

JOURNEY

OF THE SOUL

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



You've heard it from well-meaning friends.

You've seen it on pretty Facebook posts.

"Life is short!"

And while that's technically true, **can I guess you dont find the reminder especially calming?**

We humans know that life on earth is timed.

But most of us feel more anxious than energized by that knowledge.

Why should it be that way?

Several years ago, the worldwide Rohr Jewish Learning Institute launched a course on the journey of the soul. **It became the #1 Jewish learning course ever taught!**

Why do I think it resonated so well?

The Jewish perspective on life and death can be amazingly rich and reassuring, practical and powerful.

Its not about identifying a better place.

Its not about packing it in before its too late.

Its about a perfectly timed journeya before, during, and after life, if you willwith unique beauty in each individual chapter.

This summer, were exploring the journey again, with some key updates based on ongoing student feedback!

The Portland Chevra Kadisha and Chabad of Maine are excited to present to you:

Journey of the Soul: A fresh look at life, death, and the restin peace

Well explore common questions about mortality and loss, life and afterlife, from the uncommon perspective of the souls journey:

- What do I take with me when I die?
- Do our loved ones continue to connect with us?

- Can I relate to an afterlife if I'm not spiritual?

Especially if you've had a close personal experience with mortality—aging into a new decade, losing a loved one, receiving a difficult diagnosis—it's **normal to wonder where we go from here.**

With this six-week course, explore Judaism's view through text-based study, guided exercises, and thoughtful class discussion.

WHEN (IN-PERSON)

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

Jul 5 - Aug 9

Instructor: Rabbi Levi

Join in person at Chabad. (Outdoors, weather permitting. Refreshments will be served.)

JOIN NOW

WHEN (ZOOM)

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

Jul 6 - Aug 10

Instructor: Rabbi Levi

Join via Zoom.

JOIN NOW

LOCATION

Chabad of Maine, 11 Pomeroy St. Portland, ME 04103

MORE INFO

www.chabadofmaine.com

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207.650.1783

FEE: \$99 (Textbook included)

Couple's discount: 10% off

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.



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 our 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 soul's gradual transition from a limiting physical life to a completely spiritual one. We discuss those rituals and how, once freed, the soul's 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 weve come to appreciate death as the next phase in our ongoing personal missions. In our final lesson, we use what weve learned to revisit our priorities in this current phase and find ways to fill every moment with everlasting significance.

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