

JOURNEY

OF THE SOUL

*A fresh look at life, death
and the rest—in peace*



E A R L Y B I R D

10% off - until Tues June 8

D I S C O U N T

WHEN (IN-PERSON)

6 Mondays, 6:30-8:00 P.M.
July 5th - Aug 9th

Instructor: Rabbi Levi

This course is being offered for in-person attendees

JOIN NOW

WHEN (ZOOM)

6 Tuesdays, 6:30-8:00 P.M.
July 6th - Aug 10th

Instructor: Rabbi Levi

This course is being offered online via Zoom

JOIN NOW

LOCATION

Chabad of Maine, 11 Pomeroy St, Portland, ME.

MORE INFO

www.chabadofmaine.com

Rabbilevi@chabadofmaine.com

207.650.1783

Fee: \$99 + Early Bird Special 10% off!

Scholarships available.

Not sure? Try the first lesson for FREE!

ACCREDITATION

Doctors and most mental health professionals can earn CME or continuing education credit by attending this course. Visit

<https://myjli.com/continuingeducation> for more information and a complete accreditation statement.

Course Overview

Who hasn't wondered what happens when we die? We know what happens to the body. But what happens to the soul at birth and again at death?

- *Is there really a better place after this one?*
- *Do our loved ones continue to connect with us?*
- *Can I relate to an afterlife if I'm not spiritual?*

At once practical and powerful, reflective and relatable, Journey of the Soul teaches a Jewish perspective on life that begins before birth and lasts well after a person's passing. *It's a journey we all take, and it's yours to explore this winter.*



Lesson Outline

Lesson One

Demystifying Death

Why are humans so anxious about death and dying? For many, the abrupt finality of death makes life itself seem futile. By exploring how our life force or immortal soul never ends but merely shifts roles, we begin to view life and death as two harmonious steps on the same journey.

Lesson Two

Taking Leave

Is death painful for souls? Is my presence felt when I visit a grave? Judaism's pre-burial and burial rituals accompany the souls gradual transition from a limiting physical life to a completely spiritual one. We discuss those rituals and how, once freed, the souls connection to the living continues in new and powerful ways.

Lesson Three

The Mourning After

What is the Jewish grieving process and what is the significance of its various traditions? This lesson provides a meaningful Jewish perspective on grief itself, as well as practical shiva etiquette both for mourners and for those who wish to comfort them.

Lesson Four

Where We Go

For centuries, human beings have been motivated by the promise of heaven and frightened by the threat of hell. Discover what Jews believe about where every soul goes and how Kaddish aids a soul in reaching true peace.

Lesson Five

Where We Go Again

Reincarnation: more than a fascinating topic, Judaism provides a practical way to imagine this mystical process, and explains why it is important both to departed souls and to our lives today.

Lesson Six

Life Is Short(ish)

By now we've come to appreciate death as the next phase in our ongoing personal missions. In our final lesson, we use what we've learned to revisit our priorities in this current phase and find ways to fill every moment with everlasting significance.