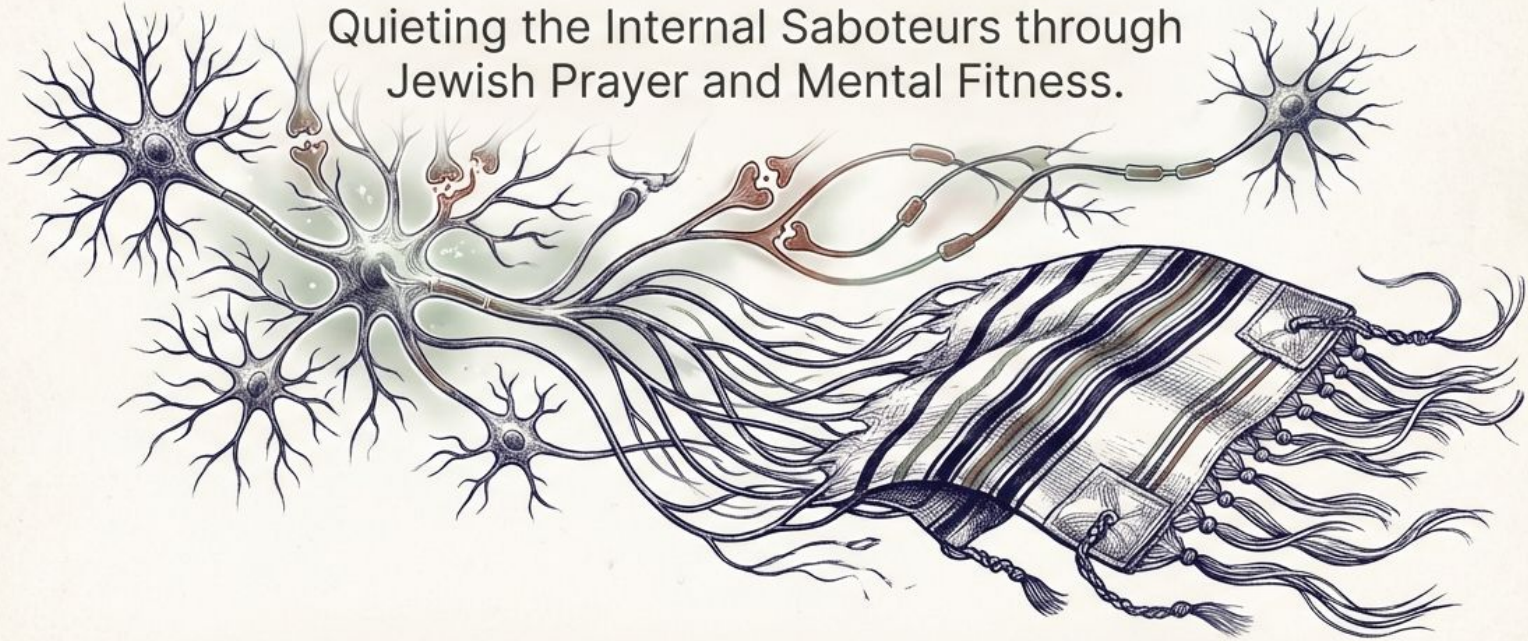


The Soul's Gym

Quieting the Internal Saboteurs through
Jewish Prayer and Mental Fitness.



A manual for installing a new Operating System for the soul—combining the neuroscience of Positive Intelligence (PQ) with the wisdom of Jewish tradition.

Tikkun Hanefesh (Repair of the Soul): The Mental Fitness of PQ

Using Mental Fitness to quiet
the Saboteurs or Inner
Critics, through Jewish
Prayer and Jewish Tradition.



Why Prayer Feels Like a Struggle

We show up to pray, but our minds are often elsewhere. We feel rushed, judged, or distracted. The problem isn't a lack of faith; it's a "hijack" of the mind.

