space that motivates you to act and accomplish things—to be grounded and aware of your body and the world around you– to be aware that all that you sense and encounter in the world, are opportunities for growth and perfection....

****Experience your Soul's next highest level-Ruach-as a busting, bubbly overflow of energy and ideas and connections and associations and insights—sources of wisdom showing you how everything is unified and comes together when you contemplate it....

****Experience your Soul's next level-Neshama-as a serene and sublime knowing—a knowing that is at one and the same time yours-yet beyond you– a gift from Above....Feel the purity and joy and love and creativity....Let these feelings fill you up from head to toe....Connect to a deep knowing that is beyond your normal wisdom—and remember this sacred space, so that you can access it when you need to in life....

****Experience your Soul's next level-Chaya-as an inner drive that is concerned not with yourself so much , but rather with the well-being of the world at large....Feel the inspiration that you feel when you begin to envision how you can help to make the world a better place....Let your vision play itself out without any limitations.....Feel how Hashem constantly empowers you and others to contribute to the manifestation of the vision in unique ways that you and every other person can contribute...

****Experience your Soul's highest level-Yechida-as an inner drive to be at one with Hashem—to return to the Divine Infinite womb—to be motivated in all that you do by nothing else except to be a conduit for G-dliness in the World, especially where G-d's presence is not felt...

Universal Soul Experience

1. Experience the various Soul Expressions that most everyone experiences ;

a. ...when you do an extraordinary good deed and feel very good about it, or have overcome doing something wrong, and have a wonderful feeling of satisfaction

b...when you feel guilt over doing something very wrong

c...when you feel a very deep longing, and you sometimes don't even know why

d...when you suddenly feel that your life is not going in the right direction, and that you must change

e...when you first wake up in the morning and you have a very strong feeling about yourself [good or bad]—based on what you have or have not accomplished or become recently

f...when you feel embarrassed about being exposed at doing things below your level

g...when you feel a strong fear or intuition about losing or harming something precious to you

h...when you feel a powerful drive or craving to attain a spiritual state of being such as wisdom, happiness, will-power, holiness...etc

i...when you feel all tingly inside when you exchange an expression of love with a beloved one, or anyone for that matter

j...when you are in a situation of 'do or die' , and you feel an overpowering need to survive

k...when you feel a need to perpetuate your unique teachings, insights and other spiritual contributions— to people now in your lifetime ——and to others who will receive them after you pass on

l...when you feel a strong desire to extend eternally and infinitely the most powerful of your spiritual experiences and accomplishments

Experiences of the Enlightened Ones

[based on the 'Lights of Holiness' by Rav R.A. Kooke ztz'']

Experience the following Soul-stirrings and drives that are felt by those who are well on their way towards achieving levels of perfection and expanded consciousness and enlightenment;

a...the inner Soul drive to know yourself and to react properly to your inner summons

b...the inner Soul drive to become so clear and enlightened, that you know that a similar awakening of the masses is sure to follow

- c...the inner drive to purify and intensify all of your intentions , until you see that most all of your intentions manifest in reality
- d...the inner awakening and knowledge that the true experience of enlightenment is not something that you anticipate to experience in the future, but rather something that you constantly are immersed in now
- e...the inner awareness that your unique essential self or Soul spark must be completely free to express itself with maximum originality and authenticity
- f...the inner drive to liberate your unique ability to create without any interference
- g...the inner wisdom to distinguish when to detach yourself from others , in order to strive for deeper enlightenment—and when to get involved with others—those who need you, though they be on a much lower spiritual level than you are
- h...the inner drive to be in a constant state of amazement and celebration of all of the Divine wonder that emanates at all times
- i...the inner consciousness of knowing that all there is, is in a state of continual becoming
- j...the inner concern for the well-being of the whole Universe and everyone in it and everyone that you personally encounter
- k...the inner capacity to see everyone with a Divine Eye filled with caring and benevolence and love for everyone —and a desire that they all do and become the best that they can.

Experiencing the Soul Meditation

- 1. The Soul can be felt and tapped into at propitious moments of DEEP FEELING that don't necessarily apply to what's going on at the time
[the 'Warsaw Ghetto Rebbe'-- Rav K. K. Shapira z'l]**
- 2. The Soul can be measured and realized by the level of GRASP OF ESOTERIC TEACHINGS that we have [R.K.K. Shapira z'l]**
- 3. The Soul can be expressed and rectified by the way that we EXPRESS THE WORDS of our prayers and studies and other devotions
[The Baal Shem Tov z'l]**

4. The Soul can be identified and realized by taking note of the 'SMOOTHNESS' level of all the events and relationships and inner drives and words and Mitzvot and Torah that we express and encounter in our lives....all of these are indications of the extent of soul rectification that is still needed [or not] based on earlier encounters we have had in this and in previous lifetimes [the Ariza'l]

5. The Soul can be measured by the clarity as well as a number of other factors involved in VISUALIZING THE 4 LETTER DIVINE NAME in our mind's eye [the Ariza'l]

6. The Soul can be identified and perfected by tapping into the natural VALUES AND DRIVES that we hold by [and want to grow in to]... [R. David Aaron]

7. The Soul can be measured and actualized by the way we EXECUTE A PLAN from it's inception all the way through to it's completion [R. Arye Kaplan z'l]

8. The Soul can be measured and perfected by the level of CONCRETE VS. ABSTRACT ARTICULATION with which we see and encounter the world and the way that we express ourselves [Alan Aftermann z'l]

9. The Soul can be measured and actualized by the degree of G-DLINESS that pervades our lives [the Ariza'l and all classic Kabbalistic works]

10. The Soul can be measured and actualized by the degree of TOTAL SELF ACTUALIZATION and realization that we feel and express [both Kabbalistic sources as well as more revealed 'Midos-based' [character traits] sources]

11. The Soul can be measured and realized by the extent that we CONTAIN OTHERS INSIDE OF OURSELVES [the Ariza'l]

12. The Soul can be measured and realized by the way and the extent that we PREPARE FOR OUR POST LIFE IN THIS LIFE [various Kabbalistic and Homiletical Sources]

13. The Soul can be measured and realized by the way, and to the extent that we are primarily motivated in all of our life choices, to RETURN TO THE INFINITE AND DIVINE WOMB CONSCIOUSNESS that our souls came from prior to being en clothed in our bodies

SOUL AWAKENING MEDITATIONS

1. G-D AT THE CENTER

KNOW—————know that one of the most important indications of the level of your Soul [both your inherent level in this lifetime, as well as the extent that your Soul is awakened to function at its full potential, is the extent that you make G-d the center and dominant factor in your life..... Know that the Soul is referred to as 'CHELEK ELOKIM MIMAAL' [AN INSEPARABLE PART OF HASHEM].....Know that the highest level of the 5 levels of your Soul is called 'Yechida' [singleness] . Yechida is characterized by its single minded drive to make G-d the center of everything. The farther away from spirituality we are, the greater is the absence of G-dliness.....

AWAKEN—————awaken your natural drive to be close to G-d. Experience your inner desire to be loved, protected and guided by G-d. Experience your innermost will to return to the Divine and infinite womb—the womb that your soul came from prior to entering your body and to where it will return in the post life. See how this primal will to return to this womb, influences and elevates many other motivations that you have.see yourself slowly, but surely awakening the G-dlines in your thoughts, feelings and actions—until you your soul is truly awakened to the reality that G-d is the center of your existence, and by extension so is your G-dly soul.....

2. DEEP FEELING ELEVATION

KNOW—————know that your Soul constantly expresses itself in the day to day mundane happenings of your life, but we almost never hear it's voice speaking to us, because we think that we are always just reacting to the mundane materialistic circumstances that we are involved in.know that whenever we feel deeply, whether it be happy or sad, a longing , a blissful feeling— or any other deep feeling that we experience——these are expressions of the Soul. The present circumstances that we have found ourselves in, may have tapped these feelings——perhaps from memories hidden deep in our subconscious minds—but it is your Soul nonetheless that is talking to you.....know that you can elevate this Soul expression by stopping and reciting a Holy Verse or Psalm, and thereby open up a steadily increasing awareness of your Soul's expression....

