

בס"ד

Hinda Institute
Helping Individuals Ascend



Finding Joy in the Depths

Session 3 - Expanding Our Horizons

WALDER
FOUNDATION
POWERING A SUSTAINABLE FUTURE



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Finding Joy in the Depths

Session 3 - Expanding Our Horizons

Terminology

Olom Haba: the spiritual realm of the souls in the afterlife; also used to refer to the Era of the Resurrection

Gehinim: purgatory

Thirteen Principles of Faith: the 13 foundations of Jewish belief according to Maimonides

Era of redemption (Mashiach): the messianic era where the Jews will return to the land of Israel and rebuild the Temple

Yeshivos: Torah academy for advanced students

Charadim: ultra-orthodox Jews

Mikva: a ritual bath in which a person immerses himself in transition from impurity to purity

Measure for measure: the way in which G-d repays us for our action in the same way in which the action was done

Hashgacha Pratis: Divine Providence, the manner in which G-d controls every aspect of existence



A. Goal Question

What is our mission in this world?

In this session, you will learn about the purpose of life and your mission in this world according to Jewish philosophy.



B. Read

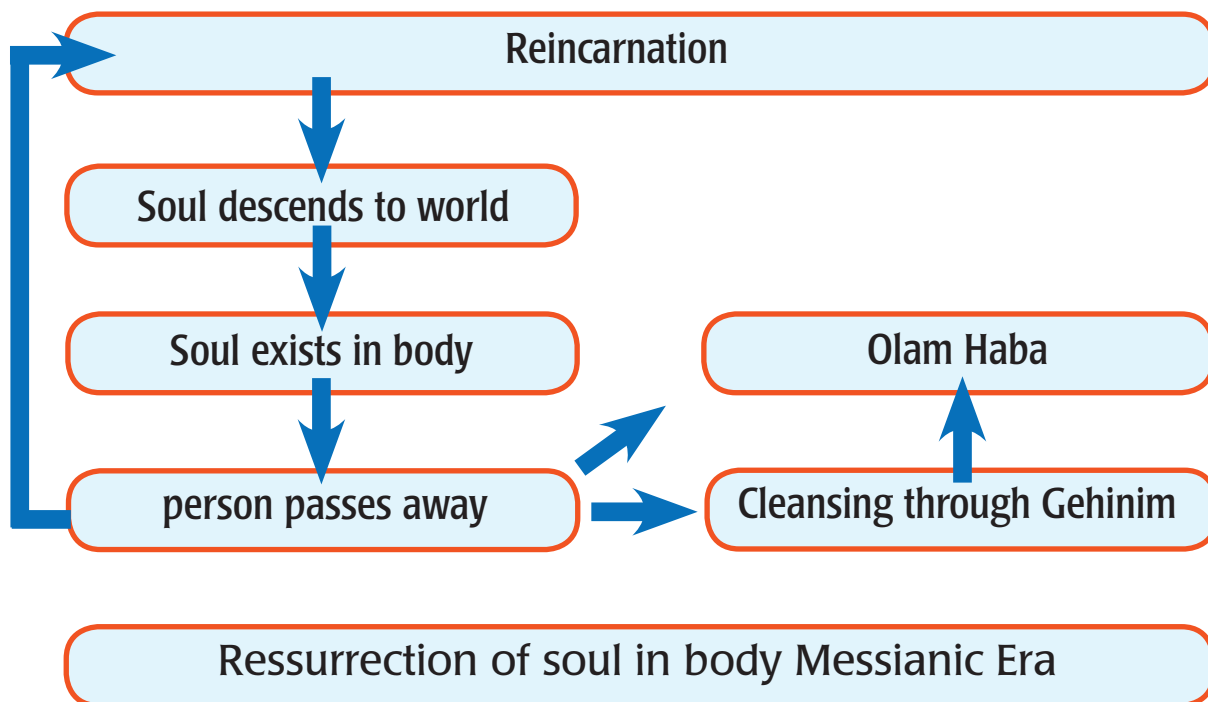
Read Chap. 4 "Expanding our Horizons" in the textbook "The Chassidic Approach to Joy".



C. Check your Understanding

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

1) Look at the diagram.



1) How does our time in this world influence the journey of our soul?

2) Where does reward and punishment occur in the cycle?

3) How is the messianic era different from olam haba?

4) How does tragedy in this world make sense given the entire journey of the soul?

4. Read the story in Mishnah with Rabbi Hillel. There is an opinion that R. Hillel had a spark of Moses reincarnated in his soul and was actually talking to the skull of Pharaoh in Egypt. Rabbi Hillel was saying that just as Pharaoh who oppressed the Jews in Egypt was drowned, so ultimately all Jewish oppressors will come to the same end.

Because you drowned others,
you were drowned



Look at the sentences below. Explain how Pharaoh had free choice even when G-d hardened his heart.

- The Jews' slavery in Egypt was part of G-d's plan.
- Pharaoh chose to hurt the Jews with tremendous cruelty.
- G-d hardened Pharaoh's heart so he wouldn't let the Jews go.
- The Jews had to experience the 10 plagues and the exodus from Egypt.
- Pharaoh was punished by G-d.



G-D knows the End-Game and all the plays in between before the players make them. He is beyond time and can replay the video at any time.

13 Principles of Faith

The great codifier of Torah law and Jewish philosophy, Rabbi Moshe ben Maimon ("Maimonides" also known as "The Rambam"), compiled what he refers to as the Shloshah Asar Ikarim, the "Thirteen Fundamental Principles" of the Jewish faith, as derived from the Torah.

Maimonides refers to these thirteen principles of faith as "the fundamental truths of our religion and its very foundations."

