

Part 1: Two to Tango

Behaviors I'd like to eliminate from my lifestyle:

Behaviors I'd like others to eliminate from their lifestyle:

Concept

Soul 1: *Nefesh Habahamit*-Animal Soul-Natural Soul

Soul 2: *Nefesh Ha-elokit*-G-dly Soul

1. *'That every Jew, whether righteous or wicked, possesses two souls.'*

-Rabbi Chayim Vital, *Etz Chayim*, Portal 50, ch. 2

2. *There is one soul which .. is clothed in the blood of a human being, giving life to the body, as is written, "For the life of the flesh is in the blood." From it stem all the negative characteristics deriving from the four elements which are contained in it. These are: anger and pride, which emanate from the element of Fire, the nature of which is to rise upwards; the appetite for pleasures — from the element of Water, for water makes to grow all kinds of enjoyment; frivolity and scoffing, boasting and idle talk from the element of Air; and laziness and melancholy — from the element of Earth. From this soul stem also the good characteristics which are to be found in the innate nature of all Israel, such as mercy and kindness.*

-Rabbi Shneur Zalman of Liadi, *The book of Tanya*, Chapter 1

Part 1: Two to Tango

3. *'The second soul of a Jew is truly a part of G-d above.'*

-Rabbi Shneur Zalman of Liadi, The book of Tanya, Chapter 2

4. *"And He breathed into his nostrils the breath of life."*

- Genesis 2:7