AWAKEN—————awaken your awareness of your Soul's communication. Experience in the present, past and future, a time of deep, deep feeling.....Elevate that deep feeling by plugging it into a verse of the Psalms—most any verse that you click with will do, but you may want to begin with the verse—'LAIV TAHOR BARA LI ELOKIM....' G-D CREATED INSIDE OF ME A PURE SOUL...— —say your verse over and over again like a mantra with all the deep emotion that you feel— CRY IT OUT AND SHOUT IT OUT if need be....now pray spontaneously in your own words for whatever it is that your hear is yearning for.....see yourself doing this more and more often—slowly but surely awakening your Soul's voice, and receiving the Divinely guide messages that it seeks to give you.....

3. SMOOTHNESS

KNOW—————know that there exists at all times, one of the most incredible languages or forms of communication just beyond our present grasp—unless we tune into it—the soul is speaking to us at all times in the language of 'smoothness.' When we feel that the words that we speak and the actions that we do, come out smoothly and flowingly.....when we see that the decisions that we decide are easy to decide and play themselves out in our lives in a smooth Divine Providential way—then we are being informed by all of these 'green lights', to carry on happily with what we are doing and how we are doing it....These are indications that our Souls are not lacking anything—perhaps we took care of these realms properly in previous lifetimes..... However, when things don't go smooth for us in any of these areas, this is an indication that our soul is lacking something—some type of rectification is called for—if we listen deeply to our souls, this too can be deciphered.....know also that when we are especially drawn towards any particular person, situation, piece of wisdom, inner desire...etc..., here too, our Souls are lacking that very thing which we are being drawn towards....

AWAKEN————— Awaken the awareness of your Soul's inner voice speaking to you in the language of smoothness....listen how smooth your words are when you pray, study or speak with someone.....try to understand what is the message that your smoothness or lack thereof is conveying to you.....watch for the 'smoothness factor' of the events in your life that are the results of a plan or choice that you made, or a challenge that you faced.....see if you can understand from the smoothness level, what is the message that is being taught to your Soul.....experience how you resonate with different people and situations—when you feel very drawn to them, ask yourself, what is it about this compelling person or situation that is lacking and needed for your Soul.....act upon it as best as you can....see yourself slowly but surely awakening this inner soul language in your life.

#3 - Being In A Constant State Of G-D Connection

The Chassidic Masters taught that G-d is the source of all well being and is found wherever you let G-d in.....

Usually, when we focus on 'ME', we lose our focus on G-d...

Being in a constant state of G-d Connection, means focusing on G-d precisely in the 'ME' places...

here is a list of ways of being in a constant state of G-d connection

[FOLLOWED BY SOME OF THEIR RESPECTIVE EXPANDED PRACTICAL TEACHINGS AT THE END OF THE LIST]

LET G-D IN TO;

***** YOUR PERSONALITY TRAITS

Recognize if you experience an absence of G-d's presence when you normally give expression to your personality traits.....now let G-d in--- to fuse with the various aspects of your personality traits [refer to and meditate on the expanded teaching below called 'Letting G-d In...']....notice the difference in the quality of your life , and allow this aspect of G-d's presence in to your life more and more as time goes by

***** Your re-empowering of our powerlessness

Recognize if you experience an absence of G-d's presence when you become powerless.....now let G-d in--- to fuse with you when you feel powerless [refer to and practice the expanded teaching below called 'G-d Empowerment Tools']....notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your helpless situations

Recognize if you experience an absence of G-d's presence when you become helpless.....now let G-d in--- to fuse with you when you feel powerless [refer to and practice the teaching below called 'Helpless Crying Dvaikut "']....notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your ability to manifest our will

Recognize if you experience an absence of G-d's presence when you try to manifest your will in reality.....now let G-d in--- to fuse with you when you need to make your will become manifest [refer to and practice the teaching below called 'The Co-creating formula "']notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your inner life guidance

Recognize if you experience an absence of G-d's presence and wisdom guiding you through life.....now let G-d in--- to fuse with you and guide you when you need it [refer to and practice the

teaching below called 'A Few Tools for... Divine Guidance..']....notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your ability to heal and be healed

Recognize if you experience an absence of G-d's presence when you or your loved ones are in need of healing.....now let G-d in--- to fuse with you and your loved ones in His healing light [refer to and practice the teaching below called 'B.S.M.S.'].notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your ability to trust that ALL will for the best

Recognize if you experience an absence of G-d's presence when you consider your fatenow let G-d in--- to light up your life with the awareness that all that happens is for the best because all that G-d does is for the best [refer to and practice the teaching below called ' The MikveTechnique'].notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your ability to function in an extraordinary way

Recognize if you experience an absence of G-d's presence when you consider your limitationsnow let G-d in--- to enable you and to empower you to go beyond your capacities and function in an extraordinary way [refer to and practice the teaching below called ' The Beyond Meditation'].notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your consciousness by emulating g-d's ways

Recognize if you experience an absence of G-d's presence when you want to emulate a Higher Power.....now let G-d in--- to fuse with you and serve as an ideal way to be life and to emulate [refer to and practice the teaching below called 'Emulations'].notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your life's calling by partnerizing with g-d

***** Your ability to totally let go of control

Recognize if you experience an absence of G-d's presence when you want and need to let go of control.....now let G-d in--- to take over the controls and allow you to let go of them [refer to and

practice the teachings below called ' The retroactive fusion meditation' and 'The Everything is perfect meditation '].....notice the difference in the quality of your life , and allow this aspect of G-d's presence into your life more and more as time goes by

***** Your sense of being essentially good

***** Your sense of being GREATLY LOVED

The expanded teachings;

1. LETTING G-D IN TO YOUR PERSONALITY TRAITS

MEDITATIONS FOR LETTING HASHEM IN

1. BEYOND KETER [THE LIGHT BEYOND]

- A. Feel Hashem's Presence beyond me
- B. Release to Hashem to take care of what I'm helpless to do
- C. Release to Hashem to take care of the results of my efforts
- D. Release to Hashem my need to control
- E. Release to Hashem my need to receive approval
- F. Feel Hashem watching over me
- G. Feel Hashem's Presence all around me

2. KETER [Emuna, primal pleasure and will]

- A. Feel secure and certain that Hashem will come through for me
- B. Feel certain that all that Hashem does is for the best
- C. Feel the pleasure of experiencing the Divine Presence inside of me
- D. Feel Hashem's Will deep inside of my own Will
- E. Feel that my inner core motivation is to always be connected to Hashem

3. CHABAD [Chochmah, Bina and Daat --the intellect]

- A. Feel that the source of my wisdom and all wisdom is the realm of the Divine
- B. Feel that whatever question I ask, I can receive a Divine [flash] answer
- C. SEE Hashem's Presence
- D. KNOW Hashem's Presence

4. CHAGAT [Chesed, Gvurah and Tifferet-- emotion]

- A. Feel my love for Hashem
- B. Feel Hashem's love for me
- C. Feel the fear of the Divine Presence
- D. Feel the beauty of the Divine Presence

5. NAHIM [Netzach, Hod, Yesod and Malchut--action]

- A. Feel Hashem's Presence while doing Mitzvahs
- B. " " making a blessing
- C. " " accomplishing something
- D. " " I'm in the 'zone'
- E. " " I speak with someone
- F. " " I undergo a tribulation
- G. Feel Hashem's Presence where it's normally not found

2. LETTING G-D IN TO Your re-empowerings

G-D FUSION/EMPOWERMENT TOOLS

[from the booklets]

THE PARSHA TOOLS BOOKLET

- 1. chaye sarah-----see how everything connects you with Hashem

2. vayeitzei-----see how your weekly highlights [of your life] are all Divinely guided

3. shmot-----release yourself from coping with that which is too difficult for you, by screaming out to Hashem for help

4. emor-----gather all negativity into a big wax ball of darkness [in your mind's eye], and then melt it away with G-d's light

5. shlach lecha-----live in an above nature fashion by co-creating with Hashem, the solution[s] for the impossible challenge , that you are facing

6. vaetchanan-----See the world from G-d's perspective, so to speak, by seeing the world in its future G-d perfected state---and then, come back to its [and your personal] deficient state, open your heart to hear G-d telling you how to get back to the perfect state

