



Your Personal Journey Between  
Your Heart and Soul

Class #4

Metaphysical Realities of Life"  
Along the Journey

PRESENTED BY RONNIE KAUFMAN

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## Class 4 Agenda - "Metaphysical Realities of Life" Along the Journey

(Class picture requested from the OLLI office used at Instructor Appreciation event)

Today's class will be "Live" and experiential. The following are eclectic random and not so random thoughts up for discussion in today's class regarding the agenda theme.

1. Keyword Review
2. Thoughts or questions from past weeks
3. Opening ... a 1974 Poem

### *Found Answers from 1974*

*Here I am, miles away from home. No one to care for, my life is quite alone.*

*I seem to be searching, Yet I know not what I'm trying to find. I guess the answers to the questions, Man has always had churning at his mind.*

*Things like, "How to be happy?" ... And "What is life about?" It's questions like these, That have left my mind in doubt.*

*And when I think I've found the Answers ... All I ever really have, Are more Questions about these Answers ... It's enough to drive me mad.*

4. "Listen to the Wisdom of your Soul" ... what does this mean to you?
- 5.



6.



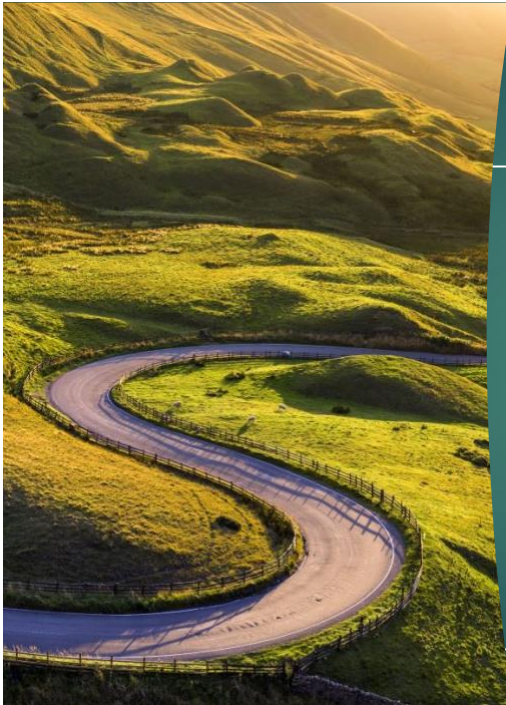
## Actions to Opening H&S Communication

5

- If you want the best chance for an open path between your HeartCenter and GodSoul – communicate with a “pure” Heart ... with Love
- To communicate with a “pure” heart, you must continue to be self-aware of the evolving you.
- It begins with a SilentKnowing of “the-who” you have become ... and acceptance of it all.

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7.



## Please consider

6

Connecting to the energy of  
“Peace, Joy and Love” ...

It is sourced from

*Your Personal Journey  
between your Heart and Soul  
with Purpose and Meaning.*

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8. To connect to your Heart and Soul - **know your sweet spot**

**OLLI at SOU** Connecting Your Heart and Soul Finding the Natural Sweet Spot **4**

- Praying
- Meditating
- Drinking, Drugs
- Sex
- Recognize the sweet spot/vibrational frequency to connect the Heart with the Soul

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9. OAR Model - Observer, Action, Results ... how it works

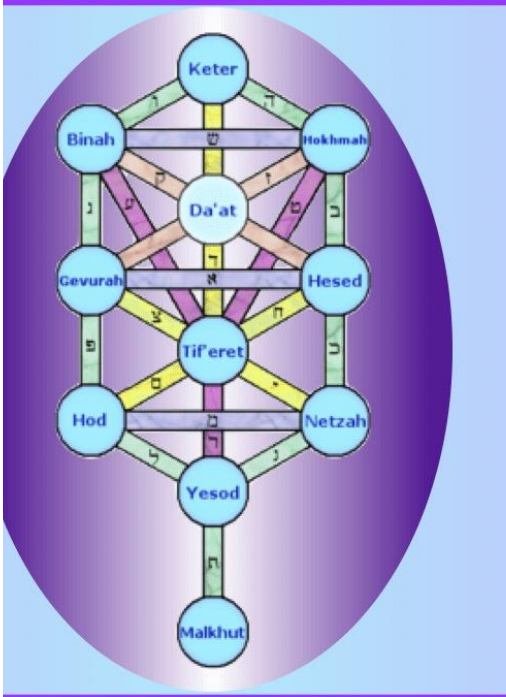
**OLLI at SOU** How the OAR Model Works #1 Satisfying a Desire **11**

Our Self-Awareness

**Shift the Observer**

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10. A mystical understanding of Kabbalah ... and the 3 Sefirot of Mind



## The Tree of Life

### Kabbalistic Mystical Belief:

The 10 sefirot are the emanations or illuminations of God's infinite light as it manifests in creation.



## The Practice of Becoming ...

Practice



Silent Knowing



Process



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Da'at = experienced knowledge – physical/emotional/spiritual both processed and unprocessed

11. Diagram of the 4 basic components of the Possible Human Model

**Human Components - Your Spirit**

- a. HeartCenter #1
  - Service to Others
  - Heart Energy
  - LovingKindness
  - Spiritual Connection
  
- b. EGOCenter (*Edge God Out*) #2
  - Service to Self
  - EGO Energy
  
- c. MindCenter #3,#4
  - Monitors of 5 Senses
  - Makes Discissions
  - Takes Physical Action

**YourGod Component**

- d. GodSoul #5
  - Wisdom (Past & Present)
  - Portal to Universe
  - Mediator/educator to HeartCenter/EgoCenter
  - Comforts/Sooths

**OLLI at SOU** Mapping of Functional Centers 13

**HeartCenter #1**  
- Service to Others  
- Heart Energy  
- LovingKindness  
- Spiritual Connection

**EGOCenter #2**  
(*Edge God Out*)  
- Service to Self  
- EGO Energy

**GodSoul #5**  
- Wisdom (Past Present)  
- Portal to Universe  
- Mediator HC/EC  
- Comforts/Sooths

**ControlCenter #3**  
- Monitors of 5 Senses  
- Makes Discissions  
- Takes Physical Action

**MemoryCenter #4**  
- Life Experiences  
- Knowledge  
- Trauma  
- Other

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12. Holy Spirit vs Human Spirit

13. To be One with Your God

- 1st be one with your own human spirit ...

- then be one with your God Soul

14. Thoughts questions?

15. Where do we go from here?

16. Next week ... The 7 Basic Paradigms of Self-Awareness

Link to class #5 : [AgeofLovingKindness.com/awareness](http://AgeofLovingKindness.com/awareness)