

HeartLight
Center



HeartLight Center

Sharing Grief. Finding Hope

www.heartlightcenter.org

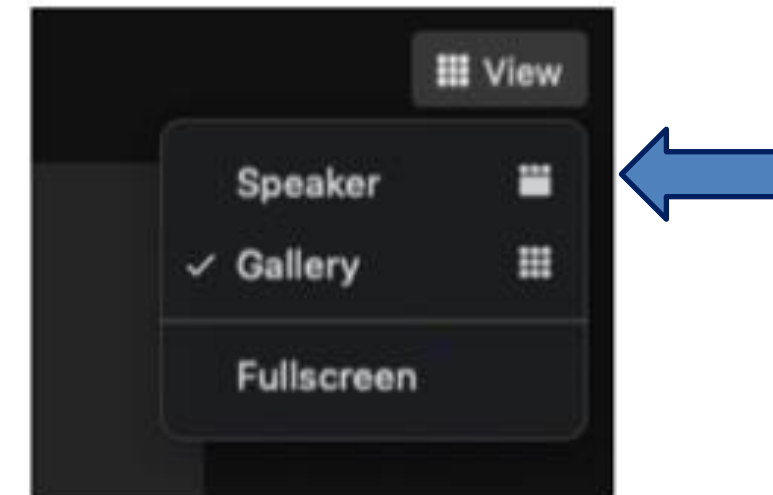
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info@heartlightcenter.org

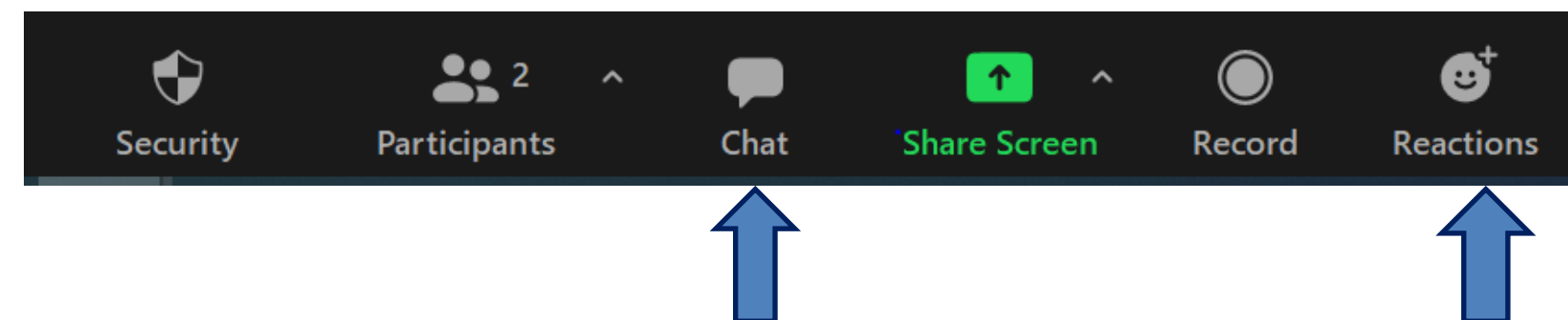




Select “Speaker” View



If you would like to share, you may do so by:
Using the Chat Function OR Clicking “Reactions” and Selecting “Raise Hand”





Spark Seekers

TRANSFORMING DARKNESS TO LIGHT

RABBI DR. BARUCH HALEVI

www.MySoulCentered.org

Spark Seekers

Mourning with Meaning;
Living with Light

by Rabbi Baruch HaLevi, DMin

with Ellen Frankel, LCSW

Part I Who



Baruch "B" & Ariela HaLevi

SOUL
CENTERED IS...

A spiritual center
for individuals
seeking meaning,
purpose, and
healing in The
Afternoon of Life
(midlife and
beyond).

