



## A DATABASE OF *Self-Knowledge*

BY C.B. GAVANT

**H**ave you ever found yourself at a crossroads in life, wondering where to go next? Have you ever been engaged in a mindless task and suddenly been struck by the thought, *What's the purpose of all this anyway?* How about a moment where you're being pulled in three different directions simultaneously? How can you decide what to do?

For participants of Rabbi Aryeh Nivin's Personal Development Chabura, the answers are clear. The chabura is a map that lays out the next road to travel, the purpose of all that we do, and the priority system we put in place to get there.

Instead of viewing life as an endless to-do list, without ever focusing on where we're going, Rabbi Nivin's participants learn how to live in the moment, the way a Torah Jew should. "I married off my first child last week, and Rabbi Nivin's class made my preparations such a pleasure," says Faigy, a regular participant. "I was able to be more focused and organized, and at the same time make time for things that I felt were important. For example, I

visited my grandmother with the *chassan* and personally invited her to the wedding. In the past, I would have all these lofty goals but never actualize them. It was great to make a *simchah* and really enjoy everything that went into it!"

By accessing a "database" of self-knowledge, participants learn to connect to what life is all about. "Rabbi Nivin's class and its message of feeling Hashem's intense love carried me through the trauma of the last few days," writes Tamar, another participant, in the wake of a painful medical episode. "The chabura built me up in times of light so that I could endure the times of uncertainty. I am now able to teach my students what it means to live with *bitachon*."

One of the cornerstones to Rabbi Nivin's chabura groups is the recognition that there never was, is, or will be another person who can accomplish one's purpose in the world. "I've had a business for many years, selling my handiwork, but I never threw myself into it wholeheartedly until recently, because I didn't believe in myself and compared myself and my work to others," says Leah. "Taking this class has helped me focus on my specific talents and what I can bring to the world. I feel happier and more productive than I have in years."

Through teleconference calls and audio webinars, Rabbi Nivin's chabura creates a sense of community among the participants, allowing them to reach their full potential with the momentum of a group experience. "When a chabura clicks, it creates a tremendous power," says Rabbi Nivin. In the words of one of his Lakewood participants: "I love the variety and locations of the participants – it's very cool to be a part of it."

Looking for a path to self-knowledge? Rabbi Nivin's two-part Life Purpose Seminar is your answer. Like Leah, many participants have said that this principle alone has transformed their lives.

Whether you attend just the Life-Purpose seminar or continue with a three-month teleconference or webinar session, joining the chabura is a life-changing experience. "I am so grateful for this chabura both for the learning and for the feeling of connection to a community of growth-oriented women," says Tamar. "It inspires me to inspire others. Thank you, Rabbi Nivin, for everything!" ■

Join us for Rabbi Nivin's 2-Part LIFE PURPOSE SEMINAR starting next week  
*for only \$1!*

TELECONFERENCE GROUPS FOR **WOMEN**:

Tuesdays, 2 pm ET / 9 pm IT, starting Tues. Jan. 20 Wednesdays, 9 pm ET, starting Wed. Jan. 21

**NEW!!** AUDIO WEBINAR GROUP FOR **MEN AND WOMEN**: Mondays, 1:30 pm ET / 8:30 pm IT, starting Mon. Jan. 19

The webinar group will be given in lecture format to maintain proper modesty standards. Participants can ask questions using the chat feature of the online webinar. The Life Purpose Seminar will be two classes plus a workshop session, followed by the regular ongoing Chabura program.

[www.newchabura.com](http://www.newchabura.com) (646) 863-4123 (US) / (02) 580-6406 (IL) [newchabura@gmail.com](mailto:newchabura@gmail.com)