



Returning Home

INTEGRATING
THE PRINCIPLES OF
WELL-BEING
INTO EVERYDAY LIFE



A ten week course to follow the
Seasons of Transformation workshop

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Session 1

Introduction, Listening and Principles

Who we are

Call of the Shofar is an organization of Jewish men and women whose mission is to generate individual well-being and healthy relationships.

We create and facilitate programs which are fully grounded in the wisdom of the Jewish tradition, as well as, take advantage of leading-edge research and contemporary modalities for personal development.

We provide:

- **Educational Seminars in which we distinguish principles of personal well-being and healthy relationships.**
- **Experiential Trainings for men (only), women (only) in which we experience growth in our unique individuality while appreciating and honoring our common humanity.**
- **Ongoing Group Programs where we practice and reinforce the teachings introduced in the Seminars and Trainings.**

This 10 week course is one of the Educational Seminars that we offer.

Conditions for getting the most out of this course;

Show up on time.

Show up to every session.

If you are unable to participate in one of the sessions or if you know you will be late, notify the facilitator.

We will be pairing up and doing assignments. Please do them.

Check-in

Name

Feeling

What do I want to have happen in this Seminar for myself and for the relationships in my life?



Goals for this course

To align our lives with our understanding of the reason for creation...
To experience the joy of conscious intimacy

To live a joyous, fulfilling life, feel good about our own lives
And
Experience joy, well-being, and health in our relationships

To feel:
Self-secure
Loving
Happiness
A sense of well-being
Appreciation
Inner peace

This seminar is about orientation towards these goals.
It is not about intervention.

This Seminar is educational.
It is not intended to be therapeutic.

What we will be covering will be more philosophical than psychological.

Our focus today will be to:
- Have a clear understanding of our goals in life
- Understand what we want to take away from this course

First a brief review of listening...

Listening (being present)

An effective teacher of principles begins by stressing the importance of good listening

In order for you to absorb what we are intending to share:

- You must have an empty head or a new mind**
- Understand that if your mind is pre-occupied, there's less space available to listen**

Without analyzing and comparing while listening, simply absorb and be present

Experience, literally as if listening to a piece of music

Afterwards you can choose to keep or discard whatever we have covered

Listen to what is going on in your mind as well

Don't, however, try to force your mind shut

Watch it and distinguish that which it is doing

Be clear that you don't want to hitch your intention to the thoughts that your mind might be generating. Let your own agendas go.

The more respect you have for listening, the better you are at listening.

The less respect you have for the process of listening itself, the less you are able to listen.

Below is a review of the Listening Exercise from the workshop

WHAT LISTENING IS

- **Listening is giving of my attention, having the other be the focus or point of my attention**
- **Listening is being present**
- **Listening is resonating with another**
- **Listen is showing up with a new mind**
- **In order to truly listen I must respect the function of listening itself**
- **Listening can be mirroring what I heard**
- **Imagine listening as if you were a midwife, being present to another, allowing another to give birth to him or herself.**

Listening is not:

1. Why	“Why did he hit you?” What did you do to provoke him?
2. Advice	“I think you need to forgive your him”
3. Sharing	“I was just like you. I also...”
4. Negating	“That’s all she did? That doesn’t seem so bad...” Why are you getting so upset?
5. Fixing	“Let me talk to your him” “Let me deal with that.”
6. Judging	“This is a ridiculous response”
7. Consoling	“Time will heal that problem” “you’ll be fine, don’t worry.”
8. Denying	“I can’t imagine your feeling that way”, or “ That’s not like you.”



Assumptions and Principles

The principles and assumptions we are presenting are self-evident, seem obvious, and are not *new*.

We are being *reminded* of them as opposed to being taught them.

However simple they are, if we listen to them with a new mind and understand them in the simple order they are being presented in, they can serve as a tool for significant personal and relational transformation.

A clear understanding of fundamental principles gives us a greater opportunity to align our values and our actions with those principles.

Details are more powerful when aligned with principles.

The assumption is that we all want to generate our lives from principles, from wisdom.



In terms of learning principles;

The higher up you go, the greater perspective you get, so...

Let's go really high up to perhaps the most fundamental principle that underlies Jewish thought as well as many other spiritual pursuits.

- **Existence and even that which is beyond our imagination of existence is One. In some unimaginable way, all is One. And this unimaginable One “desired” to give.**
- **So One became Creator so there should exist “other” to be a recipient of this “giving”.**
- **And the greatest gift (pleasure) that One could give to other is for other to consciously experience and appreciate intimacy with One.**

This being the intention of creation

The greatest possible gift

The greatest source of pleasure

Goal of Judaism

Goal of this course

We are saying that the intention of the Creator is to bestow pleasure upon another via conscious relationship with One, Dvakut

This basic rhythm of existence is expressed in the name the Creator shared with Moshe;

Eckia asher Eckia

Klal/prat/Klal



What we have as our first distinction is;

One, and, Other

One created other so that;

Other

Can experience intimacy with

One

And let's assume we are the possible other who are capable of receiving God's gift to us which is;

The “joyful” experience of conscious intimacy.

What qualities must other possess in order to receive what One wants to bestow upon him or her?

