



Can I Really Change?

Reprogramming our Subconscious: Character development and transformation in the Omer period

Rav DovBer Pinson, Iyyun Center for Jewish Spirituality

Lecture One: The Path of Refraining & Negative Imagery

Month of Iyyar

Time of the Taurus /Bull. *Iyyar* is a time to allow for self expression. Students of Rabbi Akiva did not “respect” the others, to self involved, and full with “love.”

That is also why we read *Pirke Avos*/Ethics of our Fathers during this period, because as we are becoming aggressive about self expression — like a child. We need to make sure we do so properly.

Every week of Omer we work on another attribute. The idea of *Sefira* — which means counting also comes from the word *saphir*/illuminate — this is a time to illuminate our actions.

Nisan is pre-individuation — young infant.

Iyyar is individuation — a child.

Sivan is trans-individuation — maturity.

Nisan is the zodiac of the lamb, *Iyyar* is the bull, not submission rather strong, confident.

7 Weeks as the Seven Days of Purity. (Zohar.)

7 Weeks as the Days of *Chol Ha’Moed*. (Ramban.)

Time of *Din*. *Rabbeinu Yerucham* (Also a time related to the *Mishpat* in *Gehenom*. *Chok Yakkov Orach Chayim* 439:3) Time of “blood libels” (*Otzar Geonim of Yevamos* 62b. *Aruch Hashulchan Orach Chayim* 493:1.)

How do we change?

The Path of Refraining. The Path of Classic Mussar.

R. Chaim Vital speaks of four primary *kelipas*/ concealments of self:

World	<i>Atzilut</i>	<i>Briah</i>	<i>Yetzirah</i>	<i>Assiyah</i>
Action	Intuiting	Thinking	Feeling	Sensing
Element	Fire	Air	Water	Earth
<i>Klipah</i> / Concealment	Anger	Empty Words	Insatiability	Depression

Practice Silence

- Train yourself to a *Tannis Dibur*/Speech Fast, for a full or half day, say *Hamapil*.
- Train yourself to stop and interrupt yourself when you speak, reflect on the words you want to say.

Yet, chatter of speech is rooted in chatter of random thoughts. Chatter is not the disease, the source of chatter is scattered thoughts.

Yet, the Heart –Mind follows actions. *Chinuch*.

Path of Imagery

Imagery is deeper than verbal, an image lodges into a subconscious and informs our actions, even when we are uncertain what causes such behavior. Imagery dominates our emotions and thus our life.

Life is a tension between the Word and the Image, between the right hemisphere of the brain and the left, the subconscious and the conscious.

Imagery of *Gehinom* – Results of ones actions.