

Mastering the Art of Relationship

written by Chaya Rivka Zwolinski
October 21, 2015



Relationships form the core of a woman's life and are integral to her psycho-spiritual wellbeing, but for many of us, they are also one of the most challenging life-areas.

Series: Relationships with Chaya Rivka Zwolinski

Time: 8PM Eastern time, 5PM Pacific time

Date: Monday, Oct. 26th to Dec. 21st (6 weeks)

Level: All, beginners welcome

Text: A variety of Breslov texts such as Rebbe Nachman's Stories, Chayey Moharan, Shevchay Haran, Likutey Tefillot, Likutey Moharan, and more will be used. Recommended reading for those new to Breslov thought: [Rebbe Nachman and You](#)

Instructor: Chaya Rivka Zwolinski

Relationships form the core of a woman's life and are integral to her psycho-spiritual wellbeing, but for many of us, they are also one of the most challenging life-areas. Rebbe Nachman of Breslov's teachings can help us create healing, nurturing, exciting, and fulfilling relationships that bring us "back to life." Rebbe Nachman tells us that in this life we *must* heal our neshama (soul). Relationships contain both soul-tests and soul-cures. In this personal course, story, meditation, prayer, text, and discussion combine to help you find your unique path to mastering the art of relationship.

Participate and Discover:

- How to Find Healing Insights In Relationships and Their Patterns
- Maximize Your Relationship with Hashem—It's A Key to Your Relationships with Others
- Tranquility vs. Anger
- Humility vs. Honor
- Healthy Judgment
- Practical Steps to Improve Any Relationship
- The Tzaddik as Role Model for Good Relationships
- The Stories We Tell and The Stories We Live

Class #1

Dedicated to Esther Leah Bas Yitzchok

Tuesday, October 26th, 2015 at 8:00 PM
EST

[Audio/mp3 Download](#)

Class #2

Tuesday, November 2nd, 2015 at 8:00 PM
EST

This class is sponsored in gratitude to Chaya Rivka Zwolinski for her time, knowledge, and willingness to give over Rebbe Nachman's teachings and in thanksgiving for my brother.

[Audio/mp3 Download](#)

Class #3

This class is sponsored in the memory of Nachum ben Dov.

Tuesday, November 9th, 2015 at 8:00 PM
EST

[Audio/mp3 Download](#)

Class #4

This class is sponsored in the memory of
Malka bas Rivka.

Tuesday, November 16th, 2015 at 8:00 PM
EST

[Audio/mp3 Download](#)

Class #5

Tuesday, November 22nd, 2015 at 8:00 PM
EST

[Audio/mp3 Download](#)

Class #6

This class is sponsonred by Atara
Grenadir in memory of her beloved father
Yitzchok ben David, & his father David
ben Yizchok.

Tuesday, November 22nd, 2015 at 8:00 PM
EST

[Audio/mp3 Download](#)