



# Finding Joy in the Depths

## Session 8 - Getting Beyond the I

**WALDER**  
FOUNDATION

POWERING A SUSTAINABLE FUTURE



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# Finding Joy in the Depths

## Session 8 - Getting Beyond the I

### Terminology

**Atzvus:** a heavy-hearted sense of depression

**Merirus:** a bitter feeling which spurs a person to positive activity

**Yesh (Yeshus):** an entity which is self-oriented and self-aware

**Buttel (Bittul): self-nullification;** rising above one's personal concerns and dedicating one's energy to a higher goal

**Kabbalos Ol:** an unswerving selfless commitment to carrying out the will of G-d

**Holelus:** happiness devoid of meaning or purpose

### Vocabulary

**Nullify:** to deprive of value or effectiveness

**Transcendence:** being in state in which one passes ordinary limits

**Absolutes:** not mixed; complete

**Synchronized:** to cause to go on, move, work, etc. at the same rate and same time

**Obsession:** the domination of one's thoughts or feelings by a persistent idea



### A. Goal Question

How can we let go of our failures to live a more transcendent life?

In these chapters, we learn that that living a self-centered egocentric life ultimately leads to depression and the inability to let go of failure and move on. Most importantly, it blocks the ability to focus on G-d and our real purpose in life. True happiness is achieved when a person learns how to let go, connect to something higher and live a more transcendent life.



### B. Read

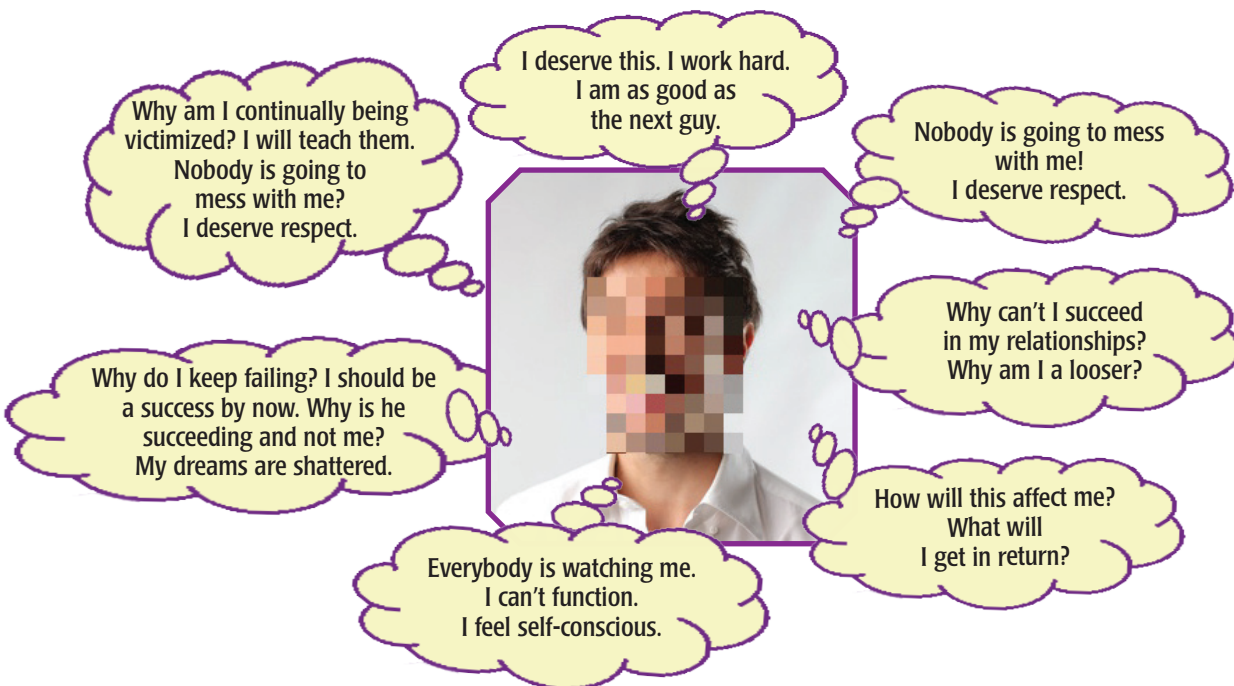
Read Chap. 9 "Getting Beyond the I" and Chap. 10 "Letting Go" in the textbook "The Chassidic Approach to Joy".



### C. Check your Understanding

Write all answers in full sentences in your notebook or in this workbook.

## 1. Why is it difficult to dismiss negative thoughts from our mind?



## 2. What is the difference between a positive self-image, "yeshus" and being "bittul"?



***Is this doctor glad that the patient is able to live a better life? Proud of his achievements? Scared to fail? Simply focused on the task?***

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3) Compare the reactions of someone who is self-absorbed or self-conscious and someone who is focused on what needs to be done.

	A person who has yeshus Self absorbed and focused	A person who is bittul Has a higher purpose and perspective
Do they find it difficult to "let go" and "move on"?		
Do they accept failure?		
Can they find practical solutions to problems?		
Can they confront their own mistakes? Improve themselves?		
Are they happy?		

4. Read the story about the king in chapter 10.

5. a) What is the difference between "simcha" (happiness) and "holelus" (frivolity)?

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b) How can we combine being happy with being responsible?

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## D. Think About it

Read the questions below and be ready to discuss with your mentor.

- Why can't we let go of our personal failures, unattained objectives or failed relationships?
- How does self-centeredness and egocentric tendencies encourage negative thoughts, depression and anger?
- How can we be full of transcendent joy without drugs? How can we live without cares and still remain responsible and in control?
- Read the religious spiritual advice below. Which of these pieces of advice do you think could help you to deal with life's challenges. Explain.
- Accept and trust in G-d's plan.
- Connect to a force higher than yourself. Go beyond your own identity.
- Let G-d own your problems. Let go.
- Connect to your soul powers. Overcome your limitations.
- True joy involves self-transcendence.
- Fill your life with higher meaning and purpose.
- Focus on your spiritual task right now and practical solutions.



## E. Write and Apply

a) Write jot-notes on your thoughts on any or all of the topics discussed in each session. You can add these reflections to your diary (optional).

b) Create an outline and write a half a page on one of the topics below. Organize your thoughts and use full sentences. Your mentor will correct the half page to help you to develop your writing skills. Alternatively, you can choose one the questions above in section D. Apply the topic to events in your life. If possible use some of the new vocabulary you learned.



- What motivates you everyday? What is your primary focus?  
Is it helping you to improve your life?
- What things do you need to let go of? How will you do it?  
How can you live a more transcendent life?
- Explain. A truly joyful person is a person truly connected to the spiritual.
- How do the Jewish holidays and Shabbos help you transcend your daily existence?
- Alternatively, you can choose one the questions above in section D.  
Apply the topic to events in your life.



## F. Extra Activities (Optional)

- Practice letting go of past traumas and daily frustrating incidences.  
How has your day changed because of this?



## G. Extra Reading (Optional)

You can borrow the books listed at the beginning of this course from our loaning library on this subject. Alternatively, you can send us an email to get extra readings on any subject.



## F. Audios (Optional)

You can listen to the following Audiofiles on your MP3 player or tablet through GTL.

- The G-d powered Life (Rabbi David Aaron)
- Torahs Secret to Joy and Great Self Worth (Rabbi David Aaron)
- Living on Purpose Choose Joy Now (Rabbi David Aaron)
- The Chassidic Version of Self Esteem (Manis Friedman)
- Six Steps To Living in The Moment (Rabbi Zalman Abraham)