


The Tshuva Process of Spiritual Alignment

1. **R**ecognise that which causes discomfort or pain.
2. **R**efrain from trying to suppress it or appease ourselves.
3. **R**elinquish control over those experiences, thoughts, and feelings by letting them go.
4. **R**e-group and move forward, lighter and with greater perspective.



1) Identify one time, a time in your life where everything came together, where you felt a true sense of contentment, a time you wanted to last.

2) Imagine being at your 100th birthday party. What you would WANT your chosen person to say about you and your life (NOT what you think they'll say).

3) What would you say about yourself and your life right now? What would you say about yourself and your life?

5 Steps toward Spiritual Realignment

1. ACCEPTANCE OF THOUGHTS AND FEELINGS

- “All is foreseen, yet free will is given” – we cannot control our thoughts or circumstances, but we can choose how we relate to them.

2. LETTING GO

- of control of and attachment to thoughts and feelings, allowing ourselves a fresh start.

3. CONFRONTATION:

The Tshuva Process of Spiritual Alignment:

- RECOGNISE that which causes discomfort or pain.
- REFRAIN from trying to suppress it or appease ourselves.
- RELINQUISH control over those experiences, thoughts, and feelings by letting them go.
- RE-GROUP and move forward, lighter and with greater perspective.

4. VALUES IDENTIFICATION

- Identifying what is most important to us and to which we want to direct our life choices

5. VALUED LIVING

Making choices that are consistent with our values creating a fulfilling, meaningful, purposeful life.