

Azamra! A New Vision of Self & Relationships

written by Chaya Rivka Zwolinski | October 24, 2017



Series: Relationships with Chaya Rivka Zwolinski

For women only

Relationships offer some of the biggest challenges in our lives. From loving and life-giving, to unsettling and downright painful, healthy relationships are central to our wellbeing. In this course, Chaya Rivka Zwolinski will explore the famous lesson Azamra! from Likutey Moharan, which offers a uniquely nuanced yet highly applicable take on the inner life of relationships, thoughts and emotions.

Azamra! is the foundational lesson of Breslov Chassidut, one which Rebbe Nachman and Reb Noson exhorted the Chassidim to “go with” and learn over and over again. This singular teaching gives real-life instruction for refining our

understanding of self and helping us understand our relationships with others.

Rebbe Nachman's path of psychospiritual discovery is the focus of this course. Whether you're a therapist who wants to bring authentic Breslov spirituality into your practice, a mother who wants to instill good relationship skills in her children, or a woman who wants to understand herself and others better, this course is for you.

Topics include:

Why Some People Push Your Buttons

The Baal Shem Tov's Eternal Lesson

Narcissism and Azamra for Today

Empty Self-Esteem vs. Holy Self-Esteem

Learning to Sing the Song of Yourself

The Tzaddikim and The Pure Children

Giving the Gift of Self-Esteem to Others

And more...Use this link now to log into your live class or save it to log into the course in the future:

(<https://breslovcampus.clickwebinar.com/relationships-with-c-r-zwolinski>) If you would prefer to listen to the class on the phone, call:

New York: [+1 \(917\) 338-1451](tel:+19173381451)

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Class 1

Class 2

Class 3

Class 4

Class 5

Class 6

Time:8:30 PM Eastern time, 5:30 PM Pacific time**Date:**Monday, October 30 through Monday, December 3**Level:**Women Only, Beginners Welcome**Instructor:**Chaya Rivka Zwolinski**Text:**Likutey Moharan, Lesson 282, The 50th Gate, Prayer 90 (Volume 4), Various