Ariela



THE HEALER

- Shamanic energy practitioner
Ancestral lineage
- healer
- Y_{oga} instructor
- H_{olistic} health coach

Baruch



THE GUIDE

Logotherapist

Grief Guide

Kabbalah Teacher

Enneagram Coach

Once Upon A Time



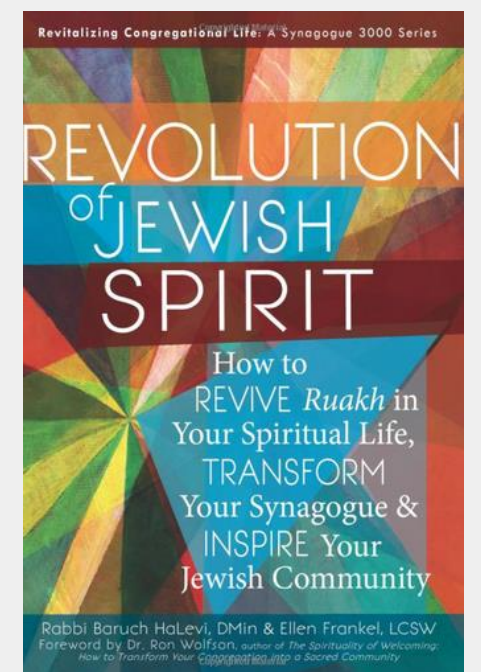
CONGREGATIONAL RABBI

Los Angeles, CA

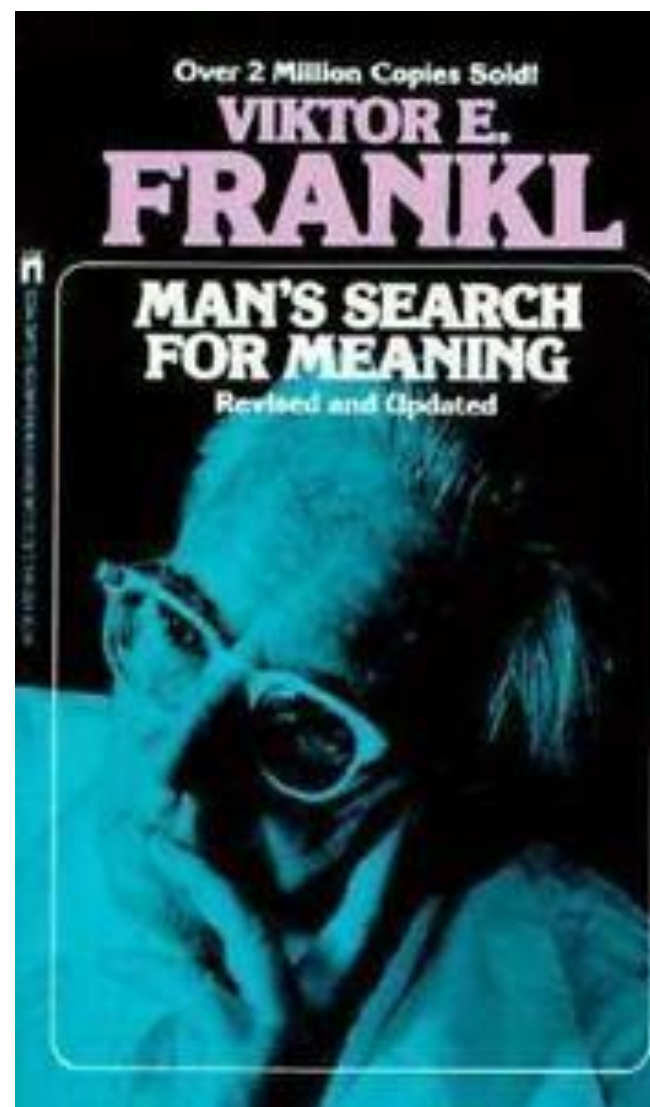
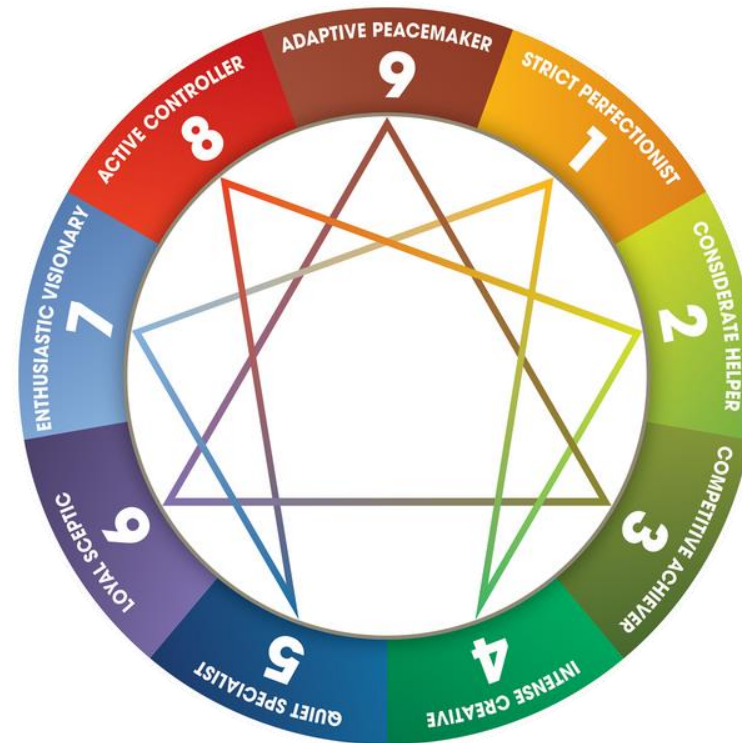
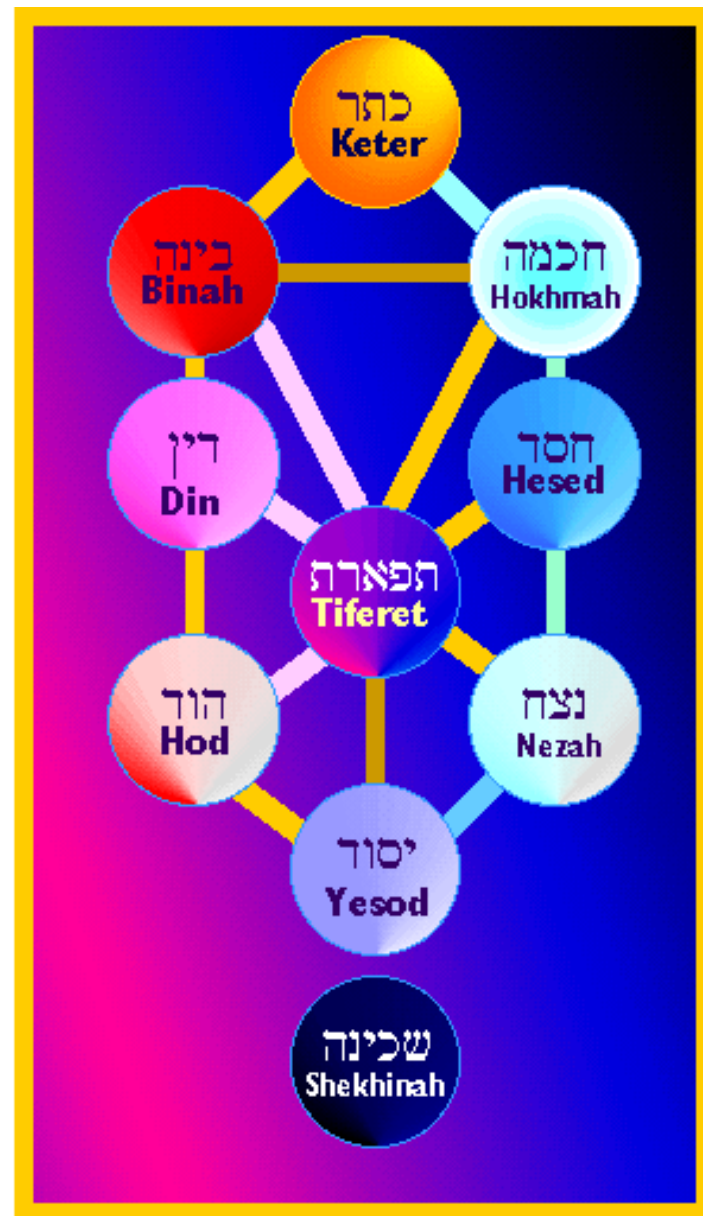
Des Moines, IA

