

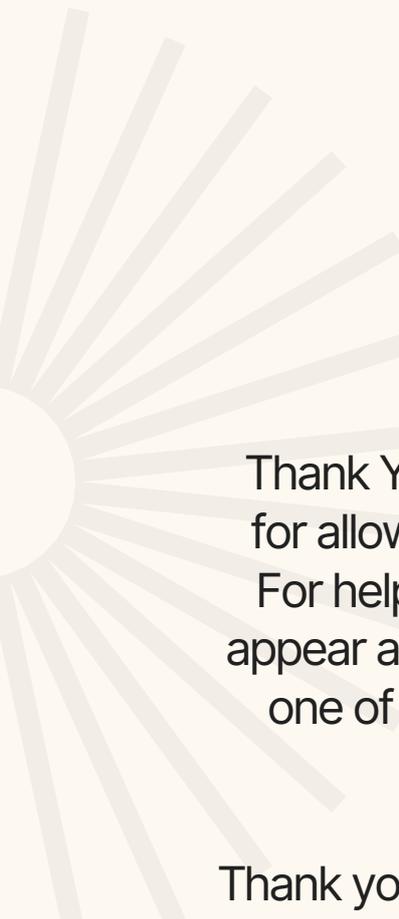


THE 13 MOST DIFFICULT PEOPLE YOU WILL EVER MEET

KABBALISTIC TOOLS FOR
TRANSFORMING RELATIONSHIPS

Workbook

BY PURE TOMER DEVORAH PODCAST
©PURE PODCAST



with
GRATITUDE

Thank You Hashem, for the difficult situations in my life - for allowing them to refine me rather than consume me. For helping me recognize both the thirteen people who appear as assignments, and the moments when I become one of them, and for giving me the wisdom to course-correct.

Thank you to Gedale Fenster, who encouraged me to learn Tomer Devorah during one of the most challenging periods of my life, and for your continued encouragement over the years to teach and share the lessons I have learned.

I thank you to Sara J., Esther S., Aurora F., Esti E., Rav Doniel Katz, Michael Benmelech, and Chaya Sara Gurevitch - from whom I continue to learn, and who inspire me, support me, and encourage me to keep learning and sharing Torah.

in
DEDICATION



This workshop, workbook and learning are dedicated with love to my husband and my children.



table of CONTENTS

01 INTRODUCTION

ABOUT

02 MINDSET

THE 13 MOST
DIFFICULT PEOPLE

03 ACTION

RITUALS

04 CONTACT US

STAY CONNECTED

IT IS OF UTMOST IMPORTANCE TO STATE CLEARLY THAT PHYSICAL, VERBAL, OR EMOTIONAL ABUSE MUST NEVER BE TOLERATED. THE TORAH COMMANDS US TO PROTECT OURSELVES AND DOES NOT REQUIRE A PERSON TO REMAIN IN OR SUBMIT TO ABUSIVE RELATIONSHIPS.

NEITHER TOMER DEVORAH NOR ANY AUTHENTIC JEWISH SOURCE TEACHES ACCEPTANCE OR TOLERANCE OF ABUSE. THESE TEACHINGS ARE ABOUT INNER REPAIR, BOUNDARIES, AND SPIRITUAL STRENGTH. IT IS NOT ABOUT SELF-ERASURE, TOLERATING, ACCEPTING, EXCUSING, OR SPIRITUALLY BYPASSING ABUSE OR HARM. IF YOU ARE UNSURE IF YOUR RELATIONSHIP FALLS INTO THIS CATEGORY, PLEASE SEEK PROFESSIONAL ADVICE.



01 INTRODUCTION

ABOUT



The 13 Attributes of Mercy



THE 13 MOST DIFFICULT PEOPLE YOU WILL EVER MEET



There are people who hurt us, who trigger us in ways we don't fully understand. We may call them difficult, toxic, or impossible. But according to the inner wisdom of Torah and Kabbalah, they are none of these things by accident.

These people are not random. They are assignments. But we forget - that we also treat Hashem in these ways too, and yet He never exacts judgement and gives us unlimited mercy.

If He can do that for us, how can we not afford to do the same for others?

In the teachings of Tomer Devorah, written by the holy Kabbalist, "The RAMAK", we learn that nothing we encounter is outside of our soul's repair. Every relationship that activates us is revealing something that longs to be healed, clarified, or redeemed - not only in the other, but in us.

By mirroring Hashem's 13 Attributes of Mercy, we heal these relationships and draw down massive Divine Mercy in our own lives in the area's we need it most.



The promise? If we show the difficult people in our lives mercy, Hashem will do the same for us in our relationship with Him. These difficult people afford us the ability to unlock mercy from heaven in the areas that we are facing judgment and blockages.