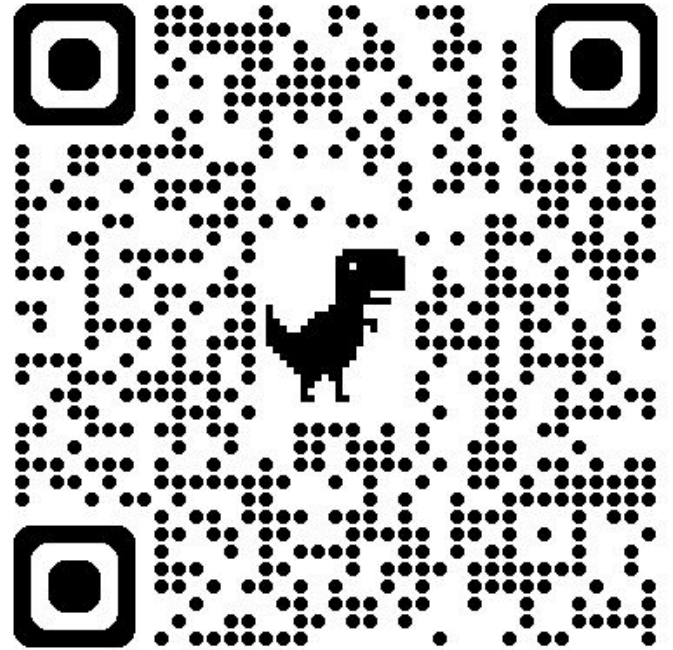


Tikkun Hanefesh (Repair of the Soul): The Mental Fitness of PQ

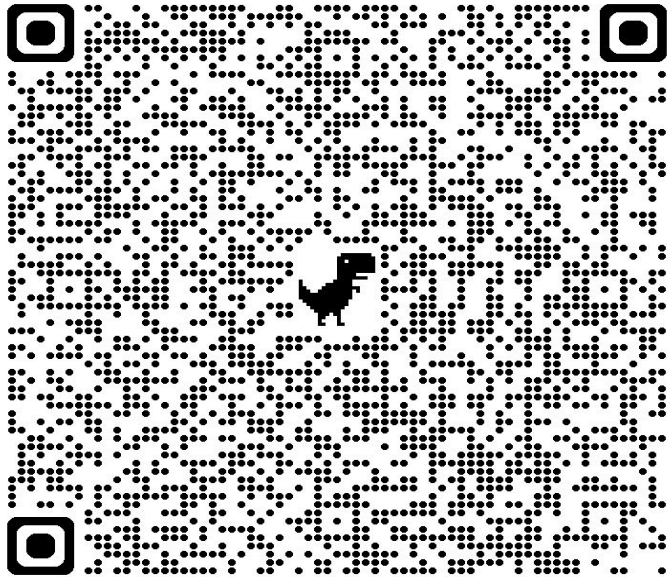


“Using Mental Fitness to quiet the Saboteurs or Inner Critics, through Jewish Prayer and Jewish Tradition.”

Please complete the Saboteur Assessment



Go to WOOLAP on your browser or scan the following QR code then enter the event code.



FMJFABG

Identifying Your Spiritual Saboteurs

	The Judge	<i>"I'm not religious enough; my Hebrew is terrible."</i>
	The Hyper-Achiever	<i>"I need to finish the whole service fast to feel successful."</i>
	The Pleaser	<i>"I'm only here so the Rabbi or my parents aren't disappointed."</i>
	The Stickler	<i>"If I missed one word of the Amidah, the whole thing is ruined."</i>
	The Hyper-Rational	<i>"If I can't rationally explain the purpose of this ritual, it feels meaningless and I can't engage."</i>
	The Restless	<i>"How many pages are left? What's for Kiddush?"</i>
	The Controller	<i>"If I don't manage every detail of the service, it will be chaos and my responsibility."</i>
	The Avoider	<i>"I'll skip the difficult parts of the service; I don't want to deal with the feelings they bring up."</i>
	The Victim	<i>"Why is it always so hard for me to focus? This is happening to me, and I can't change it."</i>
	The Hyper-Vigilant	<i>"I'm constantly scanning for mistakes or threats."</i>

