



# Meditation

## FROM SINAI

Dear Harris,

In the midst of winter, we long for a ray of sunshine. Chabad of Maine is excited to offer a resonant source of light, a calming influence in this oft-chaotic world.

Welcome to **Meditation from Sinai**, the Jewish Learning Institutes new educational experience sure to open your eyes, quiet your mind, and invigorate your heart.

The Torah was given at Mount Sinai. So were the meditative tools to help us open up, see more, and live deeply. This 6-lesson course explores the Jewish take on divine meditation, mindful awareness, and soulful transcendence.

This course is being offered for both online and in-person attendees.

[Sign up now](#) to access your ray of sunshine. Meditation from Sinai starts February 1st.

Tune in. Sign up. Feel good. Think deep. Live WOW.

Looking forward to sharing this experience with you,

Rabbi Levi

PS: Not sure this topic is for you? **Try the first session, "Mind Control, free!**

## WHEN

6 Tuesdays, 7:00-8:30 P.M.

Feb 1st - Mar 7th

Instructor: Rabbi Levi

[JOIN NOW](#)

In-person

## WHEN

6 Wednesdays, 6:30-8:00 P.M.

Feb 2nd - Mar 8th

Instructor: Rabbi Levi

[JOIN NOW](#)

## LOCATION

Chabad of Maine, 11 Pomeroy St Portland ME 04102

Meditation from Sinai: Mindful awareness and Divine spirituality to help you think, feel, and live more deeply.

Judaism places great emphasis on action. As a result, many Jews are unaware of another important facet of the Jewish tradition: deeply meaningful teachings about mindful awareness, spirituality, and meditative practices. This course advances the uniquely Jewish approaches to these fascinating topics. Whether you've practiced meditation before or not, this course will both inspire and practically guide so that you can reap the benefits of a more spiritual and mindful life.



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## Lesson Outline

### Lesson 1

MIND CONTROL, I THINK THEREFORE I CAN

Mind over matter when you mind, life matters. The Torah teaches that our brains don't control us, we control our brains. When we harness our awesome gray matter, dreams become a matter of fact.

### Lesson 2

SPIRITUAL AWAKENING, TUNE IN, PLAY ON

What is spirituality and how do I tune into its song? Meditation is the instrument that allows you to play the spirited music of existence, and the voice that enables you to sing the soul of every experience.

### Lesson 3

DIVINE ANIMATION, JOY VEY

G-d animates everything, perpetually. Discovering G-d is opening ourselves to life's divine animation. Results include but are not limited to increased joy, more resilience, and deeper purpose.

#### **Lesson 4**

#### **HERE AND WOW, FREE EVERY MOMENT**

Long before living in the moment gained its moment in the spotlight, G-d gifted us the incredible power to live with, live in, live up, and transform every single moment of our lives. It's happening now, at this very moment. All of life is elevated by meditation.

#### **Lesson 5**

#### **CLUB MED, EAT BETTER, SLEEP DEEPER, WORK HIGHER**

Here we zoom in and focus on three of life's essentials: when we consume, when we repose, when we hustle-bustle.

#### **Lesson 6**

#### **ACT NATURAL, CLIMB THE MOUNTAIN DO**

Those that can't, don't. Those that can, do. And you can. At its core, Mount Sinai is Mountain Do. Physical actions, called Mitzvos by the Creator, engender spiritual and physical change in the universe.



*For more information visit us at [www.myjli.com](http://www.myjli.com) or call us at 2076501783 Email: [rabbilevi@chabadofmaine.com](mailto:rabbilevi@chabadofmaine.com)*