- Clearly other has to be other. Otherwise there is no one to receive the experience that God desires to give us

And

- Other has to have the capacity to engage in relationship with something greater than him or her self

Agency, and Communion

Our first assumption is that One created other.

And our first 2 distinctions concerning “created other” are;

- **A need to be an individuated self**

As well as, having the ability to;

- **Engage in relationship**

Again, “other” must be a self, otherwise there is no other to receive the experience

And “other” must be able to engage in relationship because that is our understanding of the goodness that the Creator desires to bestow upon us.



Let us make a 3rd fundamental distinction regarding “other”, which is:

Other needs to be *conscious*.

Why?

Because;

1: Other needs to consciously appreciate the experience of intimacy (as opposed to an unconscious infant experiencing intimacy).

And

2: Other needs to consciously make choices that allow him or her to be a co-creative participant in forming the relationship.

(Because we derive greater joy from earning something than just having something given to us.)

And

3: Drawing close is a function of being similar to, or resonating with.

God is a creator and a giver. In order for us to emulate God we need to be co-creators of the relationship, not just receivers.

So we have 3 basic distinctions that other needs to embody in order to be the type of other who can be the recipient of the goodness God desires to bestow upon us, conscious intimacy:

- **Self**
- **The ability to engage in relationship**
- **Consciousness**

We will explore all three of these in more detail, but just to give you a sense of what I'm talking about in real life:

I am a self who has:

- **Appropriate boundaries**
- **Unique self expression**
- **In touch with my own needs and desires**
- **Responsible for my choices and actions**

Being in relationship:

- **Appreciate others**
- **Have compassion for our common humanity**
- **Trust in intimacy**
- **Belong and align myself to larger organisms that I am a part of**

Conscious:

- **Of principles**
- **Of relative values in order to make right decisions**
- **Of my own patterns of thinking**
- **Of the gifts that I have in life**



Session 1 assignment

Check-in with your partner for 10 minutes per day, every day this week.

Keep it simple.

How I am feeling.

Review our understanding of God's reason for creation.

If I aligned the values of my life with (our assumed understanding of) God's reason for creation, how would my life change?

Check out

Name

Feeling

What am I grateful for in my life?

Session Two

Well-being and the function of mind

Check-in

Name

Feeling

How did my check-ins go with my partner?

Last week we made three basic distinctions, all of which come from our understanding of God's intention for creation

**One, (in order to bestow good)
Created other (to be the recipient of this gift)
Which is
For us to consciously experience intimacy with One**

**Klal
Prat
Klal**

And the three qualities that result from that intention are:

Individuals engaging in conscious relationship

We can further look at these 3 distinctions as;

**Self
Relationship
Mind**

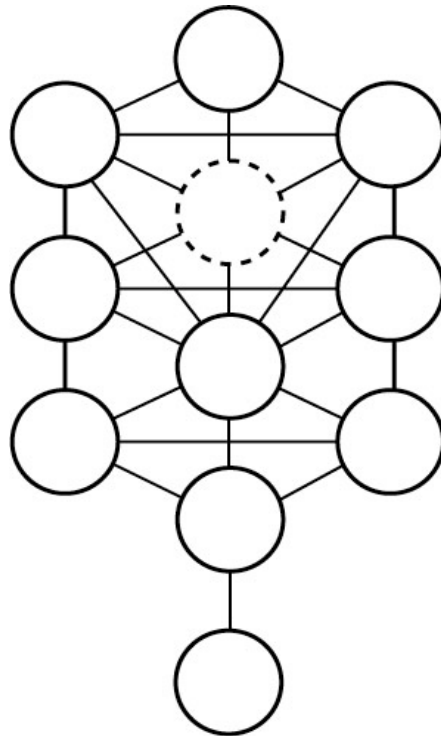
**I
We
It**

- **Mind**
- **Self, freedom, individuality, masculine**
- **Relationship, intimacy, communion, feminine**

These distinctions are well articulated through the following Kabbalistic image;

The top 3 are further distinctions of mind

The lower 7 are further distinctions of ways of being (individuated or relational)



Self help books or self development courses typically focus on either;

Ways of being

- **The 7 Habits...**
- **etc.**

Or

Ways of thinking

- **Mindfulness**
- **The Power of Now**
- **etc.**

We will see that Torah makes all these distinctions and we will see that Torah really is a vehicle for personal transformation.

The type of real transformation that allows us to experience the joy of conscious relationship.



Intro to Well-being

The approach we are about to explore is based on the belief that everyone has intrinsic health.

This is not an illness-based approach. This is a health-based approach.

**We are not looking for what is wrong.
We are focusing on our innate health.**

Everyone seems to function on a continuum where we are more or less in touch with our well-being.

Our approach is to resonate with our own innate sense of well-being.

Strengthening our own sense of well-being is like improving our physical immune system. Raising the level of a person's immune system gives that person more resources to deal with external influences.

Likewise, improving a person's level of well-being dictates the psychological resources a person has for particular situations

I think we can all agree that to live our lives in a state of well-being is good. And to engage in our relationships from that place would enhance joy and intimacy.