The Anatomy of Hijacked Prayer

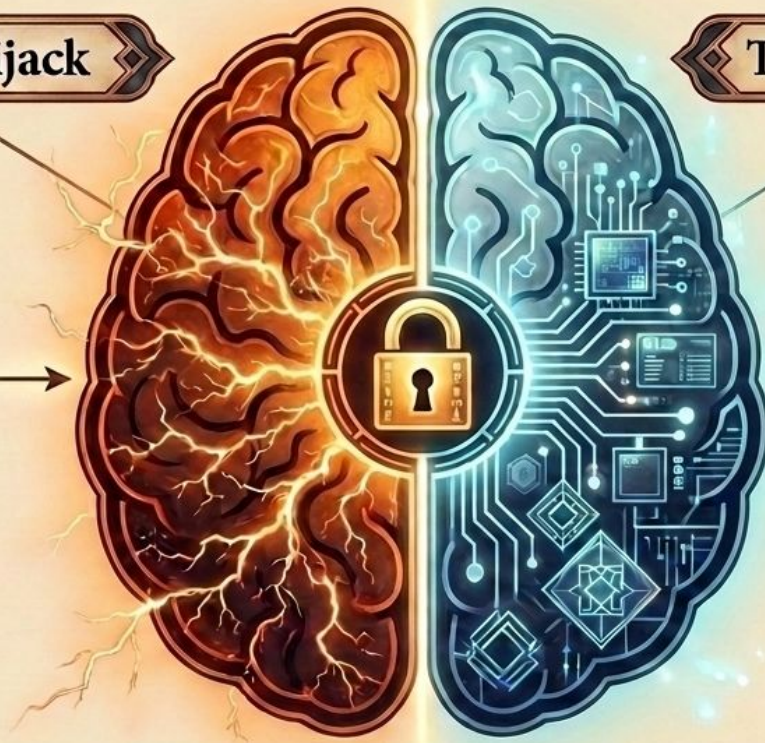
The Saboteur Hijack

Yetzer Hara

The “Judge” activates the survival brain, telling us we aren’t praying “right,” or that we are too busy to connect.

The State of Presence

Sage - Neshamah



Without intentional intervention, the mind remains trapped in survival mode, making spiritual connection biologically impossible.

The Psychological Battle



**The Judge &
The 9 Saboteurs**

(Anxiety, distraction, self-criticism)

יֵצֶר הָרָע יֵצֶר
Yetzer Hara
(The selfish, egoic shadow inclination)

The Spiritual Battle



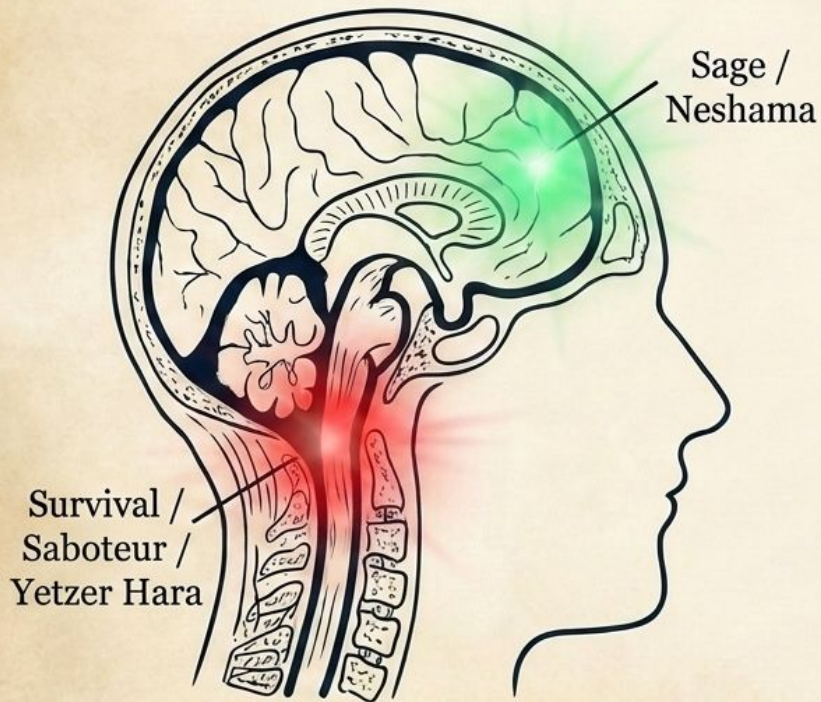
The Sage
(Clarity, empathy, action)