The most amazing promise? The Divrei Chaim said that whoever embodies these teachings will be saved from disease. How? Science has shown that resentments and emotional pain create inflammation in the body which is the leading cause of disease:

Dis: destructive Latin prefix meaning "undoing"

Ease: Old French word aise, meaning "comfort/well-being".

When combined, "disease" literally means the "undoing of well-being" or a state of not being at ease/comfortable within ourselves.

Spiritual bypassing pain blocks healing. This workbook is an invitation to do something radically different:

- To name the 13 most difficult types of people we encounter
- To realize what "person" it triggers inside us
- Perform "spiritual alchemy"
- And to meet the "activator" - inwardly and outwardly - with the precise spiritual Kabbalistic medicine given to us through 13 Attributes of Mercy.
- *Advanced step: Notice where you may have been one of these people, and use the Hashem "mirror" to course-correct.*

This is a practice of *spiritual mastery*. My prayer is that through these teachings, you move from being "triggered" into being "activated": discovering the divinely beautiful parts of yourself that have been there all along.

Ayala Gross

HOW TO USE THIS WORKBOOK?



Each of the 13 Attributes will be explored through:

- An external archetype you encounter
- An inner archetype that becomes triggers within me
- An inner archetype that becomes activated within me
- The Attribute of Mercy that repairs and transforms both
- The mirror that occurs when we embody our “activated self”
- Guided journaling and Somatic Mercy Scan prompts

You may choose to follow along with the recorded class on Spotify, *“The 13 Most Difficult People You Will Ever Meet,”* study this workbook with a friend or chevrusa, teach it to a group (a Teacher’s Handbook is available for download on the website), or simply move through the workbook on your own.

It is advised to purchase a copy of Tomer Devorah and to read along with each Attribute as you journey through this workbook. The translation used for this study is “Tomer Devorah” (the little blue book) by Tomer Publications.

However you choose to engage with these teachings, may Hashem grant you wisdom, clarity, and blessing through this journey.



MERCY, HEALING, AND THE BODY

THE PROMISE

The Ramak teaches that harsh judgment creates constriction - and constriction eventually manifests as dis-ease in the body and soul.

When judgment softens:

- Relationships soften
- The nervous system calms
- Physical & spiritual blockages release
- Accusations Above are quieted

MEDICINAL MERCY

THE SOURCE

The Zohar and the Arizal teach that blockages such as a change in mazal, financial issues, relationship issues & physical illness often originates in spiritual imbalance.

When I repair my emotional and relational patterns through mercy, I repair the channels through which life and shefa (blessing) flows.

This work promises:

- Sweetening of harsh decrees
- Healing of relational wounds
- Repair of inner fragmentation
- Opening of blocked spiritual channels

Mercy is not only ethical.

Mercy is medicinal.



2 SETS OF 13

MOSHE VS. MICHAH



Receiving vs. Becoming

The Second 13: Revealed to the Prophet Micah

These are the attributes revealed to Micha, developed and systematized by Rabbi Moshe Cordovero (the Ramak) in Tomer Devorah.

Energetically and Spiritually:

- These attributes descend into relationship and behavior
- They move into the sefira of Malchut
- They require human embodiment

Practically:

- These are traits Hashem shows us how to mirror in our lives
- These are traits we must become
- This mercy is activated through how we treat others

BECOMING: *When I embody mercy below, I awaken mercy above. I do not wait for compassion - I generate it.*

MOSHE VS. MICAH: RECEIVING MERCY VS. BECOMING MERCY

The First 13: Given to Moshe Rabbeinu

These attributes were revealed to Moshe after the sin of the Golden Calf.

Energetically and Spiritually:

- They originate in the Sefirah of Keter, beyond logic and merit
- They are pre-human mercy
- They flow even when a person is undeserving

Practically:

- These attributes are not instructions
- They are gifts we receive through teshuvah, prayer, and Divine compassion
- They operate above cause and effect

RECEIVING: *This mercy saves us despite ourselves.*



13

The Two Sets of 13 Middot HaRachamim

From the Torah (Exodus 34-6-7)

Ze'ir Anpin – Small face

1. Y-H-V-H – compassion before a person sins;
2. Y-H-V-H – compassion after a person has sinned
3. E-L – mighty in compassion to give all creatures according to their need
4. *Rachum* – merciful, that humankind may not be distressed
5. *Ve-chanun* – and gracious if humankind may not be distress
6. *Erech apayim* – slow to anger
7. *Ve-rav chesed* – and plenteous in kindness
8. *Ve-emet* – and truth
9. *Nolzer chesed laalafim* – keeping kindness unto thousands
10. *Noseh avon* – forgiving iniquity
11. *Va-feshah* – and transgression
12. *Ve-nakeh* – and sin