So, what is well-being?

Well-being

In our paradigm, well-being is a function of;

- **being conscious (being in relationship with reality)**
- **being a powerful, uniquely expressive self**
- **engaging in healthy relationships**

With the proper understanding of what well-being is, distinguished from what it is not

Joy

Confidence

Gratitude

Vitality

Unique creativity

Healthy boundaries

Compassion

Etc.

Worry

Insecurity

Jealousy

Depression

Mediocrity

Being a victim

Cynicism

Etc.

- **We have the belief that we all innately have well-being and the capacity for mental health**
- **We believe that not only does everyone have well-being but everyone is capable of manifesting it**
- **And the clear understanding of the value of living from well-being**
Appreciating the value of a positive feeling state and a quiet mind
 (Our level of well-being is the level of potential that we bring to all our relationships.)

To the degree we have the above beliefs and understandings, is the degree that we are capable of manifesting well-being in our lives

We have been discussing the innate nature of well-being
As well as the value of generating our lives from that place
We will now look at the gift of well-being and how we forget it



We have been discussing three streams of being; I, We and It

We are going to begin with mind or consciousness.

The often missing link between circumstance and my experience of life is my *state of mind* regarding the circumstance.

Circumstance <i>Through</i> <u>Mind</u> = Experience

Thoughts to ponder:

Well-being is not contingent upon circumstance but rather...

Well-being is contingent upon my relationship or my state of mind regarding the circumstances of my life.

Our experiences of life are being generated from the inside out.

From a state of well-being I bring the greatest amount of consciousness, compassion and clarity to actually deal with any situation

Question to think about over this next week:

How would my life be different if I really believed that I have innate well-being?

And

The belief that I am capable of accessing that state regardless of circumstance?

How would my life be different if I really valued living my life from a state of well-being and joy?

What actually creates our experience of life?

What determines our level of well-being?

Session 2 assignment

Check-in with your partner for 10 minutes per day.

Keep it simple.

How I am feeling.

What do I want to have happen today?

What am I grateful for in my life?

Review our understanding of well-being.

How would my life be different if I took full responsibility for my own well-being?

Check out

Name

Feeling

What I am grateful for



Session Three

The Principles of our human experience; distinctions of mind

Check-in

Name

Feeling

What would I work on if I had time?

Principles

We want to examine how certain principles are at the source of our human experience

Principles are;

Universal

Always operating

Circumstance *Through* Mind = Experience

Thought

Consciousness

Wisdom

The, often, missing link between circumstance and my experience of life is my state of mind regarding the circumstance.

Therefore let us examine and understand this missing link, mind, in a very general way.

Today we are examining our relationship to mind itself.

We can make 3 general distinctions of mind:

Thoughts

Consciousness

Wisdom

Thoughts

The content, images, perception, feelings, perceptual reality, my internal experience, my illusion of life

My own personal thinking

This mental life does not necessarily mirror physical reality

Thought creates a personal perception of reality

That we are thinking is always there-like our heartbeat or circulation

What we are thinking has to do with our own free will

Whether we realize this or not

I can choose my perception of reality

My house is old and crummy and I might be upset

My house is a classic and I'm appreciative

The same house

What changed? My thinking

You can determine your perceptual reality via your thoughts

I'm being followed

I'm all alone. etc.

We see opportunities to change our minds

Thinking takes data and makes it into a perceptual reality

Look how 5 different people view the same thing

My thinking about the circumstance is exactly that;

My thinking about the circumstance.

The external world effects my well-being to the degree it effects my thinking

We're not like photographers

But like artists, musicians who compose our own reality

If not for my thinking, if not for the story I am in, the bus I might be on,

I am much more capable of accessing wisdom

Questions



Consciousness

Consciousness is awareness

Consciousness can be awareness of my body, of my feelings or even of my thoughts

I can become conscious of how I am actually affecting my mood by my thinking, by my story

**Consciousness is the knowledge that we are alive
An understanding that I am the thinker
That I have thoughts**

***Well-being* is being conscious that my thoughts are shaping my experience of reality**

Wisdom

**This is universal intelligence
Insight is connecting to this universal intelligence**

**Wisdom is the ocean, waves are thoughts and consciousness
Universal wisdom is the ocean that we are all swimming in
Our own personal mental life is rooted in universal wisdom**

**Reality is created from wisdom.
“How great are your works G-d, you make them all with wisdom”
(Psalm 104)
The axioms and principles behind all of life,**

**What is the underlying intelligence that heals a cut?
What is the intelligence that balances nature?
What force beats our hearts?**

We don't see these things, but we see the manifestation

We do not see the underlying intelligence

**Wisdom is the formless intelligence that precedes the formations that
exist**

**Wisdom is
Before thought, before physicality
Before form
And the formations that we see are the manifestations of wisdom**

General Ideas

It often seems that our thinking and therefore our moods are determined by the outside world.

It is actually just the opposite.

Our thinking is what shapes our experience of life

The way we think about something and, most important, *the way we relate to our thinking*, will determine our experience of life.