7. reeh-----receive Divine guidance 24\7, and let this guidance dictate to you the proper way to find Divine favour in all that you do

8. rosh hashonah-----partnerize your year's mission plan with G-d, in order to maximally allow you to assist Hashem to bring the world to a state of Tikun [perfection]

9. the yom kippur tshuvah plan-----realign all that is in your own life and will that is not in line with Hashem's will, to be aligned

THE PARADISING MY LIFE BOOKLET

10. the 'jewish secret' co-creation tool-----co-create with Hashem's assumed approval, your projected desired reality, and then get out of Hashem's way in His making it happen

11. infinitizing my life-----expand endlessly the scope of the activities of your life [to be in sync with Hashem's quality of infinitizing]

12. hearing your inner Divine voice-----hear what Hashem is directing and guiding you to do 24\7

13. a kotel meditation-----connect to the Divine bridge point that connects all transcendent/Divine levels to all finite levels

THE JEWISH TRANSCENDENCE MEDITATIONS BOOKLET

14. the 'beyond' meditations-----fuse with G-d's enabling power in order to get beyond your present capabilities and capacities

15. Divine illumination meditations-----wherever you find darkness in life, light it up with Divine light

16. Divine life meditations-----wherever you find literal or conceptual death, eliminate it with Divine life expansion

17. letting Hashem in meditations-----draw down Hashem into all of your personality traits and activities

18. Shabbat meditations-----fuse with G-d, by understanding that G-d is doing it all through you

19. puppet show Divine guidance meditations-----view reality [including all people and situations and internal messages] as being Divine sent puppets guiding you to your calling in life

20. surprise and delight me meditations-----see all life events as being ongoing Divine gifts to you

21. Divine unification meditations-----reframe all of your connections to Hashem as being unifications between the Divine female paradigm [you] and the Divine male paradigm [Hashem]

22. kabbalistic healing meditations-----draw down Hashem's presence into all that is blocked and unhealthy in order to heal it with a Divine flow

THE MASTERS MEDITATIONS BOOKLET [a work in progress]

23. emulating G-d meditations and practices-----identify G-d's ways of acting and emulate them

24. knowing G-d meditations-----be aware of G-d's presence both within you [His immanence] and beyond you[His transcendence]

25. fusing with G-d tools [this page]-----discover and draw down in as many of your daily activities as possible, G-d's active participation

26. preparation for prayer meditations and practices-----get yourself into an expanded 'mind space', in order to maximally commune in prayer and other activities

3. LETTING G-D IN TO Your helpless situations

HELPLESS CRYING DVAIKUT (Clinging to Hashem)

While emoting as much as possible, both internally and externally (crying, screaming, jumping up and down, moaning, etc, go over in your mind, or orally, all of the events of one or more than one dilemma, crisis or any other type of difficulty that you are facing. Discuss all the efforts that you have invested to try to solve your problem. When you get to the point where you see that you have done all that you can do, and that it is beyond your ability to solve the problem, you've arrived at the helpless point.

Now is the time to reach your emotional crescendo and with a primal scream to Hashem, call out "I CANT DO IT – PLEASE DO IT FOR ME HASHEM".

This exercise can be done very effectively and powerfully with an entire group.

Each person chooses their own private darkened corner of the room and begins to emote.

Then they all come together after a designated time to help each other process.

4. LETTING G-D IN TO Your ability to manifest our will

C0-CREATING FORMULA

a. CREATE A REALITY--- With as much certainty as possible create an intended projected new reality for yourself [or perhaps even for others] based on whatever it is that you need...the sky's the limit. Don't worry about it being miraculous [the Universe will take care of that part].... my teacher taught me to do 25 of these daily---just to get in shape! You need to exercise the power of Emunah (belief) and Kavanah (intention) or directed will to be effective at this stage. I do suggest that you leave it a bit vague i.e. don't throw in too many details - you want to leave G-d some 'space' to do it in His way and in His own good time! Perhaps the most important ingredient [ie...the Jewish part] is to do it for the Creator's sake ---to do Tikun Olam (repairing of the world), Kiddush Hashem (making The Name sanctified in the world) or at the very least to do it for myself --but only if it finds favor in His/Her Eyes!

b. GET OUT OF THE WAY--- We sabotage the process by being control freaks and thinking that if we don't do it, it's not going to happen---WRONG!! Just the opposite is true, especially when we are asking for help to do what seems to be impossible for us to do on our own! Exercise a healthy dose of trust that Hashem does things in the best way possible. So leave the Creator alone to manifest your created reality in the best way possible.

c. ASK TO BE A MESSENGER IN MAKING THIS CREATION MANIFEST--- Now you need to open up your inner Divine guidance channel and be able to hear those inner messages [that I find easiest to pick up on when you ask the right questions. Place the questions close by in a pocket or purse and wait to receive the flash that will be the answer!] This 3rd step is best facilitated with a healthy dose of believing in your own inner intuition as well as believing in the reality of God's Constant personal Guidance of our lives 24\7! Try it and let me know how it works!

5. LETTING G-D IN TO Your inner life guidance

A FEW TOOLS FOR ACCESSING BLESSED DIVINE GUIDANCE 24/7

A. DICTATION-----Take a walk around the block. Talk to Hashem about anything you want to receive Divine Guidance about. At a certain point in your walk, switch roles. Let Hashem do the talking to you through your own voice. Take note of all that's been said and utilize this information as a sort of ongoing counsel from above..[I'm not saying that what you're hearing is really G-d's voice, but the very fact that you simulate it, opens up the Divine voice in yourself and is a very valuable resource for you]

B. TO DO SHEETS-----On The top horizontal column of a piece of paper that you want to keep as close to yourself at all times as possible, write down all the questions and challenges that you would want Hashem to counsel you on. Put the paper away and then go into a state of receptivity and wait for the answers to flash at you at any time...Remember, G-d speaks [oftentimes] in between the lines---so keep your ears perked for His subtle messages.

C. 'HAYITAV' ['DOES IT FIND FAVOUR IN THE EYES OF HASHEM?']-----Anytime you would like to know the Divine answer to a certain question concerning your direction in life, or anything else for that matter, simply ask this question---'Does it find favor in the Eyes of Hashem?' The immediate clear answer that you receive is the truest one...

6. LETTING G-D IN TO Your ability to heal and be healed

B.S.M.S.

THE TOSS-IT-UP-TO-HASHEM-PILL My contention is that just as instantly effective and universally accepted the Aspirin pill is for the body, so too can this B.S.M.S. Pill potentially do the job for our psyches. The underlying principle in all four components of the Pill (B.S.M.S.) is to let go and let Hashem take care of it. The translated verse states in Psalms, Chapter 55, Verse 23; "Toss up to Hashem your burden, and He will take care of you.....". Here are the components;

B ---Bitachon --- trusting in Hashem that he will come through you just as he has done your entire life.

S ---Sedona --- Whatever emotional and physical pain you feel, identify it as being caused by your frustrated need to either control the situation or to receive approval from the situation. Then simply toss up to Hashem that need for control or/and approval, and let it go by turning it over to Him totally, and allow Him to take care of your needs for control and approval. (This exercise done for five minutes a day has remarkable transformative effects if done consistently for a few months to give you peace of mind and many other benefits).

M ---Mikveh --- Say to yourself that this painful problem that you are dwelling on presently, is the best possible thing in the world for you and the reason is;

S ---Supernatural Solution --- Work your way up to maximally want a solution to your painful or sometimes nearly impossible situation, and also maximally believe that Hashem can give you the answer/solution right now. Then close your eyes and wait for that amazing solution to pop into your mind

. ***** B.S.M.S. super express version: B: He will come through for me as always S: I release to him my need for control and/or approval M: It's the best thing for me because S: His solution (that I maximally want and believe in) is.....

