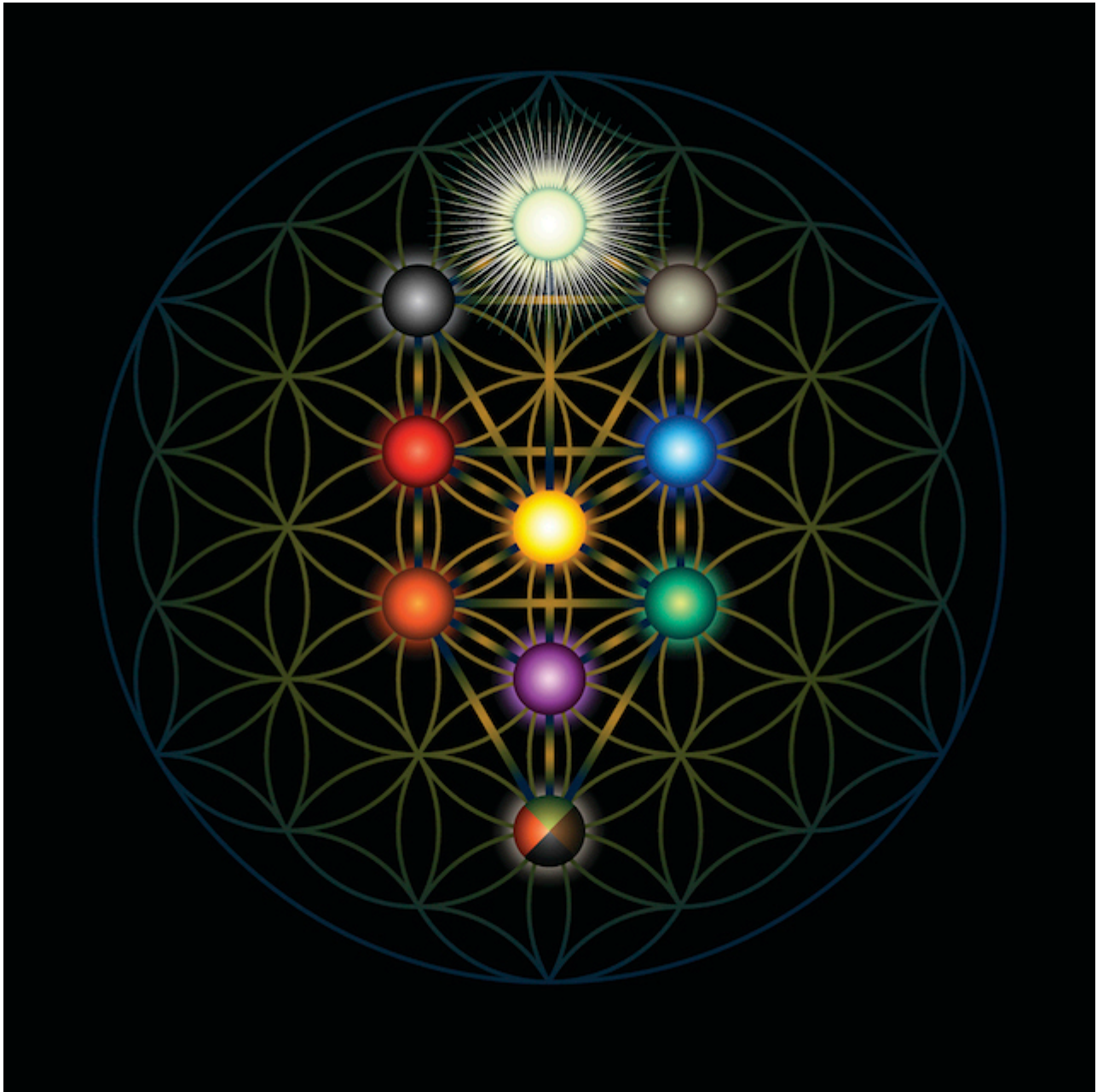# Sefirah by the Light of Chassidut

written by Yehudis Golshevsky
May 4, 2016

For women only.

In this guide to the spiritual work we do during the Sefirah period, we'll explore the seven lower Divine attributes according to the teachings of Rebbe Nachman and Reb Noson, especially as we find them in the story of The Master of Prayer.

We'll also use the contemporary Kabbalistic text of the Sefirah period, U'sfartem Lachem, by Rav Danial Frisch, and discuss the interinclusion of attributes, their permutations, and how they relate to us personally. Even though its teachings are rooted in the loftiest concepts, the text offers us a chance to apply them to the realm of action in a way more easily grasped.

We'll discuss:

- The Brachot and Tefillot We Say in the Siddur for the Omer Count
- Chesed
- Gevurah
- Tiferet
- Netzach
- Hod
- Yesod
- Malchut
- Making Change a Reality

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Class #1

Sunday, May 8th, 2016 at 11:00 AM EST

Class #2

Sunday, May 15th, 2016 at 11:00 AM EST

Class #3

Sunday, May 22nd, 2016 at 11:00 AM EST

Class #4

Sunday, May 29th, 2016 at 11:00 AM EST

Class #5

Sunday, June 5th, 2016 at 11:00 AM EST

Class #6

Sunday, June 19th, 2016 at 11:00 AM EST

Class #7

Sunday, June 26th, 2016 at 11:00 AM EST

Time: Sunday, 11:00 AM EST – 6:00 PM Israel Time**Date:**Sunday, May 8th to June 26th, 2016 (7 weeks)**Level:**All**Instructor:**Yehudis Golshevsky**Text:**Likutey Moharan, Sichos HaRan, Likutei Halachos, Siach Sarfei Kodesh, and more