**The outside circumstance is neutral.
Only thought brings meaning to circumstance**

<u>Unhealthy</u>		<u>Healthy</u>
My thought	<a continuum>	My thoughts
represents reality	-----	are only my thoughts

The relationship we have to our own thinking determines our mental health and happiness

We are capable of deciding, from the ‘bus stop’ (explain) of well-being, that negative thoughts are not worth defending or harboring.

Negative thoughts have a profound impact on our lives and on our relationships

Our emotional responses are not the product of what happened to us, but are generated by our thinking, by our belief system

Negative thoughts, thoughts that cause distress and unhappiness, are not worth dwelling on, simply because they take away what we are looking for, namely a feeling of happiness.



We are capable of being conscious of how our thoughts affect our experience of reality

We can be conscious of how the nature of our thinking affects our level of well-being

Well-being is the most opportune state of being for us to align ourselves to pure wisdom

A common misconception with all this is to believe the goal is to control our thinking.

It isn't.

The goal is to understand thought for what it is:

The ability to shape our reality from the inside out.

Often the effects our thoughts have on our experience in life is so immediate that we are unaware that that is what is happening.

Our feelings to our own mental health are like physical symptoms to our overall physical well-being

And we often focus on or attempt to mask the symptoms as opposed to address overall health.

Well-being is also the most opportune state of being for us to engage in healthy, happy relationships

We can remind ourselves of situations that help generate well-being in us, but it is important to remember that well-being is ultimately never contingent on circumstance.

Therefore, we all have access to healthy functioning whenever we want, once we know that it exists independent of circumstance.

Life is occurring through us

It is not happening to us

We are the thinkers of our thoughts

And therefore the creator of our experiences of life

Stress and joy have to do with our own personal thinking

States of mind matter

<u>Secure</u>	<u>Feelings</u>	<u>Outcome</u>
It'll work out	Peace	Compromise
Things happen	Joy	Closeness
There is a learning curve	Patience	Love
It'll pass		Compassion
I'm all-right		
I am loved		

<u>Insecure</u>	<u>Feelings</u>	<u>Outcome</u>
No one cares	Fear	Defensive
I'm damaged	Misery	Distance
It's not fair	Hate	Arguing
Why me?	Jealousy	
I can't do this		

We can learn to navigate through various states of mind by not being frightened of insecure thoughts and simply recognizing them for what they are and gently letting them go

Knowing they are simply thoughts allows us to have a sense of humor about them

Knowing that everyone loses their minds gives us compassion for our common humanity

Thoughts to ponder:

Our experiences of life are being generated from the inside out.

The relationship we have to our own thinking determines our mental health and happiness

Well-being is also the most opportune state of being for us to engage in healthy, happy relationships

We experience reality through our minds

We are creating our experience of life through the inside out

We all think

We all have different ways of thinking

I am like an artist, creating my experience of life

As opposed to a photographer

My thinking is creating my experience therefore I am not a victim to circumstance



Session 3 assignment

Check-in with your partner for 10 minutes per day.

Keep it simple.

How I am feeling.

Review our distinctions of mind.

How would my life be different if I took full responsibility for my own thoughts?

What actually creates stress in our lives?

What actually is responsible for joy and health in our relationships?

How does our thinking affect our feelings?

And how do our feelings affect our relationships?

Check out

Name

Feeling

What I am grateful for



Session Four

Language and feelings as tools for transformation

Check-in

Name

Feeling

What Am I grateful for?

Habits of Language either blur or help us distinguish;

- **Circumstance**

From

- **Thought**

From

- **Feelings**

Teach and walk through the three distinctions

- **Data**
- **Judgments/thought**
- **Feelings**

WHAT SPEAKING IS

Speaking from:

Responsibility	Victim
“I” Statements	You, we, why
Being direct	as opposed to fillers or diluting statements such as; I <u>just</u> want to ... You know...Like, Sort of...I guess, maybe
I judge you to be ...	You are ...
I choose to ... I choose not to ...I	I have to ... I can't ...
When you _____ I feel ...	You make me feel _____ when you _____
I'm sorry	Forgive me
Direct expression: Truthful Straight from you to me Owning it	Sideways expression: Toxic humor Passive / aggressive Sneaking it in
Thank you.	I <u>want</u> to thank you.
From the heart: Listen to inner voice Sincere / authentic Clear / concise	From the head: Defensive Rationalizing “Stories”

**Notice the difference in these two ways of speaking.
Notice what different attitudes they communicate and represent.**

The Role of Feelings and Emotions

What do feelings and emotions inform us of?

The corollary between thought and feelings;

Recognizing via my feelings where my thinking is.

Watching how my thoughts generate my feelings and my experience of life

We all lose our minds

Mental functioning changes all the time, with all of us

How seriously are we taking our own thinking?

We develop habits of thinking over time

We see life through the glasses of our own thinking.

The more conscious we are of this mechanism, the less victimized we are by the circumstances of our lives.

Feelings and emotions are often experiences we are having while in the stories our minds have created.

Insecure thought, negative thinking is the result of automatic, unrecognized personal patterns of thinking.

Insightful thought, wisdom emerges when personal thought recedes.

**How do we distinguish between the two?
By noticing the quality of our emotions.**

The quality of our emotions, inform us of how well we are practicing the principles.