7. LETTING G-D IN TO Your ability to know all is for the best

Mikveh --- Say to yourself that this painful problem that you are dwelling on presently, is the best possible thing in the world for you and the reason is_____ [something that ultimately is for your own best good]

8. LETTING G-D IN TO Your ability to be extraordinary

BEYOND

BEYOND in Recalling

Recall your past year as much as you can [If you have already begun doing this, focus either on a new area or just use what you've already come up with].....See and take pleasure in the depth and breadth of your accomplishmentsTake pleasure in the abundance of it all---the abundance of your growth---the abundance of everything else you did,

experienced and became, all with Hashem's constant assistance.....See how it all is way BEYOND what you would've been aware of, had you not recalled what you did.....Make note of the positive and the negative aspects of your year....

BEYOND in Expansion

Project that you will have capacities and capabilities that are BEYOND what you have ever had before....See yourself now as if you are a small , stationary and limited being who is yearning to break out of all your boundaries and limitations.....Envision yourself running quickly like a plane that is racing down the runway just before it takes off.....See yourself going so fast, that you begin to take off and fly!! Notice that you are not bound by anything in your flight.....As you fly in the greatest of ecstasy, experience how you release yourself from all limitations---time , space, your previous limited capacities and capabilities.....With Hashem's help, you are now free to go anywhere and do anything whenever you feel like it....You are free to accomplish anything you want.....You are free to become whatever you want to become.....Allow yourself a few minutes to experience this amazing freedom without any limitations , and take note of what you came up with.....Now begin to apply this limitless BEYOND energy to your next year - 5770.....

BEYOND in Rectification

Bring to mind one of the lackings, sins, fears and any other negative areas of your life now and/or throughout your previous year....Connect to your newfound BEYOND energy---your ability to transcend limitations, confinements and restrictions....Apply this energy to transcend all the sins and lackings and limitations of your life....See how you can rectify each and every limitation, just by going BEYOND yourself---BEYOND that which has held you back until now, and caused you to fall down or come up short.....Now, instead of coming up short, go BEYOND that which is limiting and complete that which is lacking and rectify that which you did wrong.....Now go through this process for another shortcoming, and after that another one and another until you begin to fix up your life as best as you can...

BEYOND in Wholize-ing Fragmentation

Allow yourself to step into a world where everything is whole---nothing is partial or fragmented....Take a look around and then become a part of this world and this world-view....Notice how you now have an inner motivation and drive and ability to transform all that which is

fragmented into that which is whole---to transform that which is presently inaccessible and out of your grasp and BEYOND you, to that which is accessible and fathomable....With the power of wholizing in a BEYOND way, project how the upcoming year-5770 will be a year of ;

- a.Divinizing all that which is mundane in your life
- b.Infinitizing all that which is finite in your life
- c.Primalizing all that which is shallow in your life
- d.Wholize-ing all that which is fragmented in your life
- e.Transcending all that which is confining in your life
- f. Knowing all that which is only perceived in your life
- g. Uniting all that which is scattered in your life

9. LETTING G-D IN TO Your consciousness by emulating g-d

EMULATIONS

1. G-D'S GOODNESS

some examples of emulatable traits illustrating G-d's goodness are;

- a. His being Long Suffering
- b. His being Merciful
- c. He Forgives Sin
- d. He's Good to All ****our meditation
- e. His Modesty
- f. His being Faithful
- g. He Loves all Nations
- h. He is The G-d of Blessings

THE G-D IS GOOD TO ALL EMULATION MEDITATIONS AND EXERCISES

1. Know that when G-d offers something for a person's benefit, He doesn't go back on it.

Emulate this trait by committing to seek out all that you can do to benefit others.....Do as best as you are able to abide by your word.....Start with one person at a time and work your way up to doing the same for others as well.

2. Know that all that G-d does is for the best.

Emulate this trait by contemplating a specific action that you do, to see if it will ultimately result in bringing goodness to any and every person effected-----the more that you practice this trait , the better you will be at it.

3. Know that even those Divine actions that appear to us as not being expressions of His goodness, but rather expressions of His revenge or justice--whereby those who are deserving are rewarded and those who are not are punished or rectified-----those too are expressions of Divine Goodness to the one being rewarded as well as the one being corrected.

Emulate this trait by first committing to love everybody with all your heart, just by virtue of the fact that they are all created in the Divine Image.....Then, from that same standpoint of unconditional and universal love, seek out whatever you can find in each person that can make that person a better person..... If, as is most often the case, your direct rebuke to that person would be damaging---either for your relationship or for the effectiveness of influencing that person, then don't confront that person, but rather pray for their welfare, healing and betterment.....Continue in this manner with this person and with others----always coming from a space of love and having their own good and improvement in mind.

2. G-D'S TRANSCENDENCE

some examples of G-d's emulatable traits of Transcendence are;

- a. His work is perfect
- b. He knows all
- c. He sees all****our meditation
- d. He reveals the hidden
- e. He's Holy
- f. He's the G-d of Life
- g. He's One
- h. He's great and revered

THE G-D SEES ALL EMULATION MEDITATIONS AND EXERCISES

1. Know that G-d is able to see all aspects of a situation or a person at once.

Emulate this trait by visualizing one particular person or situation that you are presently involved with.....See them as holistically as you can.....See the past root causes that brought about this situation or the nature of this person at this point.....See the present impacts of this person and/or situation.....See the future results that will probably be brought about.....Based on your holistic assessments, do whatever you can do to improve the situation or person.....Do the same for other situations and /or people , until you get the hang of how to see holistically and take appropriate action.

2. Know that G-d sees [below the surface] to the heart

Emulate this trait by stopping next time that you encounter a person----ask yourself if there is a difference between what their lips are saying and what their heart is saying. When you do notice a difference, then open up your heart to this person's heart message.....Notice how this changes the way you entire encounter and relate with this person.....Continue in this manner with this person and others until you begin seeing and relating to people's hearts all the time.

3. Know that G-d sees all that is hidden.

Emulate this trait by focusing on one particular piece of wisdom or information that you hear.....Distinguish between what the surface message is and what the hidden message is.....Practice deciphering the hidden messages in all sorts of areas of your life, such as-----what your children are REALLY saying to you or what are the REAL messages of the events in your life or what are the hidden messages that your body is conveying to you or what are your hidden intuitive messages saying to youNotice how that the more that you focus on these and other hidden messages, the more you will be able to truly emulate Hashem in seeing that which is hidden

*****there are a lot more Emulation teachings and exercises, friends, but surely I've overstayed my welcome this week and will have to continue later on.

10. LETTING G-D IN TO Your ability to let go of control

THE RETROACTIVE FUSION MEDITATION. When one is privileged to experience a higher state of being, they feel as if all that they do and accomplish, is not really them at all, but rather Hashem doing it through them. This is not only true of their present state of being, but is also true with regard to what they can recall of their past accomplishments.

*****Focus on a list of the highlights of your previous weeks – either based on a written one, or a stream of thoughts recollection that you do in your mind right now.

First see every detail and feeling of your week's highlights or main accomplishments as being that of your own doing.

Then reframe every aspect of every accomplishment as being infused, enabled and empowered by The Master of the Universe.

THE EVERYTHING IS PERFECT MEDITATION. – Shabbat is a mindset that is patterned after a future era when there will be nothing lacking, not in people or in anything else. All will be experienced as being whole and perfect just as it is, and there will be no need to rectify anything or anyone else including ourselves.

*****Focus on seeing everyone in your life in their perfected state; first scan the people you know (start with one or two and expand your list), and foresee or project what they will be like when they eventually reach their state of perfection.

Then project how differently you will relate to them when you are seeing them in this state.

Next see even their areas of lack as being stepping stones towards their perfection.

Finally, in real life, relate to these people as if you already see them in their perfected state.

Do the same entire process for yourself.

