

Feeding the Soul: Eat Right, Feel Great, Embrace your True Self

written by Meir Elkabas
September 17, 2014



Level: All

Text: Likutey Moharan 47, Other Texts

Are you endlessly searching for that one magic diet that's going to satisfy your hunger and help you feel better about yourself? Can you really trust the doctors and diet gurus, or the latest health fads?

What are you really hungry for?

Jews have always known that what we eat and how we eat it is important – on a physical, emotional, and spiritual level. The laws of keeping kosher, special Shabbat and holiday foods, and even fast days are integral to Jewish life. For Jews, food is

definitely a focus!

But Rebbe Nachman of Breslov has a unique outlook on why we struggle with our relationship to food. In this one-of-a-kind course, Reb Meir guides us through the teachings in Rebbe Nachman's Likutey Moharan 47 and other texts that will help us heal our hunger. *Eating right goes deeper than we think.*

Some topics include:

- How to Eat What You Need and Feel Satisfied—Really
- Are There Spiritual Consequences of Overeating?
- The Concepts of Truth, Harmony, and Earning a Living and Their Relationship to Our Attitudes About Food and Diet
- Sustenance and the Land of Israel Relates
- Empower Yourself and Connect to the Source of Miracles
- Learn How to Decrease Food-dependence and Increase Bounty and Joy
- And much more.

– *Photo by Augustus Binu*

Course Text

You will not require any text for this course.

However, although it is not necessary, it can be helpful to familiarize yourself with the text by Rebbe Nachman that Meir Elkabas bases this lesson on, go to Lesson 47 on page 386, in Likutey Moharan, Volume 5 of the BRI English-

Hebrew edition. It can be purchased with your student discount 30% off the retail. [Click here](#) and use code at checkout: Brcampus45 . To use this or any other special discount code, visit the Breslov.org (BRI) [online bookstore](#), paste the discount code in at check out and then click "apply changes." We offer free shipping in the USA.

*As a valued student of Breslov Campus, you may use the following discount code to receive 10% off any of any Breslov Research Institute publication: breslovcampusstudent10

Class #1

**Thursday Evening, October 30th,
2014 at 8:00 pm EST**

[Audio/mp3 Download](#)

Class #2

**Thursday Evening, November 6th,
2014 at 8:00 pm EST**

**Week Dedicated by Janet Davies in the memory of her Father
John Ferguson**

Class Dedicated by Alan Finkelman In Memory of Jonathan Tzvi

Meir Finkelman.

[Audio/mp3 Download](#)

Class #3

**Thursday Evening, November 13th,
2014 at 8:00 pm EST**

**Week Dedicated by Carlos Alberto in the
memory of Azarias Caceres.**

**Class Dedicated by Rabbi Moshe Mones In
honor of Rebbe Nachman ben Feiga.**

[Audio/mp3](#)

Class #4

**Thursday Evening, November 20th,
2014 at 8:00 pm EST**

**Week Dedicated by Naftali Tzvi Kay in
honor of Rav Elchonon Tauber.**

**Class Dedicated by Israel Grytz Dedicated
in honor of KARL ALBERT HIRSCH.**

[Audio/mp3](#)

Class #5

**Thursday Evening, December 4th,
2014 at 8:00 pm EST**

**Week Dedicated by Maia Batash in honor of
Levi Ben Yehudah and Batsheva**

Refuah shelaima to Miriam bat Tziporah

**Class Dedicated by Jerald & Esther
Friedman as a zechus for Avraham Tzvi ben
Devorah Chaya & Miriam bat Esther to be
zocheh to a child**

[Audio/mp3](#)

Class #6

**Thursday Evening, December 11th,
2014 at 8:00 pm EST**

week dedicated by Gary & Donna Bluemink

[Audio/mp3](#)