



LIFT YOUR LIFE

Kabbalistic Teachings that Will Elevate Your Daily Reality

“In all your ways, know Him, and
He will straighten your paths.”

—KING SOLOMON / PROVERBS 3:6

“If you analyze your activities
to align them with your Divine
mission, G-d will make your paths
in life easier and successful.”

—RABBI DAVID ALTSCHULER
OF PRAGUE (1687-1769)
/ METZUDAT DAVID

We live in the era of upgrades. Programs, gadgets, exteriors, and hairstyles undergo routine or periodic upgrades. But as humans ever on the hunt for deeper purpose, we all wish we could improve *ourselves* and our lives.

Our days are split into fragments of time, woven through routine events, regular day-to-day overlaps and relationships. In these more than in the exceptional, we long to upgrade, because that is where improvement has the greatest impact on our lives. However, it is hard to upgrade mid-run.

The *Rosh Chodesh Society* is pleased to introduce a new seven-part course, *Lift Your Life*, which invites you to re-examine your basic activities and life features in the light of Jewish wisdom. *Lift Your Life* will gently guide you in transforming the experiences swirling around you on a daily basis.

It covers the fundamentals: Sleep, emotional mastery, food, happiness, communication, faith, and personal growth. It offers profound perspectives along with doable tools of implementation.

It's time for an upgrade.

Join us on a seven-step journey—it will lift your life.



LESSON 1

SUBLIMATED SLUMBER

Harnessing the Secrets of Sleep

For around a third of our lives, we are fully engaged in non-conscious activity—sleeping. That’s a colossal investment, but what are its returns? Why do we sleep so much and what happens to us during slumber? Most importantly, what are the keys to more peaceful and effective sleep?

This lesson lifts the cover on the secrets of shuteye, and charts a fascinating path to a relaxing and refreshing nocturnal experience that positions us for a superior next day.



LESSON 2

REFRAMING RAGE

Dousing Anger and Deflecting Upset

Ever the counterintuitive creature, the human indulges most frequently in its most damaging emotion—anger. With it, we rapidly destroy relationships and undermine ourselves (and rage at having done so). How can we restrain our anger and prevent it from inflicting harm? Is there a method to prevent its emergence altogether?

This lesson explores Jewish ethical and philosophical insights that provide us with a highly workable anger management strategy. Beyond restraining rage, it guides us to entirely reframe infuriating situations as opportunities for learning and growth.



LESSON 3

ART OF EAT

Managing Food and Munching for Meaning

Meals can become ordeals. Many of us sustain long-term floundering relationships with the food we consume—longing to better balance our diets, but find healthy eating habits difficult to maintain. Our food can consume us with anxiety and insecurity. Is there a solution to managing the munch?

This lesson unveils the profound spiritual significance of our seemingly mundane need to lunch. Its perspective reframes consumption as a most meaningful experience, providing the focus and energy we require for sustaining a diet that nourishes the body in tandem with the soul.



LESSON 4

ELATED LIVING

Reaching and Reaping Genuine Joy

Most of us can happily agree that happiness is key to success; our jobs, relationships, and health thrive in the sunlight of positivism. There is only one obstacle: life. Is there a way to sustain optimistic and joyful attitudes despite the inevitability of mood-dampening circumstances?

This lesson lifts happiness from the heart and installs it in the mind, defining happiness as a mindset. It reveals traditional Jewish methods for weaving gratitude into our daily fabric for the sake of cultivating a smiling outlook. It allows us to identify our unique purposes in life, an awareness that empowers the bliss of personalized meaning.



LESSON 5

LIP SYNCING

Working Wonders With Words

Communication is key to relationships. Words used well cultivate meaningful bonds, whereas words that fail cause relationships to flail. In a word: What is the secret to achieving lasting improvement in our verbal communication?

This lesson delivers the profound perspective of Jewish mysticism on the power invested in words to shape and reshape realities. It guides us in wielding our words in a way that unlocks the best potentials in ourselves, and in those with whom we genuinely seek to communicate.



LESSON 6

LIVING G-D

Logic and Faith in Our Divine Relationship

As we seek to welcome G-d into our lives, two distinct paths open before us. One is a rationalist route: intellectual study for the sake of reaching a conviction about G-d and His role in our lives. The other is faith-based: nurturing belief and emotional experience. Which route is best?

This lesson delivers the timeless Jewish answer: Both. It provides a game-changing Jewish perspective on where faith truly lies, and demonstrates the absolute imperative of coupling faith with logic to gain a complete relationship with the Creator of both mind and heart.



LESSON 7

DIVINE IMAGE PROJECTION

Freeing and Implementing Our Potential

Don't we all have areas in life in which we long to grow and change? Haven't we all made positive resolutions to improve only to watch our intention collide with reality? Is there an effective method of grounding good intentions in tangible results?

This lesson guides us along the highway from mental decision to practical action. It identifies the source of internal traffic jams that leave us stuck and out of gas along the roadside, and provides a clear strategy for clearing congestion to reach our coveted goal: practical implementation.