#4 - Being In Constant Touch With Past Life Drives

We all have hidden drives---hidden from others as well as from ourselves...Many of these drives are rooted in our past lives expressing themselves inside and outside of us in this lifetime

These drives, when harnessed properly, can show us how to;

****get back to the garden

****draw on our generation's capability to be redeemed

****attract to us lost Souls who are trying find themselves

****open us to carry out the messages of many souls that reside inside

****elevate the mineral, plant and animal parts of ourselves

****to harness the mystical bonds we have with beloved ones

****to be guided by the 'smoothness' of life [or lack of it]

****to actualize our calling in life

PAST LIFE DRIVES

PRAYER MEDITATIONS

A. THE TRANS-GENERATIONAL PERFECTION PROCESS

1. Back to the Garden of Paradise

Adam HaRishon and Chava [Adam and Eve] ----The 1st man and woman, served as the composites of all humanity....Their primal choice was whether to listen or not to listen to G-d's command not to eat from [ie... ingest the consciousness] 'The Tree of the Knowledge of Good and Evil'...and thereby ingest into their and humanity's system, DOUBT....They chose not to obey....They and humanity from that point onwards, were presented with the historical challenge or legacy of returning to the Garden and to Paradise, by overcoming any doubt whatsoever-of G-d's omnipresence and omnipotence---the dualism of good and evil elevated to the unity of only good.....This is the deepest purpose of every individual Gilgul/reincarnation ---to make strides forward towards this ultimate state of consciousness...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO TRANSCEND ALL DOUBTS THAT G-D IS OMNIPRESENT AND OMNIPOTENT AND ALL OTHER DOUBTS STANDING IN THE WAY OF YOUR BEING IN A CONSTANT STATE OF PARADISE.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam----Master of the Universe---Bring us back to the Garden---the world at large, as well as each and every one of us, myself included.....Shine for me Your Light---a light so bright , that I have no doubt about what to choose....I choose only You....I make Your Will , my will...In every decision, I ask, 'What does G-d say?'or 'What finds favour in G-d's Eyes?'---and I choose and act accordingly.....Help me and all of us reveal Your Presence---in everything that we do---until the world becomes an unlimited Kingdom of your Majestic Presence....Help us now to open the Gates of this Garden of Eden Consciousness...

2. The Humanity Soul Maps

There are 3 maps that serve as the basis of the historical subdivision and categorization of humanity within the context of Adam and Eve's Soul map bodies....The elements of each map are represented in different points of historyUsually the pattern is that the higher, more primal levels appear earlier in history, and the lower levels come later---an ongoing decline of the level of the trans-generational Soul levels...

There is a Sefirotic map--extending across history from Keter's earlier generation Souls down to Malchut's latter generations...

Similarly, there is a body part map extending from the head down to the feet...

And there is a Soul level map--from Yechida down to Nefesh....

We now, in these last or completion generations prior to Mashiach's coming, represent the lowest of Souls---the Malchut level, the Nefesh level and the Heal of the Foot level ['Ikvata D'Mashicha]...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO TRANSFORM THE WORLD

AS A PART OF A GENERATION THAT IS CAPABLE OF BRINGING ON THE

GEULA/REDEMPTION

.....SCAN A NORMAL DAY IN YOUR LIFE AND

IDENTIFY HOW FAR ALONG YOU ARE IN A POSITION TO CONTRIBUTE TO THIS PROCESS

& HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT

YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF

ACTUALIZATION IN THIS REALM

Ribbono Shel Olam ---Help our generation to know who we are ,and to tap in to our unique strengths and to overcome our weaknesses....We represent the lowest levels...We can therefore impact reality in the most powerful ways even though we accomplish the least of all generations...Though we may be on a level that is lower than all other levels, of all previous generations---unlike them--we have a greater ability to bring the entire world to it's culmination--to Messianic consciousness--the lowest levels ushering in the highest of levels.....Help each one of us individually, to open up the gates of encouragement--and be encouraged right now, by the fact

that the slightest efforts on our parts, elicit the greatest impacts---and through this---help us to be the ones who bring the Mashiach very very soon!

3. The Global Soul Redemption

We the Jewish people, as a result of the Original Sin, are mixed up in the Adam/Eve Soul map or body with the nations of the world...This means that the Jews, who by their nature, have an affinity for a certain nation, are exiled to that particular nation, and some of us get trapped in the host culture [ie.. assimilation, intermarriage ..etc..] , and others of us, have to go in to rescue them and other non-Jewish Souls who really deep down, belong to our people, and these 'rescuers' find themselves charged with the task of bringing them back home to their roots--not in a missionary type of way--and often times not even in a conscious way...These Souls are scattered across the dimensions of time and space and soul.....Therefore , we wandering, exiled Jews, have found ourselves 'doing time' in various places across the globe---all for the sake of bringing our people back home....all of us are destined, ultimately to come back home to our country and to our people and to our unique way of living....

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO ACTUALIZE AND EXPRESS THE FULL GLORY OF OUR HOLY PEOPLE AND OF HUMANITY AS A WHOLE
.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam---Bring our people back home---back to our Holy land, to be together with the rest of our people---to return to our unique way of living....Help us in this grand homecoming process, to see your Providential Hand swooping us up to return to our roots....Return us to our destiny---to truly be a light to the nations---showing to ourselves and to everyone , not only who we are and can potentially become, but who THEY are and can potentially become as well....Open up for us the gate of global and national and personal redemption....remove us from the exile...Remove the exile from within us....

B. THE HIDDEN SOULS IN OUR LIVES

1. Permanent and temporary residents of our bodies and Shabbos guests

Most of us are born with more than one Soul inhabiting our bodies....We can have up to 3 or 4 that reside within us from birth to death....There is one main resident --the Master of the House---while the other ones are there to help the master [the Baal Habayit] in his struggles and to suffer with him in his sufferings--the goal of everyone is self perfection....In addition, we have temporary residents--Souls who come into us for a short time, in order to take part in a wonderful act or Mitzva that we

are doing in order to share with us, our suffering---either for their own 'Tikun' benefit, or to altruistically help us...Sometimes this visit lasts a minute--sometimes it lasts for years....In addition, everyone receives an extra Soul [Neshama Yetaira] ...These are actual people coming from their other worldly home to enter inside of us for the duration of the Shabbat--to add life, flavor and consciousness...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO IDENTIFY, AWAKEN AND ACTUALIZE THE SOULS RESIDING INSIDE OF YOURSELF AND THEIR MESSAGES.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam----Help us to maximally tap into and to rectify , all of the Souls who inhabit our body....We generally have no idea who they are or that they are there at all--but with your help, Hashem, we can sensitize ourselves to feel ever so slightly, the different inclinations that we have stirring inside of us, in quantity and in quality....Help us to know what to do in order to help all these Souls heal and rectify ---and to utilize them to help us do the same....

2. In the Elements

Another manifestation of hidden Souls, are those that are stuck in what is called the 'Kaf HaKela'--literally 'The Slingshot'---these are the Souls that are undergoing severe post-life rectifications....They return post-life, to this world's atmosphere , either as 'homeless' beings---neither here nor there--not really in this world, nor in the usual post life realities of Gan Eden ,Gehinnom or Gilgul....Their fate is a payoff-- measure for measure, for not having been either here nor there during their lifetimes--in anything that they did---they are slung from one side of the world to the other....Often these post-life Souls find themselves 'in the elements'...ie...they inhabit created beings that belong to one of the 4 Elemental categories---mineral, vegetable, animal or [sub]human...These unfortunate Souls, unlike all other reincarnated cycles [which come back into full fledged human beings], are aware of their previous human form and of their being trapped in a non human form at the present time, until their 'Tikun' is completed--also a measure for measure Tikun for acting like subhuman beings in their lifetimes...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO ELEVATE ALL OF YOUR SUBHUMAN DRIVES AND CONSCIOUSNESS TO A HUMAN AND G-DLY LEVEL.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT

INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel olam---You are the Source of compassion---a compassion that is infinite and beyond our ability to fathom....Please direct your compassion to those poor unfortunate souls who are trapped in a world that is very difficult for them to cope with...Help them come to their Tikun swiftly, thoroughly and as painlessly as possible....Please keep us from thinking and feeling and speaking and doing those things that would condemn us to do 'time' in such a reality...Help us to make the most of our time in this lifetime--fruitfully and in a blessed way---in a way that brings out the best in us and in others and with the recognition of your Presence---and not in a way that is anything less than decently human....