נִשְׁמָה יֵצֶר הַטוֹב יֵשׁוּעָה
Neshama / Yetzer Hatov
(The soulful, divine inclination)

The Yetzer Hara is often misunderstood as "evil." Jewish thought teaches that it is actually necessary, unrefined energy. These intrusive voices are not your identity. They are simply survival mechanisms that require conscious redirection.

The Core Mechanism of Kavanah



The Science

A 'PQ Rep' is a 10-second pause to focus on physical sensations. This shifts blood flow and activation from the Brain Stem to the Prefrontal Cortex.

The Spiritual Equivalent

A PQ Rep is a biological unit of Kavanah (Intention).

The Practice

We use 'Sensory Anchors' found within Jewish ritual to physically quiet the Judge and enter a state of presence before speaking to the Divine.

The Protocol: Interrupt the Pattern

STEP 1: CATCH THE SABOTEUR

Recognize when you are in stress, judgment, or negative emotion. Awareness is the first step.

EB Garamond

STEP 2: PERFORM A PQ REP

Stop the mental spinning. Focus intently on a physical sensation for 10 seconds (breath, touch, sound) to reset the brain.

EB Garamond

Ancient Wisdom meets Modern Neuroscience

The Gym Equipment: Tactile & Auditory Anchors



Tactile PQ Reps:

Run your fingers over the fringes of the Tzitzit.

Feel the texture.
Feel the weight of the Siddur in your hands.



Auditory PQ Reps: The Shema. Deeply listen to the vibration of your own voice. Do not just recite the words; hear the soundwaves.

Try it now. Close your eyes and focus on one physical sensation for 10 seconds.

The Gym Equipment: Visual & Somatic Anchors

Visual PQ Reps: Hebrew Calligraphy



Focus exclusively on the shape of a specific letter (e.g., Aleph). Trace the black ink against the white page with your eyes.

Movement Reps (Somatic): Shuckling or The Steps



Use the swaying motion or the three steps of the Amidah as grounding techniques. Feel your feet on the floor.

Key Takeaway: These are not distractions; they are the levers that switch on the Sage brain.

