

בס"ד

Hinda Institute
Helping Individuals Ascend



Finding Joy in the Depths

Session 6 - Mind Control

WALDER
FOUNDATION

POWERING A SUSTAINABLE FUTURE



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Finding Joy in the Depths

Session 6 - Mind Control

Terminology

Niggun: a Chasidic tune/song

Rebbe
(plural **Rebbeim**):
saintly Torah leader
who serves as spiritual
guide to a
following of chassidim

Tanya: the classic text
of Chabad Chasidic
thought authored by
the Alter Rebbe

Tzaddik: a completely
righteous individual

Kabbalah: the Jewish
mystical tradition

Mikveh: a ritual bath
in which a person
immerses himself as
part of the transition
from impurity to purity

Kavanah: intention,
inner thought

Yartzheit: the
anniversary of
someone's passing,
observed by the
recitation of the
Kaddish prayer

Vocabulary

Comprehend: to
understand the nature
or meaning of an idea

Perception: the act or
facility of apprehending
by using senses of the
mind

Analogy: a similarity
between like features of
two things, on which a
comparison can be made

Reinforce: to strengthen
with some added piece

Subconscious: existing
in the mind beneath or
beyond consciousness

Conscious: fully aware
or sensitive to something

Motif: a recurring or
dominate idea or theme

Emerge: to rise up; to view
or notice

Sublimate: to divert the
energy of the goal to one
more
accepted socially

Subside: to become
quiet, less active or less
violent

Obsessed: to have one's
thoughts or feelings
dominated by something

Equilibrium: equal
balance between two
ideas or powers



A. Goal Question

How can we stop negative
thoughts depression
or anger?

In this session, you will learn how spiritual
tests and challenges help us to grow.



B. Read

Read Chap. 7 "Mind Control" in the
textbook "The Chasidic 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 below.



a) According to the chapter how can we break this process?

Where can we intervene to break the process?




b) At which point did the Modzitzer Rebbe break the process?

c) At which point, did the person angry about the incident on the train break the process?



Person is angry but receives a phone call from friend and their thoughts become diverted

2) Can we control our thought processes? Explain.

	Option 1: Letting in the negative guests and the host makes him feel welcome	Option 2: Screams at guest and blocks entry	Option 3: Ignores the guest
Did The Guest			
Receive attention in this case?			
Will the guest return?			
How does this option compare to dealing with negative thoughts?			

4) Pushing with two hands

a) What does pushing away a thought with one hand mean?



b) What does pushing away a thought with 2 hands mean?

5) This chapter recommends strategies for dealing with negative thoughts and emotions. Which of these strategies would work for you?

- Think about another subject, then focus on another subject (no one can think of 2 things at one time)
- By ignoring the thought eventually it will surface less often, or go away
- When you change what you think about you will change your emotions
- Express negative energy in a positive way



The rabbi told the women to hold water from the mikveh in her mouth

6) How should you deal with thoughts of:

a) anger

b) jealousy

c) hatred

d) obsessive desires

e) depression

7) Why are we often no longer obsessed with the obsessions and desires of youth or past situations?



When we were younger we were obsessed with certain toys.

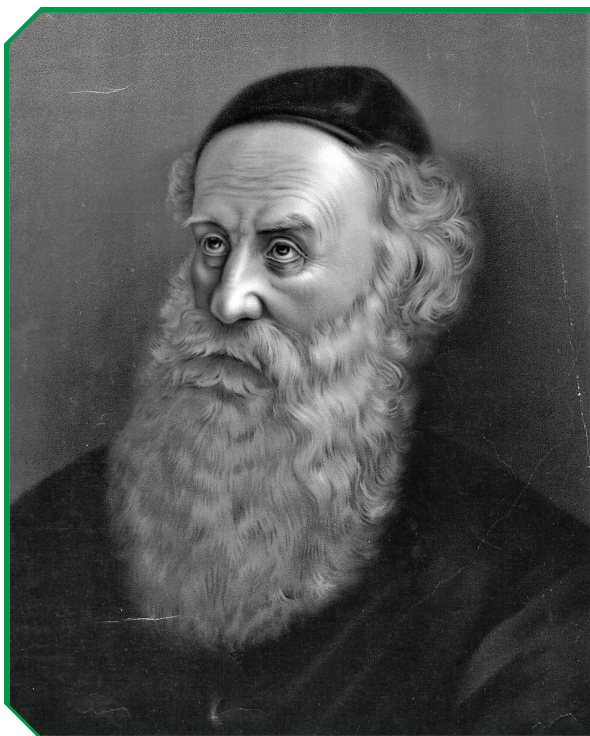


Modzitzer Rebbe

- Modzitz is the name of a Chasidic group within Orthodox Judaism; derives its name from Modrzyce, one of the boroughs of the town of Dublin, Poland.
- Followers of this group known as Modzitzer Hasidim; now based mainly in Bnei Brak, where their Rebbe lives.
- Rebbes are well known for their musical compositions.
- Rebbe Yisrael Taub (born in 1849) became known as the Modzitzer Rebbe; establishing the dynasty of Modzitz.
- Composed many melodies that are still sung by Hasidim and others

R, Zev of Zhitomar

- Chassidic preacher, disciple of *Dov Ber, the Maggid of Mezhibezh.
- Book, Or ha-Me'ir (Korets, 1787), is important for its wealth of material on the history of Chasidism and teachings of its founders.
- R. Z'ev criticized the behavior of the Tzaddikim of his day who had abandoned simple living for luxury.
- An opponent of noisy prayer, he contended that one should pray with kavanah, with the object of elevating one's thoughts and realizing one's insignificance: "One ought to pray with fear and reverence and stand upright and not be heard, and only move the lips" (Or ha-Me'ir, Terumah).



Chabad Rabbi Schneur Zalman of Liadi

- Chassidic movement founded by Rabbi Schneur Zalman of Liadi in the latter part of the 18th century
- Emphasizes the importance of "Chabad," an acronym for "Chochmoh, Binah, Da'at" (wisdom, understanding and knowledge).
- In Chabad philosophy, we can use our mind to influence our emotions



Tanya

- Fundamental text of Chabad Chassidic philosophy, written by the movement's founder, Rabbi Shneur Zalman of Liadi in the 18th century.
- Also called Likkutei Amarim ("Collected Discourses") and Sefer shel Beinonim ("The Book of the Intermediates")
- Composed to show all Jews how to achieve their spiritual potential.
- Jewish wisdom which answers the great personal and existential questions of life.
- Revolutionized the way we think about G-d, the human soul, the world and our place in it.



D. Think About it

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

- Are thoughts controllable? What should we do to not let “negative thoughts” enter our minds?
- How does our awareness of pain affect our experience of pain?
- What does it mean to push away thoughts with “two hands”?
- According to this chapter, does thinking/strategizing about how to control negative thoughts work? Why not?
- According to this chapter, is it better to let loose if you feel anger? Why not?
- How can we control / master our thoughts and refocus or divert them?
- How can we stop negative events from affecting us?



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 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.

- Are there negative experiences from your past that haunt you?
How should you deal with these events?
- Write a game plan of how you are going to deal with the negative events and thoughts in your life right now.



F. Extra Activities (Optional)

- When negative thoughts come up in your mind whether anger, depression or anxiety, practice switching to a different topic or activity. Did it work?
- Create role plays or skits with a partner to present. The skit will show a negative situation and 2 different ways of dealing with it; the right way and the wrong way.



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.

- Reigning in the Raging Mind a Kabbalistic Perspective (Rabbi Avraham Bergstein)
- Secrets to Self-Mastery Happiness and Sacred Self Worth (Rabbi David Aaron)