3. Hidden Soul bonds ['Lvushim']

We are connected to the primary relationships of our lives by metaphysical bonds known as Lvushim or Spiritual Garbs....These Lvushim connect us to our parents, children, siblings, spouses, best friends, masters and students in ways that transcend our normal ways of conducting relationships with these people....We feel what they feel...We are motivated beyond the call of duty to help them achieve healing and rectification...We do not lose contact with them even when one or both of us move on to the post life reality...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO CONNECT TO THE MOST BELOVED PEOPLE IN YOUR LIFE IN THE MOST PROFOUND AND INTIMATE WAYS.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam---Enable us to do whatever we need to do to enhance our connection with our primal relations...Help us to help them, and help them to help us in any and every way possible...Please open the gates for us to express our love and caring and benevolence...Help us to exert ourselves to help them actualize themselves in both direct revealed ways, and in hidden ways as well...

C. LIFE'S MYSTERIES POTENTIALLY EXPLAINED

1. The Smoothness Factor

Every thought, feeling, speech and act that we do in life, is rooted in, and influenced by that same expression that we did in previous lifetimes....The way to know how we expressed ourselves in previous lifetimes, is to feel how smooth these realms resonate for us now---the smoother it goes, the more rectified that we are and were...The harder that it is, the more rectification is required...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE AND CAPACITY TO UNDERSTAND HOW EVERY FACET OF LIFE ,DEPENDING ON HOW SMOOTH IT IS, CONVEYS THE TYPE OF TIKUN WE STILL NEED TO DO, AND THEN ACT UPON THIS UNDERSTANDING.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam----Help us resonate with what we need to still heal and fix up in life...Help us sensitize ourselves to the degree of smoothness with which we act , speak, feel and think....Please open up for us the gates of awareness and willpower and wisdom---so that we can know what we still need to heal and how to go about doing the healing --all with a healthy degree of will-power--- both in regards to ourselves and to others as well...

2. Our Calling in life

We come into this life with unfinished business to take care of....This includes the 1 or 2 major things that need taking care of--both negative areas to rectify and positive powers to emanate properly....In addition, we have specific challenges that call us into action and to respond to properly at all times 24/7....Both the general and the specific areas are rooted in the unfinished business that has not been taken care of in previous lifetimes, as well as the specific root-Soul and root-tasks that we have....The ' playing field' that we use to complete ourselves, is life itself in all of it's multiple dimensions---people, problems, goals, drives.. etc..etc.---all calling out to us to respond properly...

EXPLORE IN YOUR MIND'S EYE &/OR IN WRITING, YOUR INNER DRIVE TO KNOW WHAT YOU HAVE COME TO DO IN LIFE AND HOW TO DO IT , AND THEN GATHER THE STRENGTH TO DO IT.....SCAN A NORMAL DAY IN YOUR LIFE AND IDENTIFY HOW FAR ALONG YOU ARE IN THIS PROCESS & HOW FAR YOU STILL HAVE TO GO.....CLARIFY WHAT INNER STRENGTHS THAT YOU CAN DRAW UPON TO ADVANCE YOUR CONSTANT AWARENESS AND SELF ACTUALIZATION IN THIS REALM

Ribbono Shel Olam----Open up for us the knowledge to know what we are here for in this lifetime-- the main reasons and drives--those that we feel that we must take care of at all costs, as well as the positive powers that we have --those realms that we are 'head and shoulders' above our peers....Show us how to utilize these powers in the best possible ways...Show us how to see that everything that comes our way--whether people or thoughts or challenges, are all customized and personalized just for us...Open up the gates to see how all of this comes from You, and how we can truly fulfill our Calling in life....

#5 - Being In A Constant State Of Ratzon

The art of Living the life you love

1. Ratzon is the state of being so connected to your essence, that every other aspect of your life, within you and without, align with this essence
2. Ratzon is the state of being fused with your essence and it's Divine source
3. Ratzon is the state of being in Allness
4. Ratzon is the state of being certain that where you are now, is the best place to be
5. Ratzon is the state of being in a harmonious healing flow
6. Ratzon is the state of being in love with living
7. Ratzon is the state of being clear about why you are here and what to do about it
8. Ratzon is the state of being simultaneously connected to your past, present and future
9. Ratzon is the state of being in sync with all that G-d sends your way in life
10. Ratzon is the state of being fully alive

RATZON

Getting it/ Being it/ Manifesting it

The foundation point of this very illusive thing called Ratzon is to project a path , a road map---a projected reality that finds you and the world around you fully emanating your desired Ratzon.....This projected reality which is being constantly Created by the ONE ABOVE together with your assistance [guided and nurtured from ABOVE]....the following Ratzon life-tools will help assist you in the process of getting it and being it and manifesting it in the world...[I bring them here briefly, though most of them are brought more at length in my teachings over the years]

Getting it

1.BLYV [BEYOND LIMITS YEARNING VISION]

BLYV STANDS FOR BEYOND LIMITS YEARNING AND VISION----AN EXERCISE OR CONTEMPLATION WHERE YOU EITHER CONTEMPLATE OR [PREFERABLY] WRITE DOWN IN A STREAM OF CONSCIOUSNESS WAY, THE VISION OF YOUR LIFE THAT YOU YEARN FOR IN THE COMING YEAR, IN A FASHION THAT IS BEYOND PRESENT LIMITATIONS OR CAPACITIES [IN ORDER TO ALLOW YOURSELF ROOM TO GROW]. YOU SHOULD ELABORATE ON EVERY ASPECT OF YOUR LIFE AND IDEALLY, RE-DO THIS LIST AGAIN AND AGAIN. THE MORE YOU YEARN, THE MORE YOUR YEARNING APPETITE IS OPENED UP, AND THE GREATER ARE YOUR CHANCES OF REALLY DISCOVERING YOUR TRUE RATZON [WILL]. AFTERWARDS, YOU FILTER THE LIST DOWN TO YOUR MOST ESSENTIAL WANTS [AND EVENTUALLY TO THE ONE ALL INCLUSIVE 'RATZON POINT'

AS WE SHALL SOON DISCUSS]...

2. PAST, PRESENT AND FUTURE CHECK

IN ORDER TO HELP DISCOVER WHAT YOU HAVE COME TO THE WORLD FOR...IE...WHAT IS YOUR UNIQUE TASK THAT YOU'RE DRIVEN TO DO IN THIS WORLD---YOU CAN ASK YOURSELF, WHAT IS YOUR NEGATIVE DRIVE...IE...WHAT IS IT THAT KEEPS HOLDING YOU BACK, OR WHAT IS IT THAT YOU ARE DRIVEN TO ACCOMPLISH, BUT CONTINUALLY FAIL TO DO---AND ARE NEVERTHELESS DRIVEN TO GET RIGHT BACK UP AND TRY AGAIN AND AGAIN. ON THE POSITIVE SIDE, ASK YOURSELF WHAT AREA OF LIFE ARE YOU 'HEADS AND SHOULDERS' ABOVE EVERYONE ELSE IN, AND EMPOWERED IN AND 'IN YOUR ZONE'....

ALL OF THIS IS A 'PRESENT-TENSE' INDICATION OF YOUR 'CALLING'.

THE 'BLYV' CONTEMPLATION THAT WE DISCUSSED ABOVE IS A 'FUTURE-TENSE' INDICATION OF YOUR 'CALLING'. AS FAR AS A 'PAST-TENSE' INDICATION GOES, HERE IS WHAT YOU CAN DO;

MAKE A LIST OF THE 10 MOST SIGNIFICANT EXPERIENCES THAT YOU HAVE EVER HAD IN YOUR LIFE. ANALYZE THEM TO SEE IF YOU CAN DISCOVER WHAT THE ONE COMMON DENOMINATOR IS. WHAT IS THE DEEPEST MOTIVATION THAT PERVADES OR UNDERLIES ALL OF THE REST OF YOUR LISTED EXPERIENCES? ONCE YOU'VE DISCOVERED IT, THEN AS BEST AS YOU CAN, COME UP WITH A SINGLE-DIMENSIONAL WORKING DEFINITION THAT WE WILL REFER TO AS THE 'RATZON POINT'. USE THIS 'RATZON POINT' , WHICH IS BASED ON ALL OF YOUR PAST , PRESENT AND FUTURE SELF-DISCOVERIES, AS MUCH AS POSSIBLE, TO SERVE AS THE INNER CORE MOTIVATOR OF ALL THAT YOU DO. THE MORE YOU ACTIVELY INTEGRATE THIS RATZON POINT-MOTIVATOR IN YOUR LIFE, THE MORE YOU WILL BE LIVING A LIFE OF RATZON AND ACCORDING TO YOUR 'CALLING'....

