

ב"ה

Synthesis

BODY AND SOUL

THE **PRE-EXPERIENCE** SERIES

PREPARED MOSHIACH-FOCUSED EVENTS

PROGRAM GUIDE



Welcome

WELCOME TO OUR PRE-EXPERIENCE WOMEN'S EVENT PROGRAM GUIDE, **SYNTHESIS: BODY AND SOUL!**

This workshop is based on the Sich'a of the Rebbe from Parshas Chayei Sara 5752.

LESSON OVERVIEW

The objective of this workshop is to allow participants to recognize the conventional mentality on corporeality, material human existence, and how it differs from the Moshiach Mindset.



Conventional Mindset: Serve Hashem despite our material inclinations.



Moshiach Mindset: Serve Hashem with our whole selves—body and soul in synthesis.

Participants will first explore different approaches to viewing themselves in their service of Hashem. They will do a group activity that introduces the topic, and then discuss and debate thought-provoking real-life questions.

This will lead to the Core Knowledge, a written lesson based on the teachings of the Rebbe, providing everyone with the *Geulah* perspective on the matter.

The participants will then return to the original questions and see how their answers have changed, highlighting what they have gained from learning the Core Knowledge.

Finally, the guests are presented with journal questions to further internalize and integrate the Moshiach Mindset into their lives.



Resources

Provided in a digital folder

- **Summary of the Core Knowledge** *(Audio)*
- **Customizable invitation** *(Canva link)*
- **Customizable event schedule cards** *(Canva link)*
- **Self-Worth vs. Self-Negation Exercise Sheet**



Available for purchase online

- **Core Knowledge Learning Handout**
1 per participant
- **Moshiach Mindset Journals**
1 per participant
- **Pre-Experience Measuring Spoons**
1 per participant
- **Self-Worth vs. Self-Negation Exercise Sheet**
According to number of participants



Your Amazon Shopping Cart!

- **Buffet decor ideas**



A Gift for Your Participants

A Tut Altz Women branded measuring spoon to serve as a reminder to use every part of yourself, even the parts that may seem mundane, to serve Hashem.



Measuring Spoon



General Set-Up

- Each place setting should have a pen, event schedule card, learning handout, journal, slip of paper from the Exercise Sheet, and measuring spoon.
- It is recommended to set out the food and dinnerware on a separate buffet table, as a lot of writing and learning is going to take place where everyone is seated. (You can use a side-table, large kitchen island, or even a large kitchen counter as your buffet.)



Program Outline

- **REFRESHMENTS**
- **WELCOME**
- **SELF-WORTH VS. SELF-NEGATION EXERCISE**
- **DISCUSSION**
- **CORE KNOWLEDGE**
- **JOURNAL**
- **WRAP UP**



Core Knowledge

SYNTHESIS: *BODY AND SOUL*

POINT TO PONDER

Imagine that you spend a few hours making challah for Shabbos. Your friend surprises you on Friday with some of her home-baked challah to grace your Shabbos meal. On Friday night you serve both, and your guests keep on going for seconds and thirds of her challah. Although you appreciate her challah's taste, when you reach out for some more challah you find yourself gravitating towards your own, time and again. There's something about the fruits of your own labor that makes you enjoy it more.

Why is it that you take so much more delight in your challah than your friend's challah?

BODY VS. SOUL

It is natural to live our life according to personal desires and aspirations. However, one of the tenets of Judaism is the idea that we're here to serve Hashem. As it says in the Mishnah, "I was created solely to serve my Creator." We are aware that we are here not for ourselves, but rather to fulfill Hashem's will. Chassidus teaches this as the aim of "*bitul*": to strive to be Hashem-centric as opposed to naturally being self-centric.

The ideal of *bitul* comes into play in different aspects of life's experiences:

- **ADOPT HIGHER THINKING:** I choose to focus on what's truly important, and pursue holy endeavors and Torah values over material satisfaction. When I am unsure where I should be headed, I look to Torah's guidance for direction.



My Moshiach Mindset

JOURNAL

SYNTHESIS: BODY AND SOUL

THE *PRE-EXPERIENCE* SERIES

Metzius Vs. Bitul Exercise

A Scenario of

playing out.



PERSONAL REFLECTION

What is a scenario in my life in which this quote would be relevant to “pull out of my pocket”?