Swampscott, MA

Israel



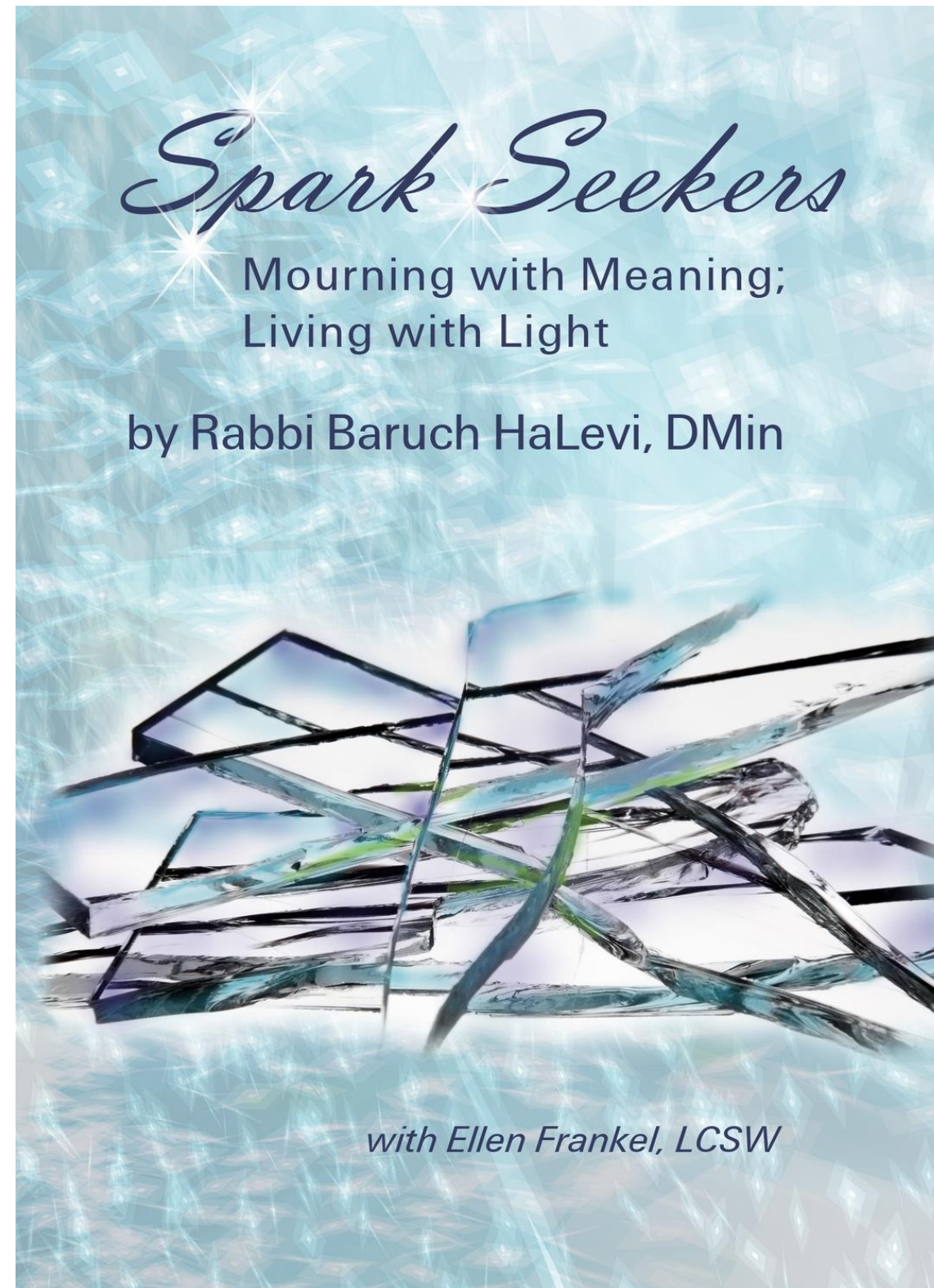
Now



JUST PASSIONS
NOT POLITICS

- Kabbalah
- Logotherapy
- Enneagram

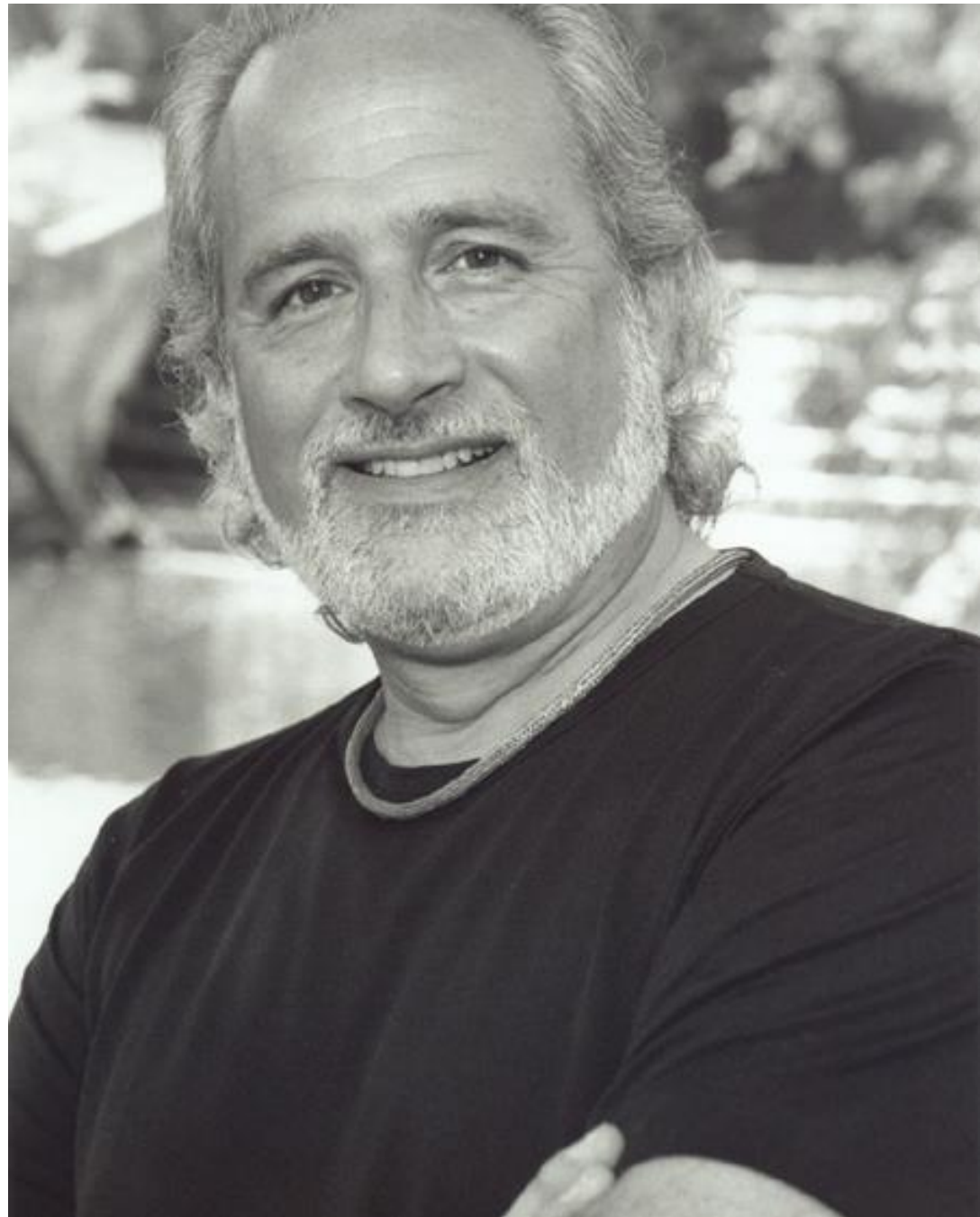
Today's Talk



Defying Death

FROM DESPERATION
TO INSPIRATION

Reimagining Dying, Death,
Loss & Legacy



Shelly Perelman (1945 - 2006)

Part II

MY "WHY"

"He who has a Why to live for can bear almost any How."

-Viktor Frankl (paraphrasing Nietzsche)



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Part III

WHAT & HOW

- WHAT IS A SPARK SEEKER
- HOW DO YOU BECOME A SPARK SEEKER

WHAT

Is A Spark Seeker?



TRANSFORMING DARKNESS

- Darkness Is...
- Darkness Invites...
- Darkness Transformed...

INTO LIGHT



HOW To Become Spark Seeker?

5 KEY SPARKS

Facing The Darkness

Demanding truth and honesty about dying, death, grief and legacy

2. *Wandering In Darkness*

Taking our time to do the work of grieving

3. *Discovery In Darkness*

Shifting our focus from what is lost to what is found in death's darkness

4. *Standing In The Darkness*

Making our stand and choosing our way

5. Defying *The Darkness*

Awakening the defiant power of the human spirit

The Last Taboo

Dying, Death in general and suicide in particular are still off limits

The Void Dance

Our discomfort, avoidance and outright prohibitions around the Dark D's comes down to FEAR

Taking Back Our Power

The proportions have been tried and tested to find the most flavorful blend.

Name It To Tame It

The proportions have been tried and tested to find the most flavorful blend.

• FACING THE DARKNESS

The truth about death & being honest about grief



"Monsters are real, and ghosts are real too. They live inside us, and sometimes, they win."