3. WHAT DO I WANT

ONE OF THE BEST WAYS TO FIND OUT WHO I AM, AND HOW TO LIVE THE LIFE I LOVE ,AND TO KNOW WHAT I CAME TO THIS WORLD TO DO [WHAT IT IS THAT HASHEM WANTS FROM ME]----- IE...MY CALLING,-----IS TO GO AS DEEP INTO MY OWN WILL AS I CAN [THE DEEPEST THAT I COULD GO IS TO THE POINT WHERE MY OWN WILL AND HASHEM'S WILL ARE ONE]. SIMILARLY IN ORDER TO LIVE 24\7 IN AN INSPIRATIONAL , CENTERED, SPIRITUAL, SELF EXPRESSED, ALL OF ME-ing TYPE OF MIND-SET, I NEED TO ASK MYSELF EVERY DAY AND IN EVERY SITUATION WHAT DO I WANT....

Being it

1. PERFECT AS IS

' ALL IS PERFECT AS IS' is a great mind state for realizing how all of the challenging thoughts that come into your mind all very-very sweet----- because when you repeat to yourself and internalize that all is perfect as is, then even those thoughts that previously seemed bad or lacking or dis-empowering, now will be seen as being good and whole and empowering

2. ALL-ING

know that virtually every spiritual process and drive that exist within ourselves and without, are composed of one or all of 3 elements---

---unblocking the flow [F]

--actualizing all of ourselves [A]

--striving beyond ourselves [B]

...know that the more that we are aware and conscientious of these 3 primal elements, and strive to awaken and actualize them in our lives, the more plugged in we are into the essence of living

CONNECT-----connect to how awakened [or un-awakened] is your own level of unhindered flow and total self realization and also your constant reach to grow beyond yourself.....connect to a surety and a clear knowing that G-d can open up for you all of these spiritual powers----to the extent that you allow yourselves to receive them from Him.....connect to one specific challenge in your life----experience how your sense of well-being constantly increases---the more that you allow Hashem to lead the way [and guide you as well] in opening up your flow, your self actualization and your ability to reach beyond yourself.....connect to as many challenges in your life in this way as you can....

3. P.L.UG. I.N.

P=PRESENCE----- Be 'present' with all that is going on right now, all that is immediately in front of you, all that is deep inside of you and what is all around you.....

L=LOWER SOUL-----Integrate into your conscious life your lower self in a healthy way [ie.... we are definitely not referring to the part inside of ourselves who's very purpose in life is to destroy us, sabotage us, throw us off.. etc.. sometimes referred to as the evil inclination or 'Yeitzer Hara']. If this lower self or inner child is left out, squashed, blinded...etc..., then any and all attempts to be great and high and paradised will fail due to a constant inner struggle , not to mention the fact that if we successfully integrate the lower self, then we empower a huge amount of energy into all the rest of our psyche....

U=UNIFY-----connect together all the disparate components of your life into one nuclearly powerful unified unit.

G=GROOVING-----take pleasure in all aspects of life, people and Hashem, who's making it all possible

I=INFINITIZING-----open up, expand, liberate and eternalize all constricted, finite, enslaved and temporal aspects of your life

N=NITZUL [TAKING ADVANTAGE OF ALL YOUR RESOURCES]-----Salvage and take advantage of all of the resources and abundance available to you from the past, in the present or potentially in the future

4. RATZONI/RATZONO [FUSE YOUR WILL WITH HASHEM'S]

Our Sages teach in Pirkei Avot [Sayings of the Fathers], "Make Hashem's will to be your will [ie...be a messenger or extension of Hashem's will in the world] in order that Hashem's Will should be to fulfill your will.....Nullify your will to be in sync with Hashem's Will, and Hashem will nullify others will when it conflicts with your own

5.INSPIRATIONALIZING

ONCE YOU HAVE COMPLETED ALL THE ABOVE WORK, THEN YOU'RE READY TO LIVE IT OR D.O. IT ON A DAILY BASIS. THE O OF D.O. STANDS FOR 'OHR GANUZ' [HIDDEN LIGHT] WHICH IS A MYSTICAL REALM OF SEEING AND LIVING A REALM WHICH IS HIDDEN TO EVERYONE ELSE. ONE OF THE WAYS TO TAP INTO THIS, IS TO LIVE AS MUCH AS POSSIBLE, A LIFE OF INSPIRATIONALIZING [WHICH IS ANOTHER TERM FOR ALL OF THE CONCEPTS THAT WE'VE DISCUSSED ABOVE SUCH AS 'ALL OF ME-ING, RATZONING...ETC..]. THE D OF D.O. STANDS FOR DONE OR FINISHED-----IE...YOUR BURDENS IN LIFE ARE COMPLETED AND DONE....IE...EVEN THOUGH YOU CERTAINLY HAVE A LOT ON YOUR PLATE TO TAKE CARE OF, IF YOU CAN LIBERATE YOURSELF BY FEELING AS IF YOU ARE COMPLETELY 'DONE' OR AT LEAST ALMOST DONE [BY PROJECTING THE MINIMAL YOU CAN GET BY WITH, AND STILL COME OUT O.K.], THEN YOU FREE YOURSELF UP EMOTIONALLY TO INSPIRATIONALIZE ALL THE CHALLENGES OF YOUR UPCOMING DAY. SIMPLY PROJECT AND MEASURE [ON A SCALE OF 1-10 WITH 10 BEING THE MOST INSPIRATIONAL] THE UPCOMING CHALLENGES OF YOUR DAY, AND HOW YOU CAN INCREASE THE INSPIRATION NUMBER WITH THE USE OF ALL OF THE TECHNIQUES WE'VE BROUGHT [...BLYV, PRESUME, PLUG IN...ETC...]HERE I WOULD ADD THE TECHNIQUE OF CO-CREATING OR DECLARING WHAT THE GENERAL PICTURE OF HOW YOU'D LIKE YOUR UPCOMING DAY TO LOOK LIKE WITH MAXIMAL INSPIRATION....AND THEN TOSS IT UP TO HASHEM TO MIRACULOUSLY MAKE IT HAPPEN [WITH YOUR VOLUNTARY PARTICIPATION WHEN HASHEM CALLS ON YOU TO PARTICIPATE WITH HIM].

Manifesting it

1. LAIDAS/BIRTHING

Receive and be open to the Birth Process that you are going through, or that you are helping to facilitate.....bridge your active role in the birth process with your passive role....see how, despite all of YOUR efforts to bring the birth to its fruition and actualization, actually it's really all being orchestrated by THE ONE ABOVE in His own way and in His own time.....see how that which you are giving birth to in life, directly corresponds to what you receive and how you receive it.....notice that the more that you see the birth process coming to its actualization, the more you see its beauty and its wonder and how this birth process is perpetuating other related birth processes---some insignificant and others, very profound.....

2. PARTNERIZING WITH HASHEM

BECOME G-D'S PARTNER----Make a deal with the Creator---you do your share and He will do Histo make it a worthwhile deal for Hashem--to make it a win win for Him---you have got to do something that He would really want---like helping Him in a tangible Way in perfecting His World.....A variation of this would be fusing with G-d---ie...whatever you do in terms of making money--Fuse all of your faculties with the Infinite One's corresponding Faculties

3. RECEIVING YOUR INNER DIVINE VOICE

Receive the voice inside.....the Divine voice that is constantly speaking to you....learn to distinguish this voice from all the other voices---the ones that are counterfeit and misleading and shallow and confusing --the inner noise and static that is always vying for your attention.....notice how this voice speaks softly, sometimes imperceptibly soft, but with a crystal clear message---the message that you know deep down in your heart and Soul---the message that is constantly directing you to choose that which is healthy and

whole and Holy and empowering and good and loving.....begin to practice receiving your inner voice by attempting to answer a few questions and doubts and challenges that you are faced with, and try to determine which inner voice inside of you gives the true answer....continue in this manner until you begin to recognize your inner voice with more and more clarity

4. PRESUME/COCREATING

PRESUME IS WHERE YOU PICTURE YOUR ACCOMPLISHMENTS AND WHAT YOU HAVE BECOME, ONE YEAR FROM NOW [A RESUME PROJECTED INTO THE FUTURE IS A PRESUME]. AND YOU EXCITEDLY REPORT , LIKE IN A FUTURISITIC GRADUATION SPEECH, WHAT YOU HAVE ACCOMPLISHED AND HAVE BECOME AND HOW YOU DID IT [THIS ITSELF WILL LAY OUT A SORT OF A ROADMAP FOR YOUR LIFE TO FOLLOW]...

