

To Believe or Not to Believe in Yourself



*How to Achieve
Self-Mastery*



Ever feel like you're running in circles?

You've got a considerate and sensitive side, but then there's another chaotic part of you that just wants to go wild and throw all that away. You feel caring and nurturing one moment, self-absorbed and aggressive the next. When we're feeling conflicted and overwhelmed, making sense of our thoughts and emotions isn't easy, and making any personal progress of any kind feels hopeless.

How do we navigate our inner complexity and chart a clear path for ourselves?

The Rosh Chodesh Society's upcoming course, ***To Believe or Not to Believe in Yourself***, introduces the students to *Tanya*, a 225-year-old text whose portrayal of human psychology in general, and of our inner spiritual composition in particular, remains as revolutionary—and as refreshing—as ever. The kabbalah-based tools it presents help us understand ourselves, in order to better regulate how we think and feel, and ultimately emerge victorious from life's inner struggles.

Tanya was authored by Rabbi Shneur Zalman of Liadi, the founder of the Chabad school of thought, to serve as a substitute for his personal mentorship. The students attending this course will experience seven sessions of spiritual counseling from a master of kabbalah and of the nature of the soul. They will come to understand the sources of guilt, conflict, and confusion, and find useful practical strategies for developing joy, purpose, direction, and perseverance in everyday life.

To Believe or Not to Believe in Yourself grapples with the nature of perfection, and questions whether perfection is even possible. It describes the process of personal change and the struggles that can complicate this process: loss of motivation, lack of progress, and reversion to old habits among them. *Tanya's* comprehensive system of self-betterment is multifaceted, depicting change on the behavioral level as well as deep internal changes of attitudes and personality.

Large Ideas

- » The course is based on the “two-soul doctrine.” The notion that we all contain two “souls”—one, a Godly, selfless identity; the other, a natural, self-centered identity—explains how a single individual can possess opposing values and emotions. Idealism and transcendence can exist alongside human failings and self-absorption. In this way, the course offers unique clarity into the spiritual and psychological dynamics that make us tick and explains why we behave in the ways we do.
- » Changing behavior begins with changing one’s state of being. *Tanya* teaches how the natural supremacy of the mind over the heart can be leveraged to gain total self-control—at least of one’s external behavior. This course provides two general pathways to self-mastery: a long-term strategy that aligns reason and emotion, and a short-term strategy that relies on a conscious alignment of one’s behaviors with one’s deepest values and aspirations.
- » When faced with material or spiritual challenges, even the most dedicated people may become despondent and abandon their quest for self-betterment. This course provides a spiritual perspective that allows people to deal gracefully with life’s stressors, while maintaining a positive, productive outlook.
- » This course contextualizes the struggles of each individual within the larger framework of their relationship to the universe at large. Although we may be indelibly plagued by failings and imperfections, even imperfect people can make meaningful contributions toward creating a perfect world.
- » Deep internal change, although a slower and more challenging project, is valuable for its own sake. This course provides meditations and exercises that can, over time, allow the individual to engage in essential change, reaching a greater state of spiritual sensitivity and personal enlightenment.