Insecure habits of thinking direct us away from wisdom.



How do we access more insightful thinking?

**By simply understanding the connection between thought and feeling.
By understanding that our minds are the, often, missing link, that is
generating the negative feelings.
And again, we all lose our minds**

We have the ability as humans to change our outlook.

**We are capable to recognize that we perceive reality through our
learned habits of thinking.**

**We want to shift into a more impersonal view of our own thinking
We want to be conscious of our feelings for what they are;
A product of our own thinking.**

**And some patterns of thinking create insecure, angry, worried, jealous
feelings**

**To understand that it is our thinking that is shaping our experience of
life is to develop consciousness**

**To quiet our mind and distinguish personal thinking for what it is
creates a space for wisdom**

Moods are inevitable, but we can be graceful in them

We are not talking about managing our thinking.

**We are talking about becoming conscious of how our thinking and
not the circumstance is generating my experience of life**

And our feelings clue us in as to the health of our thinking

**Our feelings inform us of where we are on the continuum of our innate
well-being**



Thoughts to ponder:

**Emotions are often a gauge of what is going on inside
Not outside**

**Stress is a function of negative thought
Taken seriously over time**

**Joy is a positive feeling state
In the moment**

Session 4 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

Review our distinctions of;

- **Feelings**
- **Thoughts**
- **Well-being**

How does our thinking affect our feelings?

What do feelings help make us aware of?

How does consciousness help us navigate through negative moods?

How does the condition of my own well-being affect the quality of all my relationships?

Check out

Name

Feeling

What am I grateful for in my life?



Session Five

A Key to Successful Relationships

Check-in

Name

Feeling

What would I work on if I had time?

How do we bring out the best in each other?

Through understanding how the principles of mind affect our lives.

How our mind generates our experiences of life.

How our well-being and the other's well-being is not contingent upon circumstance

But our thinking or our relationship to circumstance is what is creating our experience of life.

To help another person to resonate to his or her innate well-being is the best we can do for each other.

- **How do we get off track?**

The cause of relationship distress is *insecurity*, when we lose our own sense of well-being.

It is when we misunderstand or forget the deeper dynamics of relationships.

- **How do we get back on track?**

The cure to relationship distress is *understanding* the psychological forces of thought, feelings and states of mind.

And remembering that that is what is causing our distress.

Not necessarily the circumstance.

It is realigning ourselves to our own well-being.

These understandings offer us perspectives on familiar themes.

- 1) Communication is most effective in high moods.**
- 2) Moods – we can have moods without moods having us.**
- 3) Emotions are a mood indicator and are being generated by thoughts.**



Review basic assumptions

This is a health based approach

We are not looking for what is wrong

We are focusing on our innate health

Everyone seems to function on a continuum where we are more or less in touch with our well-being

Our approach is to resonate with our own innate sense of well-being

Strengthening our own sense of well-being is like improving our physical immune system

Raising the level of a person's immune system gives that person more resources to deal with external influences

Likewise, improving a person's level of well-being dictates the psychological resources a person has for particular situations

I think we can all agree that to live our lives in a state of well-being is good

And to engage in our relationships from that place would enhance joy and intimacy

Well-being is the Petri dish for well-being

A relationship model adapted from a therapeutic model

**The model below has been taken from a therapeutic training.
Its intention is to give a therapist the guidance to create an atmosphere
for a patient to resonate to his or her innate well-being.
And from a place of well-being, as opposed to, from insecure thinking,
the patient views his or her circumstance from a whole other
perspective.**

**I think it is a very good model for most meaningful relationships;
(In this model, I will be using the word “partner” to simply mean the
other person I am relating to, it is not necessarily referring to a spouse.)**

**When one member loses it,
The best possible way of “being” the other partner can relate from, is a
state of well-being.
The same way that the best place for a therapist to provide help is from
a place of well-being
So too, in a relationship, our best shot at healing is from a healed place
in ourselves, from a place of well-being.**

**Why?
Because from well-being I bring the greatest amount of consciousness,
compassion and clarity to actually deal with the situation
And
By resonating to my own well-being I am creating the best possibility
for my partner to resonate to his or her well-being.**

Which is the best I can do for my partner and for the relationship.

**Be conscious as to where in myself am I relating from;
Whether or not I am coming from a centered place**

**In this model it is most important to listen from a place of well-being
and to compassionately understand that my partner is lost in a story.
Lost in a story, as so often happens to me as well.**

**The climate I present to my partner either empowers or dis-empowers his or
her ability to resonate to well-being
The psychological climate**



**The more relaxed, the more at peace the greater the possibility of resonance to that which is more fundamentally true, to all things positive
Good will, Appreciation, Peace, Faith, Safety, Respect, Quiet, etc.**

**That is the bus stop for insight for the realization of fundamental principles
People learn and listen better from such a place**

Warm, calm, relaxed, safe environment empowers us to have realizations. To bring us to our mental well-being

The partner who is able to maintain well-being, calm or centeredness has a lot to do with creating this environment for the other.

