

# Happiness 102: Unlocking Your Unique Joy

written by Meir Elkabas

April 20, 2015



Be prepared to learn spiritual yet practical advice on how to bring more joy into your life.

Time: Thursday, 8:00 PM EST – 5:00 PST

Date: April 23 – June 18 (9 weeks)

Level: Beginner through Advanced

Instructor: Meir Elkabas

Text: Likutey Eitzot (Advice) on Joy

**During his lifetime, Rebbe Nachman taught that “It is a great mitzvah to be always happy!” Since then, his followers have been famous for their ability to remain joyful throughout life’s ups and downs. How do they do it?**

In this exciting course, Meir Elkabas will reveal more down-to-earth techniques that Breslovers use to tap into joy, as well as deep teachings on happiness rooted in Kabbalah. Be prepared to learn spiritual yet practical advice on how to bring more joy into your life.

**In this course you will learn spiritual yet practical advice on how to bring more joy into you life.**

- The Holy Land – the Key to Joy
- Self-judgment as a Means for Attaining Joy
- The Connection Between Self-purity and Happiness
- Joy and Angels
- Depression – the Exile of the Mind
- Joy – the Greatest Mitzvah!
- And more...

## **Course Text**

Should any text be necessary, it will be provided to you.

\*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, April 23rd, 2015 at 8:00 PM EST

[Audio/mp3 Download](#)

## **Class #2**

Thursday Evening, April 30th, 2015 at 8:00 PM EST

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## **Class #3**

Thursday Evening, May 14th, 2015 at 8:00 PM EST

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## **Class #4**

This class is dedicated by Yosef Lavine. Baruch Hashem for giving us: HaTzaddik Rebbe Nachman, Rebbe Natan, Breslov.org, Breslev Israel, Rav Meir Elkabas and Rav Micha Golshevsky!!!!

Thursday Evening, May 21st, 2015 at 8:00 PM EST

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## **Class #5**

Thursday Evening, May 28th, 2015 at 8:00  
PM EST

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## **Class #6**

Thursday Evening, June 4th, 2015 at 8:00  
PM EST

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## **Class #7**

Thursday Evening, June 11th, 2015 at 8:00  
PM EST

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## **Class #8**

Thursday Evening, June 18th, 2015 at 8:00  
PM EST

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