

THE CONCEPT OF YOUR SOUL

‘...AND REALIZE WHO YOU REALLY ARE’

EAT

Nefesh

PRAY

Ruach

LOVE

Neshama



Kosher style

T F S S M T W

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ELUL PROGRAMMING

THE KABBALAH OF THE ARI

'GROWING UP'

EAT

'A child is yetzeh hora alone'

Sefer HaGilgulim, The Arizal

PRAY

'These years [from BarMitzvah] are known as the lustful years in preparation for age 20 when he will gain access to the next level of his soul'

Sefer HaGilgulim, The Arizal

LOVE

וְאֶהְבֶּתָּ אֶת ה' אֱלֹהֶיךָ בְּכָל-לִבְבְּךָ וּבְכָל-נַפְשְׁךָ וּבְכָל-מְאֹדְךָ:

A man must love G-d with both his yetzer hora and his yetzer tov.

T F S S M T W

THE RAMBAM

'WORK ON YOURSELF'

EAT

The wicked are ruled entirely by their yetzer hora...

PRAY

The righteous are ruled entirely by their yetzer tov...

LOVE

The average people are ruled by both...

Talmud, Brachos 61b

T F S S M T W

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