CO_CREATING Declare or create your desired reality, then with 100% intent, belief, and acceptance of the reality that Hashem will make it happen for you in His own time and way [in line with what He feels you are ready for] ----just sit back and watch the miracles manifest, while being open to receive messages and directives to assist Him in carrying it out

5. MUSHROOMING/RACEHORSING

MUSHROOMING----Say yes to anything and everything that has the possibility of bringing in wealth [this is like 'Racehorsing' above --just that this tool doesn't necessarily have any agenda or conditions or follow-up---it's just pure unadulterated expansionism

RACEHORSING-----Set up all of your possibilities [ie.. racehorses] at the starting line of any particular phase or life challenge that you are presently dealing with----let all of the possibilities compete equally ----whichever one[s] display the most success--take that as a sign from ABOVE, that that's the one to invest all of your efforts in. (The Ben Ish Chai states that if a person has a very strong desire to know what Hashem wants from them ---according to the strength of the desire will be the truthfulness of the Divine Ratzon)

#6 - Being In a constant state of Kabbalah

SEEING THROUGH THE EYES OF A JEWISH MYSTIC

[The Presence Series]

"...The mystical quest....penetrates to the depth of all thought, all feelings, all tendencies, all aspirations and all worlds from beginning to end....everything is important....there is no lost gesture....all is interdependent, organically related....the mystical vision is the soul of religion ...of torah....it's far reaching unity embraces all creatures...all expressions of life...all objectives and ideals...."

[R. Avraham Tzvi Kook "the Lights of Holiness"]

Let's explore four dimensions that a true Kabbalist [the real one and the one inside of yourself]sees and experiences constantly;

The Infinite Dimension

The Creator is Infinite.....

The Creator's whole design of the Creation was to hide His infinity from us , until we could discover how to reveal once again that all is infinity.....

One of the essential points of all Kabbalistic teachings, is to re-infinite the finite---thus;

- a. the goal of the Tzimtzum [the creation process of contracting Hashem's infinite Presence to allow for a creation to exist] creation process is to ultimately re-infinite it all
- b. the goal of the light/vessel evolution process seeking the maximal synchronization between the lights and the vessels that contain them, is to produce a setup of vessels that can contain infinity
- c. the goal of the Mitzvot [according to the Kabbalistic consciousness perspective] is to infinite [and thus liberate] the ACTIONS of reality that we take/do
- d. the goal of Mystical Consciousness is to infinite [and thus, liberate] THOUGHT
- e. the goal of Ratzon [a Kabbalistic state of fusing our Will with Hashem's Will] is to infinite [and thus liberate] our WILL and our calling in life and our capacities to be the right arm extensions of G-d's Tikun Olam process
- f. the goal of the Divine bridge traits referred to as the Sefirot, are to infinite all processes and all structures , [including those of our own persona]
- g. the goal of the Tikun [rectification] of cosmic brokenness, is to transform reality into a conduit and conductor and environment for infinity
- h. the goal of all upper and lower world interpersonal relationships is to tap into each other's infinite wellsprings and thereby unify with each other, and thereby reproduce infinite Shefa[abundance for all of the world to be nurtured from
- i. "the [goal and] innate desire of the soul, is to reunify with the infinite...this is the root of every wanting; no other object, idea or love can satisfy it's desire. It's not only what the soul wants, but what all of existence wants." [Alan Afterman in his work, '[Kabbalah and Consciousness]
- j. Humanity's goal of returning to the Garden of Eden's Paradise state, as well as the Messianic state, is to arrive at a consciousness and a reality , where all that which was lacking, will be complete---and all that which was finite will be infinite

The Unseen Dimension

Kabbalah is referred to as Chochmat HaNistar [The wisdom of the Hidden or Unseen]

See the vastness of what there is to see[that are normally not seen]

See the vastness of the normally overlooked gifts that people give you

See the vastness of wisdom accessible to you that you normally overlook

See the vastness of coping tools that you constantly create

See the vastness of salvations that Hashem sends you all the time

See the vastness of guidance that G-d constantly sends to you

See the vastness of love that you have in your heart [usually unexpressed]

See the vastness of experiences and life lessons that you have experienced

See the vastness of esoteric energies, angels, soul stirrings calling to you

See the vastness of as yet untapped influences that you can send out

The Unified Dimension

Kabbalah is referred to as the Wisdom of Correspondences---all corresponds to all else so profoundly, that everything comes together in a profound state of unity

1.SEE HOW ALL IS INTER-INCLUDED See how everything is inter-included in everything else---what's outside of you is also inside of you---what is needed to realize this, is to plug in and feel and resonate and

recall---try to feel and resonate inside of yourself, with things that are outside of yourself ---whether they be outside of yourself in space or in time---Experiment, keep on pushing the buttons of resonation, until you can truly identify that which is outside of yourself , inside of yourself---until you can feel what a person, a place, a historical happeningetc...feels like...

2. SEE HOW ALL IS INTERDEPENDENT See how everything is dependent on everything else---- how actions are dependent on words, and how words are dependent on feelings, and how feelings are dependent on thoughts, and how thoughts are dependent on will, and how will is dependent on HIS Will... See how one person's will, thoughts, feelings, actions and words are dependent on other people's same faculties, and other's on them and many people's on one central person's, and this one central person's faculties is dependent on their teachers and their parents and their teacher's teachers and parent's parents faculties going back and back to the beginning... See how the animal and plant and mineral kingdoms are dependent upon each other....See how large parts of the world's people are dependent upon a small part....See how large parts of history are dependent on one specific part....See how all these independent entities are all significant---are all necessary parts of the whole...

3. SEE HOW ALL IS SIGNIFICANT See how the inter-inclusion and the interdependency of all things, makes everything significant---because everything, in it's own way and time and place, is absolutely necessary for the needs of everything else----the body is significant for the soul, the physical is significant for the spiritual, the small is significant for the big, the dark for the light...etc...etc...All is important, all is valuable, all is complimentary to all else...

4. SEE THE RAMIFICATION[S] OF THIS UNITY See what is learned from this mystical unity --this inter-included, interdependent unity -----See how this unity penetrates to the depths of all dimensions--all thought , all aspirations, all perfection---for when everything fits in, when everything harmonizes, when there is a special place reserved for all things---then there is peace, and there is oneness, and there is goodness, and there is clarity, and there is meaning and the soul of reality is revealed and in control --and then everyone will know and see with the supernal hidden light that all is One and that all is connected together and connected to the Divine source of all life ...

The Receptive Dimension

Kabbalah is referred to as the Wisdom of Receiving – a received tradition dating back to Sinai, as well as a way of engaging reality—through the power and openness of receptivity

- 1.Be open to receive the totality of LIFE EXPERIENCES that come your way now and in the past
- 2.Be open to receive the ability to choose the positive, goodly and G-dly CHOICES in life
- 3.Be open to receive the wisdom to know how to select and redeem your lost soul SPARKS
- 4.Be open to receive the discernment to focus on the ESSENCE of everything
- 5.Be open to receive the sensitivity to feel deeply what others are FEELING and respond properly and lovingly
- 6.Be open to receive the knowledge needed to hear and act upon your SOUL'S VOICE
- 7.Be open to receive the understanding that's required to see how the SMOOTHNESS or lack of it in your life is directing you what to rectify and how
- 8.Be open to receive the foresight to guide others [and yourself] towards their LIFE CALLING
- 9.Be open to receive the compassion needed to reach out and help HEAL others
- 10.Be open to receive all the consciousness that is BEYOND your present level