

BS"D

Nechama Sarah Burgeman Teleconference

Rosh Chodesh Tammuz / 4 July 2019

Rectifying vision / Reuven / Tammuz

Piece the puzzle together

H' guides us with messages

looking for the wisdom in everything
to interpret reality

Rabbi Nachman: our orifices of our head
need to be purified
eyes . ears . nose .mouth

first reaction is to say
im not looking at anything thats not torah
keep our neshamas pure
but we are exposed to different things
for different reasons
everything we see in the exterior world

with the clarity of vision
its my chance to rectify
given the same circumstances
and reacting differently

which patterns do we want to break through?
we can make biror
what is good
what is bad
embrace that
How can we make whatever comes in front of our face into
a Torah?
The level of Tzaddik with in us

the tikkun of Re-ah
how we see it is how it will be elevated
perceive everything in the lower work
the primordial world
as the upper waters

bringing the higher waters and the lower waters together
is geula

training our eyes in a different way
beyond good and bad

we are all in the process of living the Torah
integrated in us
whatever comes your way
transition it / embracing it

how are we rectifying our vision
not black and white
everything is a synthesis

Rav Ginsburgh: the avodah of re-ah
integrating the higher and lower waters
be open to the process
and how H' is leading us

our nature is in the Elokim
in this world
it takes creativity
our avoda is to describe our vision of whats happening in
the world
the geula language can create the reality
the yehuda level of speech
and the vision of tammuz
integrating
the primus of reality
and the external of reality

geula global summit
the inner work or transforming darkness into light
going inside
total transitions of seeing ourselves
from victim to shining bodies of light

from the trauma after the fall in gan Eden
the victim mentality
that we carry with us
The woman you gave me...
embrace the dark spots of our personality
another inner reality
turning ourselves inside out

we can be in the place of temimut
sivan/hod/temimut

what we receive Torah
we do it BShaym Shamayim
that in itself
interspection and self growth and healing
has to be in balance
with doing mitzvot Ishma
we want to work on both levels

today is hod/orange
submitting to H's will, the temimut
tammuz is going deeply inside
while we are doing the dance of the Torah
transitioning now in geula process
use our creative imagination
as pulsating. creation
flowing reality experience every moment
as we are all one neshama
of Adam Rishon

we have that in our memory
we can conjure it up
in the reality of the geula process
a mature level
through becoming a partner/lover with H'
going through all the stages
avinu / malkainu / to ani Idodi, vldodi li
we are creating the realities that H' has given over to us
in this Edenic place

How are we going to metaken our vision?

Leah Meditation (15 min recording)

Rav Ginsburg - Leah's inner light described by Rabbi Rashab

Shimon Bar Yochai. Seder Hishtalshalut.

Last 4 stages of the process of Tzimtzum

to create the world we are in now

Bringing higher levels of light

into the tikkunim we are dealing with

Leah was *soneh*. not understood

she was traveling the kabbalistic maps of her soul

Yakov didn't understand her. Yet

When we put our love in the wrong places

the wrong focus, that's our pain

Leah had an incredible power of tefilla

to change the physical reality

Meditation Leah Imeinu

Nechama Sarah Burgeman

Inspired by Rav Ginsburgh's discourses including רבי רש"ב
Maamarim עב

1. **ASIYA / ACTION**
2. **YETZIRA / EMOTION**
3. **BRIYA / THOUGHTS**
4. **ATZILUT / EMINATION EXPERIENCE DIVINITY**
(YECHIDA)

UP THE LADDER:

ASIYA

Breath. Relax
Feel the receptiveness of HOD
Being thankful and grateful
of every breath

Ask yourself what situation has been lingering or something
in your story that needs to be fixed
Holding you back from being your essence / light
stuck in the lower vibration
an issue / predicament

YETZIRA

put your hand on your heart
what are you feeling about this situation
allow your self to be honest
what do you REALLY feel about this issue
(every issue is a tikkun to be grateful for)
pain/ discomfort/ indecision
this is the part of the tikkun
feel your gut feeling / feel the rawness
(even though we are grateful)

BRIYA

Whats thoughts and beliefs do you associate with this in
your life?
even if they are false beliefs
re: this feeling / pain / discomfort
Can write down the beliefs surrounding your thoughts

ATZILUT

Dveikus to H'
Get beyond this
Please H' help us get beyond
the place in our soul that we are connected to H'
Receiving the bright light.
a deeper place of resolution
embrace with the prayer
feel yourself receiving the divine light and love



DOWN THE LADDER:

BRIYA

Replace them with thoughts that we know is true
Ayn Od Milvado
Resolving this issue is the geula process
we are all variations on the same theme
we are here to help each other
make these breakthrough

trust H' is going to help us with our issues
through conversations...
believe H' is helping us.

YETZIRA

HEART LEVEL
more calm and peaceful.
Feel the stream of light from atzilut
massaging your heart

ASIYA

[SHIFT]
Redefine the issue
tikkun re-ah
how you see the issue
a shift in your vision
bringing the higher waters into the lower waters
bringing H's love into the scene in your story
open your heart
Love H' Elokecha