The Perfect Mindful Moment: L'Chaim

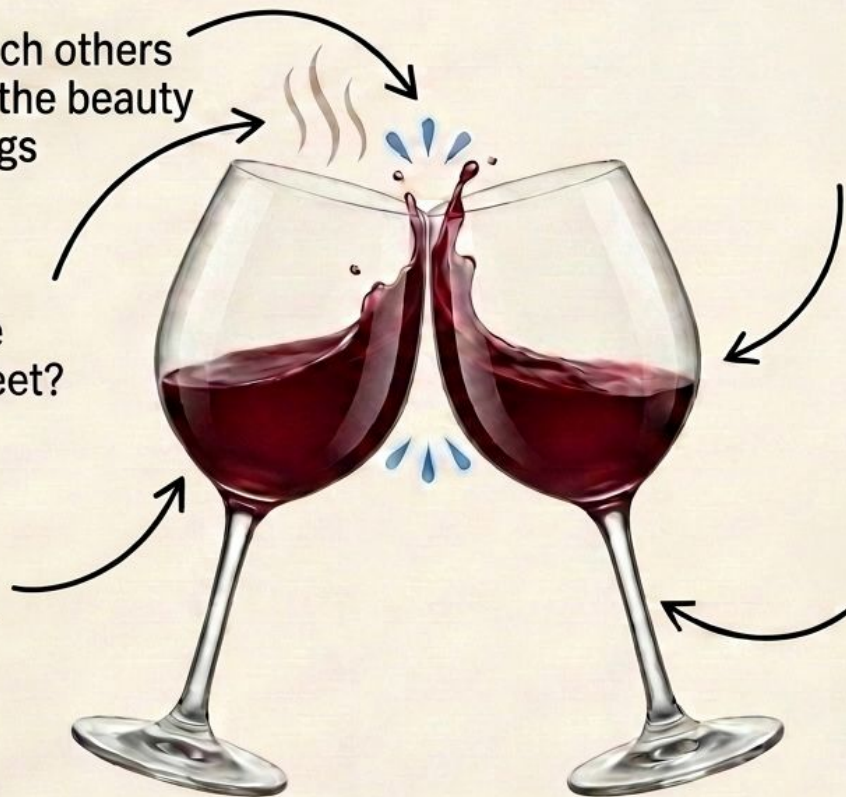
Sight: Look into each others eyes. Then take in the beauty of your surroundings

Taste: Savor the flavor profile of the wine. Is it dry? Sweet?

Smell: Inhale the aroma of the wine.

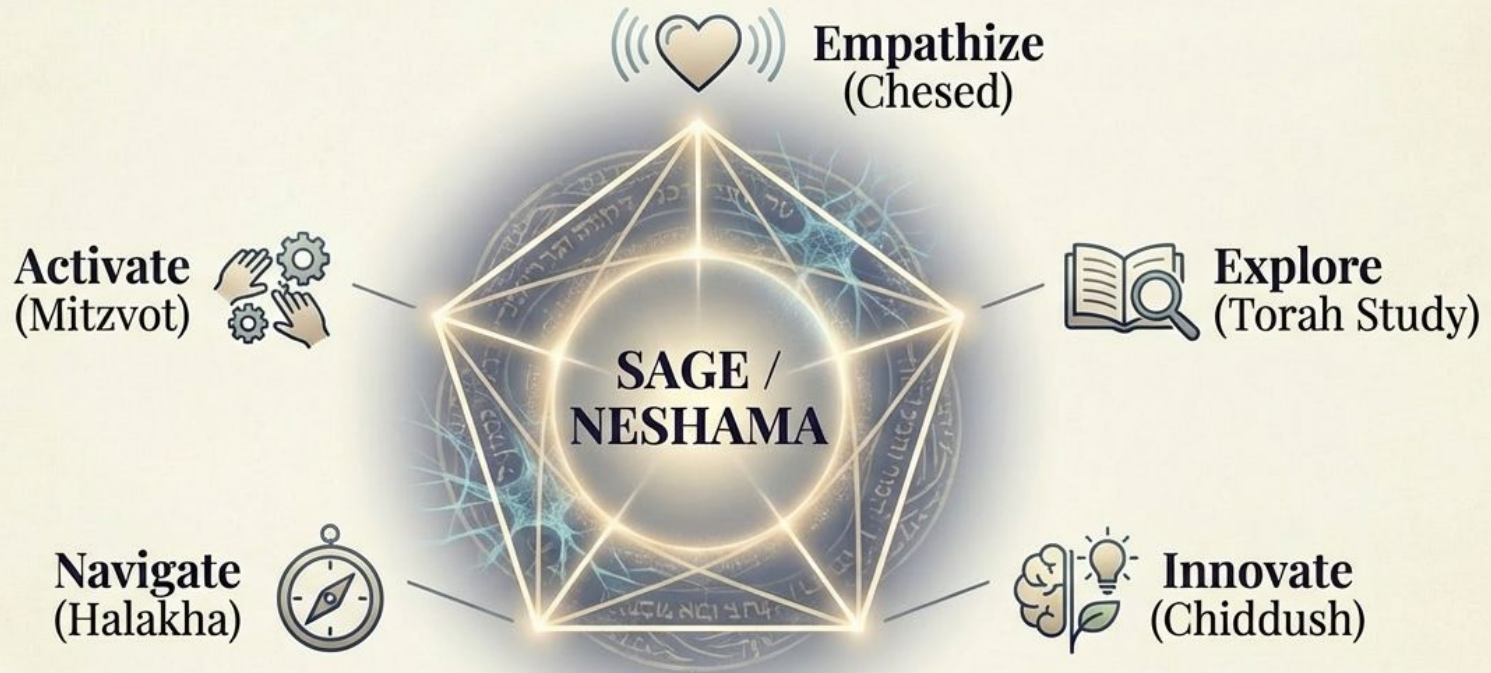
Sound: Listen to the sounds of the clinking of the glasses.