Stephen King

Time

There is no substitute for time

Wandering

Grief is not rational, fixable or linear

Unknown

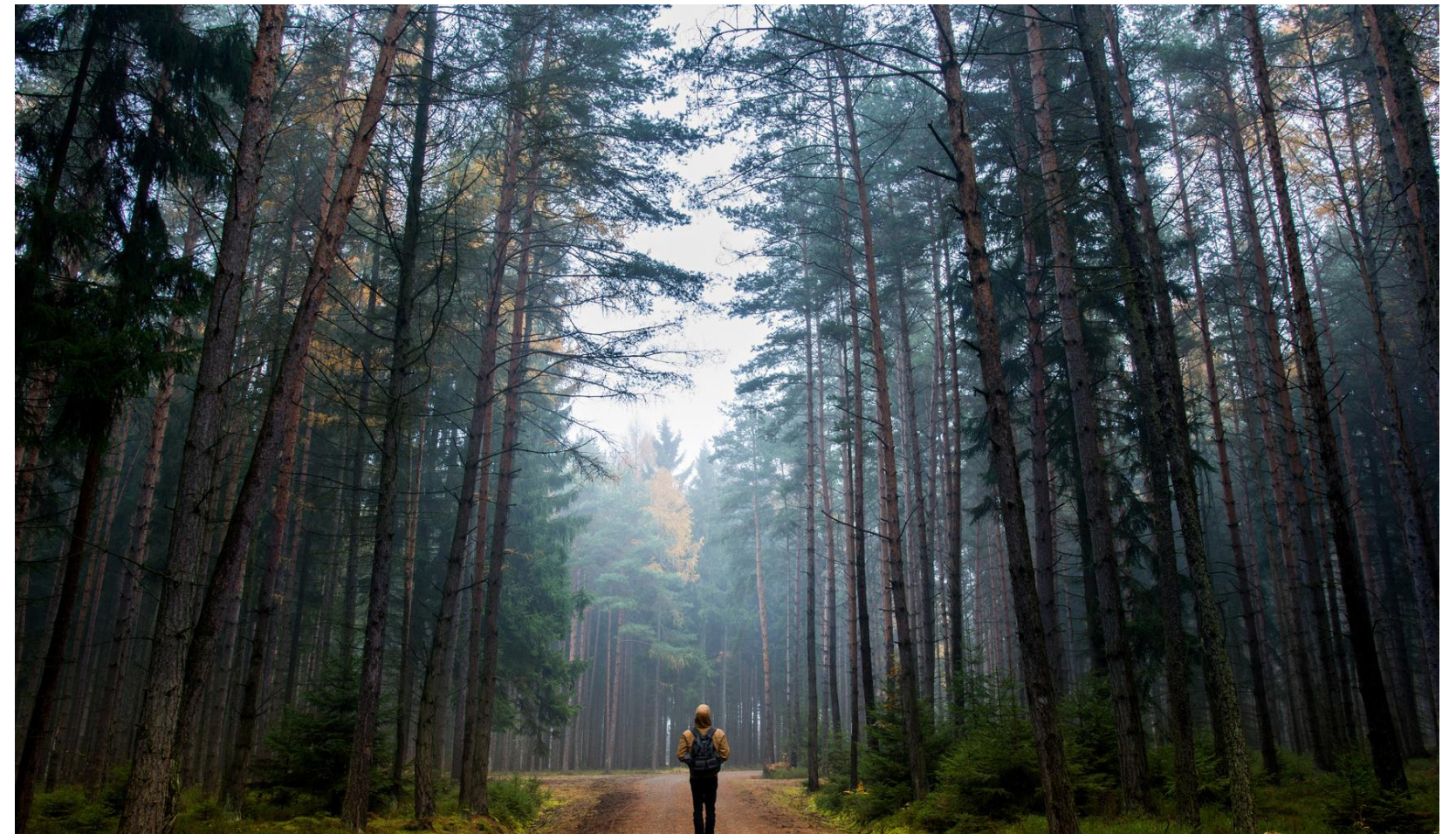
There is no right way, only your way through grief

Compassion

To hold the space for someone to suffer is the gift

2. WANDERING IN DARKNESS

Taking our time to do the work of grieving



“You have your way. I have my way. As for the right way, the correct way, and the only way, it does not exist.”

— Friedrich Wilhelm Nietzsche

Meaning In Darkness

What if death's darkness is not the absence of meaning, but the pathway to it?

Listening In Darkness

What if death's darkness is not the silence of darkness, but the calling through darkness?

Divinity In Darkness

What if death's darkness is not the absence of the Divine, but the pathway to Divinity?

Wholeness In Darkness

There is nothing more whole than a broken heart

3. DISCOVERY IN DARKNESS

Not Just What Is Lost, But Equally What Is Found



Rethinking our relationship to loss & suffering

The Choice

We always have a choice.

The Stand

There comes a point on the journey through grief where you must take a stand.

The Opportunity

"When a man finds that it is his destiny to suffer... his unique opportunity lies in the way he bears his burden." -Viktor E. Frankl

The Defiant Power of Spirit

"Man's capacity as a spiritual being to resist and brave whatever conditioning, circumstances or suffering he may face or endure." -Dr. Viktor Frankl

4. STANDING IN DARKNESS

Choose to make your stand and do the work



“The last of the human freedoms: to choose one's attitude in any given set of circumstances, to choose one's own way. ”

-Dr. Viktor Frankl

Defying Darkness

Transform darkness to light

Defying Grief

You will not break me

Defying Death

You have the power to defy death

Carry The Fire

Your sacred task is to carry the fire

5. DEFY DARKNESS

Transform Darkness Into Light



A person dies two deaths, once when their body dies and once when their story dies. You are the guardian of their story. You are here to carry their fire.