**The feeling that I bring into the relationship
Draws a similar feeling from my partner
An aspect of resonance**

**The level of well-being that I have is crucial
It itself can create the healing environment**

**Your effectiveness is directly connected to your own well-being
It is the horsepower that is available to you
Can you keep your level of well-being in the face of your partner's stress, aggression, etc.**

**Knowing that their stress is a result of them having "lost their mind"
As we all do**

Your effectiveness in the situation is directly linked to your well-being and understanding

You can't give what you don't have

**The crucial insights are about the nature of our psychological lives
Where all our experiences of life really come from.
The role of thought in life
A fundamental understanding of psychological functioning**

With the understanding of basic principles

We are all able to handle the details of life

In this approach we want health to be brought out

You create the environment

This is not about intervening

You simply create the climate for insight and realizations that come from the other

You can share insights on the principles of how human beings function

Only when you are both in a place of well-being

It is always about;

- **Maintaining rapport**
- **Listening and**
- **Directing attention to the principles of what actually create experience**

Have your mind free and be with your partner, feel connected

No agendas, simply be with your partner

In order to create a feeling that is relaxed and safe

You need to be present and have a free mind

Create comfort, respect and safety

Have a human connection; Human being to human being

Having a respect for our partner's well being

Meet your partner on a human level

Giving them the respect that they are on the same level

You know what it is to be....

The only difference is a certain amount of understanding that allows you to go through similar experiences a bit more gracefully, a bit less seriously

From your clearer understanding of principles, that by the way, you did not invent

I know what its like to....

Compassionate in a common experience, not a poor him type of stance.

Eliminate the distance between you and your partner

An equal human being with the same potential



**Not as someone with a problem
Treat them as a healthy person who isn't aware of that right now
Not mental illness
But someone that is lost in their thoughts
Someone who is lost in their mental devices
Nothing wrong with them, but ignorant of a certain level of understanding**

**Despair, Give them hope
Nervous, Provide calm
Angry, Give understanding
Connect with a free mind**

**Clear your mind and be fully present and connected
It's very quick to create a real human connection
We're setting the stage so the other is most able to realize his or her own innate well-being**

That is the best we can do for our partner, to help them become in alignment with their own innate well-being.

That is the goal in this process

**Not to resolve the situation if none or both of us are not in well-being.
But
To generate well-being and from there deal with the circumstance**

Thoughts to ponder:

Our experiences of life are being generated from the inside out.

The relationship we have to our own thinking determines our mental health and happiness

Well-being is also the most opportune state of being for us to engage in healthy, happy relationships

We experience reality through our minds

We are the thinkers of our thoughts

We all have different ways of thinking

I am like an artist, creating my experience of life

As opposed to a photographer

My thinking is creating my experience therefore I am not a victim to circumstance

Session 5 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

**What is our goal in relationship,
Being right
Or
Being happy and close?**

**Explain;
I, the thinker of my thoughts, am responsible for my own well-being,
Always.**

Check out

Name

Feeling

What am I grateful for in my life?

Session Six

Qualities of being; Responsibility

Check-in

Name

Feeling

What would I work on if I had time?



Let's again go really high up to perhaps the most fundamental principle that underlies Jewish thought as well as, from my understanding, several other spiritual pursuits.

- **One “desired” to give.**
- **So One became Creator so there should exist “an other” to be a recipient of this “giving”.**
- **And the greatest gift that One could give to other is for other to consciously experience and appreciate intimacy with One.**

Eckia Asher Eckia

A Name of being as well as a process of return

Klal, Prat, Klal

One, other, an evolutionary return to the conscious experience of intimacy with One

When we listen to this rhythm of;

- **One**
- **Created other**
- **An evolutionary process of**
- **Return to One, this time via the relationship of the parts. (And in our case the conscious relationship of the parts)**

We can hear this same pattern within the octave of our own individual development;

- **Undifferentiated unity, in the womb**
- **Individuation, birth**
- **Subsequent evolutionary development**
- **A return to intimacy through conscious relationship**

This is a very important observation, because, as we will see, the cosmic process of evolution towards conscious intimacy with Unified Oneness, is the same basic pattern that we evolve through as individuals on our way towards healthy conscious relationship.

We are hearing the same, simple melody, on a different octave.

Or more accurately,

We are living through the same, simple melody, on a different octave.

Stages of Development

If we come down a bit from our birds eye view and observe this simple pattern in greater detail, we begin to notice distinguishable stages of development on our journey back to unity. .

In other words, once individuated, we do not just, go puff, from prat to klal. The self and the world seem to evolve through stages or levels.

In the case of creation, God leaves “home”, “Bang”, known as involution.

In the octave of personal development we pop out of the womb.

And after both beginnings, there seems to be a scale of evolutionary notes that We/we go through before returning “home”, this time through conscious relationship.

So our basic pattern of

Undifferentiated unity

To

Individuation

To

A return to unity through conscious relationship

When listened to in actuality, starts to sound more like a scale or melody.

