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Spark Seekers
Mourning with Meaning; Living with Light
by Rabbi Baruch HaLevi, DMin

with Ellen Frankel, LCSW

www.MySoulCentered.org
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
• Yogi instructor
• Holistic health 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
Part II

MY "WHY"

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

-Viktor Frankl (paraphrasing Nietzsche)
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
5 KEY SPARKS

1. 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

HOW To Become Spark Seeker?
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
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
3. DISCOVERY IN DARKNESS

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

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
5. DEFY DARKNESS

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.

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
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

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