How You Can Carry The Fire



Carry The Fire In Person Grief Retreat

Saturday, August 28th
with Feldman Mortuary



Carry The Fire

28 Day Multi-Media Grief
Retreat



Soul Centered

Individual & Group Guidance



Thank You

R A B B I D R . B A R U C H H A L E V I

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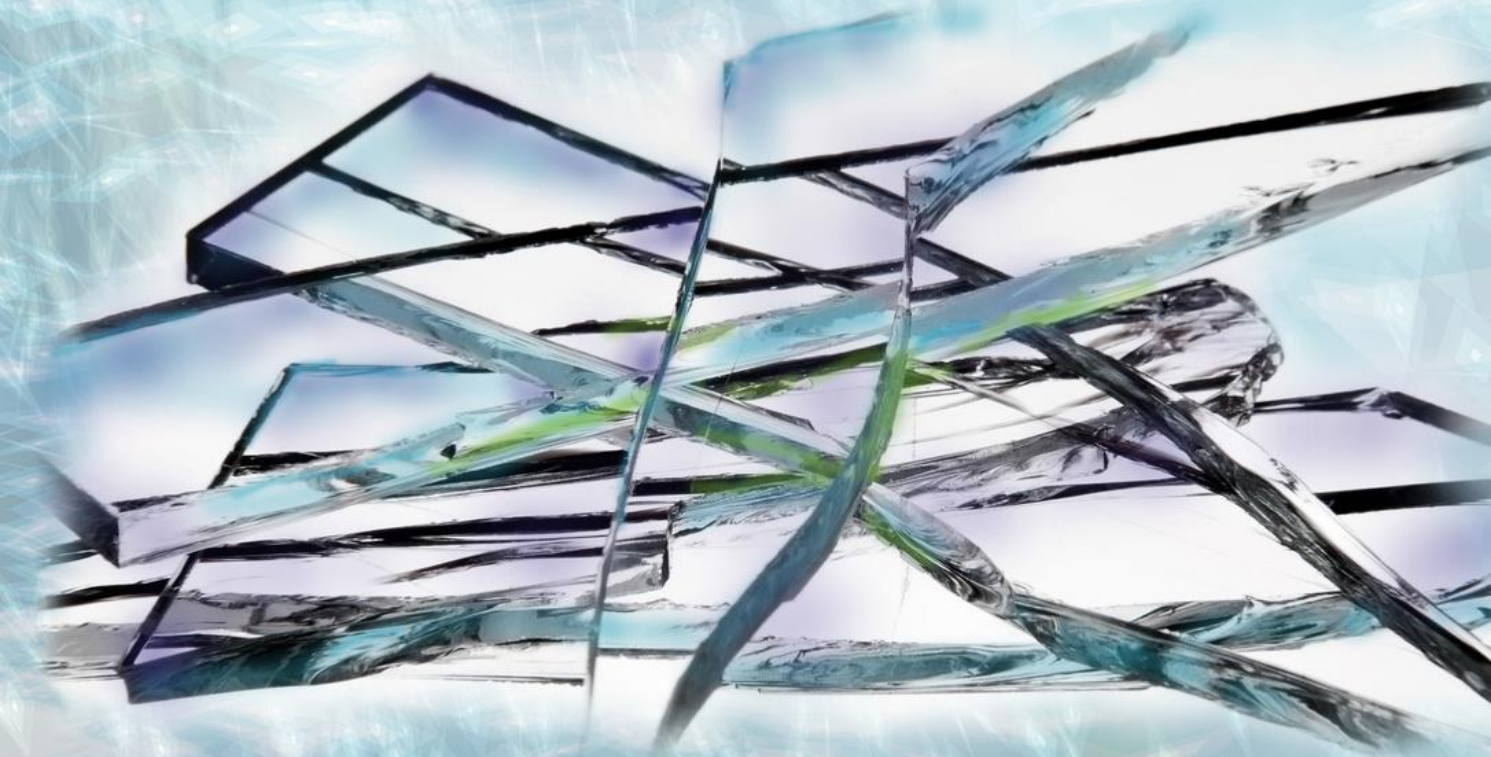
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