Undifferentiated unity

To

Individuation

Evolving through distinguishable stages of development

-
-
-
-
-
-

Resulting in conscious relationship

Qualities of being

As a self I have;

- **Appropriate boundaries**
 - **Unique self expression**
 - **In touch with my own needs, feelings and desires**
 - **Responsible for my choices and actions**
-

Being in relationship we;

- **Appreciating others**
 - **Give and receive**
 - **Have compassion for our common humanity**
 - **Trust intimacy**
 - **Align with greater systems of value**
-

When conscious we;

- **Understand principles**
- **Make choices based on clear distinctions and judgments of relative value**
- **Distinguish relating to real reality, from viewing life through the glasses of old patterns of thinking**

We are in well-being when we are conduits for these three tributaries of the stream of evolution.

**A particular quality that reflects on self as well as on relationship is;
Responsibility.**

Responsibility

Responsibility refers to a way of being in the world by which I declare that I am fully the cause of what happens in my life – including my thoughts, feelings, actions, interpretations and resulting events.

Responsibility begins with the willingness to be the cause in the matter of one's life. Ultimately, it is a context from which one chooses to live.

Responsibility is not a burden, fault, praise, blame, credit, shame or guilt. In responsibility, there is no evaluation of good or bad, right or wrong. There is simply what is so. Your stand for your life.

Being responsible begins with the willingness to deal with a situation from the view of life that you are the generator of what you do, what you have and who you are.

No one can make you responsible, nor can you impose responsibility on another. It is a grace to give yourself – an empowering context that leaves you with a say in the matter of your life.

If you are to have a say in who you are and what your life is for, full responsibility is required. If you take on responsibility as a grace, you are the cause in life. To live life from this point of view gives you access to power, creativity and freedom.

Responsibility means authorship. To be aware of responsibility is to be aware of creating one's own self, destiny, life predicaments, feelings and, if such be the case, one's own suffering.

When Responsible

Experience

- **Freedom**
- **Energized**
- **Powerful**
- **Relief**
- **Clean**
- **Open**
- **Joyful**
- **Connected**

Payoffs

- **You get to find out**
- **Healthier**
- **Self respect**
- **Self esteem**
- **Make a difference**
- **New possibilities**
- **My life matters**
- **Learn from mistakes**

Prices

- **Ridicule**
- **Get shot at**
- **Hard work**
- **Discomfort**
- **Constant diligence**
- **Being wrong**

When being a victim

Experience

- **Sad**
- **Angry**
- **Small**
- **Resentful**
- **Vengeful**
- **Heavy**
- **Betrayed**
- **Disempowered**
- **Bitter**

Payoffs

- **Excuse to avoid risk**
- **Excuse to avoid action**
- **Get to be right**
- **Get to avoid hard work**
- **Attention**
- **Pity**
- **Sympathy**

Prices

- **Self respect**
- **You never find out**
- **Health**
- **Power**
- **Freedom**
- **Full self expression**
- **Your life mattering**
- **Making a difference**



Session 6 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

**Mind
Self
Relationship**

Distinguish aspects of mind

Distinguish ways of being

Discuss responsibility

Check out

Name

Feeling

What am I grateful for in my life?



Session Seven

Being responsible in relationship

Check-in

Name

Feeling

What would I work on if I had time?

Often we generate our lives from a victim mentality. Often this way of being is accompanied by a persistent complaint that is often unexpressed. We are not living from a place of power, freedom and full self expression.

When we are generating our lives from these places of constriction we are often concerned with:

- **Looking good. Not looking bad.**
- **You're right. The other person is wrong.**
- **Justify yourself. Invalidate the other.**
- **Avoid being controlled. Controlling others.**
- **Short term comfort, avoiding risk, staying safe.**

When generating my life from these places of constriction, the impact can be:

- **Loss of vitality, aliveness**
- **Loss of relatedness, love intimacy and presence**
- **Loss of full self expression, authenticity and power**
- **Missed opportunities**

Accessing freedom and power:

Take 100% responsibility. This is unconditional. Nothing is required from the other person.

Honest, straight talk. Take responsibility for your previous inauthenticity.

Honor yourself as your word.

Consider what really matters; being right or the relationship?

Identify two people with whom you want to “clear”.



Many of us have not felt safe enough to fully step into our true desires, and instead have generated our lives from places of constriction, from lack of power and lack of freedom.

We have engaged in relationships from behind the glasses of our old stories and we have taken on false identities from within these stories.

We have blamed others.

We have pretended to be victims.

We have lived in slavery.

Now that we have distinguished much about our stories, it is time to come clean with them.

Because who we are and how we generate our lives has consequences and has impacted ourselves and others.

Just as Yom Kippur follows Rosh Hashannah

Now that we have awoken to our deeper truths, to our deeper desires, we now want to take responsibility for what we have done when we were generating our lives from the context of our old patterns of thinking.

We need to take taking full responsibility for who we have been.

We are now going to write a letter to someone who has been impacted by our being inauthentic; by the way we have been acting from within our stories.



Imagine a situation in your life where you have been out of integrity

Where you have been acting without power, freedom and full self expression

Being authentic about a previous inauthenticity is an opening to really step up and be real

Freedom is not just a function of being conscious

Freedom is also a function of how I engage in the world

As we spoke about in the workshop;

Moshe and Aaron led us to freedom

Moshe and Aaron represent Netzach and Hod, which are qualities of inter-personal relationships

This is about powerfully transcending our stories

This is about stepping into that part of us that is able to distinguish our own places of constriction



Dear...