The Thirteen Principles of Jewish faith are as follows:

1. Belief in the existence of the Creator, who is perfect in every manner of existence and is the Primary Cause of all that exists.
2. The belief in G-d's absolute and unparalleled unity.
3. The belief in G-d's non-corporeality, nor that He will be affected by any physical occurrences, such as movement, or rest, or dwelling.
4. The belief in G-d's eternity.
5. The imperative to worship G-d exclusively and no foreign false gods.
6. The belief that G-d communicates with man through prophecy.
7. The belief in the primacy of the prophecy of Moses our teacher.
8. The belief in the divine origin of the Torah.
9. The belief in the immutability of the Torah.
10. The belief in G-d's omniscience and providence.
11. The belief in divine reward and retribution.
12. The belief in the arrival of the Messiah and the messianic era.
13. The belief in the resurrection of the dead. It is the custom of many congregations to recite the Thirteen Articles, in a slightly more poetic form, beginning with the words Ani Maamin--"I believe"--every day

Hillel the Elder (Hillel Hazaken)



Hillel street street sign in Jerusalem

- One of the most influential rabbis in Jewish history.
- Head of a school, called the House of Hillel, which eventually became the primary academy for Torah study prior to the destruction of the Second Temple.
- To this day, his teachings and lessons in Talmud are integral to Jewish perspective and practice.



D. Think About it

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

- How could a terminal illness, death or a national tragedy be considered to be good or lead to a good outcome?
How can we see this as part of "Divine Providence" or part of G-d's plan?
- What are the possible journeys of the soul in this world and the next? (Explain the concepts of olam haba (afterlife), gehinnom, reincarnation, resurrection and the messianic era.) How does the soul's time in this earth impact the soul's journeys in other worlds?
- What is our soul's mission on this earth?
- How can we see losses inflicted by other individuals as acts of G-d? Doesn't that person have free choice? If they don't have free choice how can they be punished?
- Explain the paradox: How can we have free choice if G-d knows what is going to happen.



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.
- b) Create an outline and write a half 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.

- Read one of the following stories and answer the question.
 - The story of Joseph in Egypt. Was he a victim?
 - The story of Pharaoh and the Jews. Did he have free choice?
 - The story of Job. How did he come to terms with his suffering?



F. Extra Activities (Optional)

- With a partner create a skit to be presented on the story of the R. Yosef Yitzchak Schneerson.
- Read the jokes at end of this section. What ethical issue is being emphasized?



F. 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.

- Finding your Mission in Life (Charles Harray)
- Living on Purpose (Rabbi Aryeh Weinstein)
- Secrets of the Afterlife (Rabbi Avroham Bergstein)
- The G-d Powered Life; How to Find You (Rabbi David Aaron)
- Living On Purpose Why on Earth Are We Here (Rabbi David Aaron)
- Destiny is Calling, (Rabbi David Aaron)
- Don't Miss Your Mission (Rabbi David Aaron)
- The Soul and The After Death (Rabbi Pinchas Taylor)
- Crash Course on Resurrection (Rabbi Pinchas Taylor)

Jewish Jokes

Two old timers, Max and Jake, spend their retirement discussing and debating the nature of the afterlife. They pledge that whichever one of them dies first will somehow contact the other to let him know what he has found.

Max dies, and Jake waits expectantly.

One day the phone rings.

"Jake? It's Max."

"Max, where have you been? I've been so worried. What's it like?"

"Well, I'll describe it. I get a good night's sleep. I get up at sunrise. I stretch a bit. Take a walk. Have a good breakfast. After breakfast I relax a bit. I take a nap. I enjoy the scenery. Soon it's time for lunch. Lunch is delicious, but very filling, and after lunch I take a little nap. I get up refreshed. I wander down to the lake. I have a swim. Before you know it, it's time for dinner, after dinner another stroll, and then to sleep."

"Max, that's heaven?"

Who said "heaven"? I'm in Montana.

I'm a buffalo."



A Jewish grandmother loses her grandson at the beach when a tidal wave sweeps him away into the depths of the ocean. The grandmother immediately bows to her knees in the sand and prays to G-d for the return of her grandson. "Please G-d, I have always been a good person, a good Jew, and a loving grandmother; please return my grandson to me."

Just as she finishes her prayer, a huge wave crashes back on the beach, returning the young boy to his grandmother's side. The grandmother begins to cry and hug her grandson, overcome with joy and gratitude. She looks once more at her grandson, then looks back at the sky and yells, "He had a hat!!!"

Jewish Jokes cont.

Every week, Moishe would pray to win the lottery. "Please G-d," he would say, "let me win the lottery. I need to win the lottery." After several years of this, G-d finally replied and G-d's booming voice rattled Moishe more than a little bit. "Moishe," God said, "meet me half way. Buy a ticket."



A poor man walking in the forest feels close enough to G-d to ask, "G-d, what is a million years to you?"
G-d replies, "My son, a million years to you is like a second to me."
The man asks, "G-d, what is a million dollars to you?"
God replies, "My son, a million dollars to you is less than a penny to me. It means almost nothing to me."
The man asks, "So G-d, can I have a million dollars?"
And G-d replies, "In a second."



A rabbi dies and goes up to the gates of heaven. Before he's let in, the angel in charge consults with G-d for a long time to determine if he deserves a place in heaven.
As the Rabbi waits, an Israeli bus driver approaches the gates of heaven. Without a second thought, the angel consulting with G-d lets the bus driver through. The rabbi, points at the bus driver and yells, "Hey! How come he gets in so quickly?!"
He's a simple bus driver, while I'm a rabbi!"
The angel explains,
"Dear rabbi, when you gave sermons during services, your whole congregation fell asleep. When this bus driver drove toward Tel Aviv, all his passengers sat on the edge of their seats praying to G-d!"

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Introduction

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Student Workbook

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