Touch: Feel the texture and temperature of the glass. Pay attention to the contact of your hand that is holding it.



The Sage: Fully embodied joy, grounded in the present moment.

From Silence to Power: The 5 Sage Powers



Once the Saboteurs are quieted, we have access to the Prefrontal Cortex. We map the 5 PQ Powers directly to Jewish concepts to transform how we engage with life and text.

Powers 1 & 2: Chesed and Torah

1. Empathize (Chesed / Kindness)



The Power: Deep feeling for oneself and others.

Application: Use the Mi Sheberach (prayer for healing) to build genuine empathy. Practice self-compassion when you “fail” at mindfulness during prayer.

2. Explore (Torah Study / Curiosity)



The Power: Deep curiosity without judgment.

Application: Approach a difficult text or life event with the curiosity of a child (“Why is this here?”) rather than the judgment of a critic.

Innovate

Chiddush (Newness)

Finding a completely new, deeply personal meaning in a standard blessing or Parsha you have recited or read many times.

Navigate

Halakha (The Path)

Using the ethical values embedded in the Ten Commandments or Pirkei Avot as your unwavering North Star compass for life's most complex decisions.

The Culmination: Activate

Activate = Mitzvot (Action)

Jewish tradition does not seek passive serenity; it demands active mobilization.

The true measure of mental fitness and prayer is not how deeply we can withdraw into quiet contemplation, but how powerfully we emerge from it. Through Mitzvot (purposeful action), we convert the focused energy of prayer into tangible, decisive acts of justice, Tzedakah, and physical healing—driving the vital work of Tikkun Olam.

The 2-Minute Drill: A Modeh Ani Practice



Wake Up

Before checking the phone, sit up.



The Rep

Focus exclusively on the sensation of breath for 3 breaths. Connect to the ***Neshama***.



The Prayer

Recite the Modeh Ani (morning gratitude).



The Result

Shift from **survival mode** to gratitude before feet hit the floor.

Context: The first conscious moments determine the trajectory of the day.

The *Niggun*: A Collective Act of Presence



Final Thought: Judaism gives us the Gym; Positive Intelligence gives us the Exercises. Together, they build a resilient soul.

The Metaphor

Consider the Niggun—the wordless melody sung in community. It is a collective PQ Rep. It bypasses the intellect (Saboteurs) and speaks directly to the Sage.

Carry this melody into your day. Quiet the Judge. Awaken the Sage.



Bonnie's Life Coaching: "Positive Intelligence"

Bonnie Cooper: Certified Life Coach

WEBSITE: BONNIESLIFECOACHING.COM

**EMAIL: BONNIELAND247@GMAIL.COM
732-624-9886**

SILVER LININGS:

CLOUDY WITH A GOOD CHANCE OF SUNSHINE