The constricting story I had about myself was...

How I was being when I was generating my life from this constricting story was...

The impact on myself, you and our relationship when I was generating my life from this constricting story was...

Who I really am when I distinguish myself from my story is...

This is not about guilt or putting myself down.

This is about creating a new possible way of being.

This is about stepping into freedom.

This is about living from greater consciousness and authenticity.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.



Thoughts to ponder:

How have I been generating my life from old patterns of thinking?

What has the impact been?

What is a new possibility for me if I step out of my story?

Session 7 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

**Share with your partner the conversation you had with the person you
needed to get clear with**

Check out

Name

Feeling

What am I grateful for in my life?



Session Eight

Aligning our lives with values

Check-in

Name

Feeling

What values do I hold in life?

Our values are often generated by unconscious stories.

What values do I hold when I am not generating my life from behind the “glasses” of old stories?

Exercise on Language of Values

Identifying an area of my life where I am experiencing a loss of full self expression and/or power.

Where am I feeling stuck?

Where am I feeling like a victim, blaming others or my situation?

Where in my life am I experiencing a loss of power and freedom?

The language of; complaining, moaning, whining, nagging, wishing, hoping, dissatisfaction.



Name the issue, the problem, the complaint.

1. **Distinguishing the corresponding value that is implied by the complaint**

What commitments or convictions are implied by my dissatisfied response?

What do I really care about?

We would not complain about something unless we really cared about that thing

I am committed to the importance of or the value of...

I care about...

Using the language of commitment creates a conscious doorway to a room of greater possibilities

- 2. What am I doing or not doing that is keeping my commitment or value from being more fully realized?**

My own contribution.

What is my part in generating or perpetuating this problem?

Not solving the problem

But

Having the problem solve us.

We attempt to solve the problem

But we lose the problem as a source of transformation

When we solve problems quickly we can be certain that we are the same persons going out as who went into the problem

3. What might be a competing commitment or value that I am holding?

What is something else I seem to care about?

What is a conflicting value that I might be generating my actions or lack of actions?

This second commitment needs to have a ring of fear, anxiety, discomfort. It needs to have an aspect of *self protection*, which competes with our initial commitment.

This is often unconscious

And often, at first, not terribly flattering.



For every commitment we hold to bring about an important change, there is often another commitment we hold that has the effect of preventing that change

To rush to solve it would rob us of the growth opportunity the problem provides for us

Don't rush to solve the problem

Let it solve us

The problems cause us

They change us

What is my issue with the issue?

What might I really be concerned with?

And where might that concern be coming from?

In this situation, how can I take back responsibility and regain my power to be fully alive?

(This is moving from a condition of unconscious slavery to one of power and freedom?)

Take responsibility and be honest as to how I have not been responsible and authentic.

(This is using slavery as an access to freedom.)



How am I being inauthentic, acting as if I have no power?

(Express with integrity where I have acted out of integrity, be real about where I have not been real)

I am acting as if....

I am covering up being....

I really have been being....

Take full responsibility, only.

The impact on myself and my life when I act out or blame or be the victim of...

The impact on others is....

What is missing, the presence of which would make a difference?



Four Column Outline

What commitments or convictions are implied by my dissatisfied response?

What I am doing or not doing that prevents my commitment from being fully realized?

Competing commitment

Big Assumption

I am committed to the importance of or the value of...

I may also be committed to the value of...

Take the statement in column 3 and turn it around and put before it; if I did or didn't, the...

- 1. Complaint to commitment**
- 2. Blame to personal responsibility**
- 3. New years resolution to competing commitment**
- 4. Big assumptions that hold us to assumptions that we hold**

Session 8 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

Share with your partner the values exercise you have done

Check out

Name

Feeling

What do I value in my life?

Session Nine

Goals, vision, commitments

Check-in

Name

Feeling

What visions do I have for myself?



1. List three extra-ordinary results you are committed to creating in your life over the next 90 days. Something that wasn't going to happen by default.

Your goals must be SMART.

(Specific, Measurable, Attainable, Realistic, Timely)

How many and by when?

You might think in the domains of relationship, career, finance, health, spirituality, community, service, family, etc.

1.

2.

3.



For each goal, what consideration (limiting belief) get in the way of being, doing or having what you want?

(For example: I'm not confident enough in myself. I'm not intelligent enough. I'm not educated enough. I'm too old.)

Goal # 1

Consideration #1

Consideration #2

Consideration # 3

Goal # 2

Consideration #1

Consideration #2

Consideration # 3



Goal # 3

Consideration #1

Consideration #2

Consideration # 3

Take time out to draw or use magazine cut-outs to create a beautiful vision of your life.

What do you really want?

Session 9 assignment

**Check-in with your partner for 10 minutes per day.
Keep it simple.**

**Share with your partner your;
Goals
Considerations
And
Vision**

Check out

Name

Feeling

What do I value in my life?

Session Ten

Where do we want to go as a community of men?

Check-in

Name

Feeling

What visions do I have for us?