From the Prophet Micah (Micah 7-18-20)

Arich Anpin – Big face

1. *Mee E-L kamocho* – Who is a G-d like You (in compassion)
2. *Noseh avon* – Who bears iniquity
3. *Ve-over al pasha* – and overlooks sin
4. *Lishi'eirit nachalalo* – for the remnant of His heritage
5. *Lo hechzik le-ad apo* – He does not retain His anger forever
6. *Ki chafetz chesed hu* – for He desires kindness
7. *Yashuy yerachameinu* – He shall again have mercy on us
8. *Yichbosh avonoteinu* – and suppresses Iniquities
9. *Vetashlich bimtzolet yam kol chatotam* – casts our sins into the depths of the sea
10. *Titein emet le-Yaakov* – You grant truth to Jacob
13. *Mimei kedem* – from the earliest days

Moshe's List

Ze'ir Anpin

Given to Moshe
after Golden Calf

Includes some judgment
with mercy

Used in prayers – fast
days, Selichot
Yom Kippur

Awakens mercy in
times of judgment

"Small Face" – closer
to our reality

Michah's List

Arich Anpin

Revealed to prophet
Michah

Pure, unconditional
mercy

Learned in *Tomer Devorah*,
Kabbalistic study

Shapes daily character
and relationships

"Big Face" – highest
soul-level compassion



02 MINDSET

THE 13 MOST DIFFICULT PEOPLE YOU WILL EVER MEET



Kabbalistic Tools for Transforming
Relationships through the 13 Attributes of
Mercy

THE 13 MOST DIFFICULT PEOPLE YOU WILL EVER MEET

1. THE INSULTER
2. THE REPEAT OFFENDER
3. THE INSTIGATOR
4. THE ENTITLED
5. THE TRIGGERER
6. THE SCOREKEEPER
7. THE FLAKE
8. THE OVER-STEPPER
9. THE REBEL
10. THE CONFLICT CREATOR
11. THE "IT'S COMPLICATED"
12. THE DETACHED
13. THE IMPOSSIBLE

BUT HERE'S THE CATCH...

...EACH DIFFICULT PERSON EXPOSES A "TRIGGERED" ARCHETYPE IN YOU ...

1. THE REACTOR
2. THE ENABLER
3. THE VIGILANTE
4. THE EXACTOR
5. THE GRUDGE-HOLDER
6. THE WITHHOLDER
7. THE CYNIC
8. THE PROSECUTOR
9. THE SELF RIGHTEOUS
10. THE PEOPLE PLEASER
11. THE CALCULATOR
12. THE APATHETIC
13. THE LAST STRAW

**...AND EACH “TRIGGERED”
ARCHETYPE GENERATES AN
“ACTIVATED” ARCHETYPE IN
YOU.**

1. THE TOLERATOR
2. THE PARDONER
3. THE RESTRAINER
4. THE COMPASSIONATE
5. THE FORGIVER
6. THE GIVER
7. THE MERCIFUL
8. THE SUPPRESSOR
9. THE EMPATH
10. THE STRAIGHT-SHOOTER
11. THE GIVER
12. THE WAYFINDER
13. THE TIME TRAVELER

ATTRIBUTE #1

WHO IS GD LIKE YOU



Mercy that tolerates.

THE INSULTER

מִי אֵל כְּמוֹךָ

MI E-L KAMOCHA "Who is a Gd Like You"

Hashem: Tolerates insult without withdrawing life-force, even as we use it to sin.

You: Remain kind and giving even when others hurt or disappoint you.

Mirror: Hashem will continue to nourish you even when you fall short or insult Him.



THE PERSON
THE INSULTER

This is the person who diminishes, disrespects, insults or devalues me - often subtly, sometimes openly - while continuing to benefit from my presence, my energy, or my generosity. They may not intend harm. They may not even be aware.

THE TRIGGERED ME
THE REACTOR

I respond immediately. I feel the insult land and move to defend, explain, correct, or strike back. My nervous system leads before my wisdom does. I react in order to protect my dignity, believing that restraint means losing ground.

THE ACTIVATED ME
THE TOLERATOR

I allow truth to exist without weaponizing it.
I do not deny what happened nor use it against them.
I remain anchored in integrity - mine.
I choose not to become cruel in response to being hurt.
I remain kind & giving.
I hold back response even when power is available.

THE MIRROR
HASHEM

Hashem possesses absolute power. He gives life, strength, breath, intelligence, and sustenance, even when a person uses those very gifts to sin against Him. He could withdraw them instantly. He could retaliate. He does not. Instead, He tolerates the insult and continues to bestow goodness, waiting patiently for teshuvah. This is why the angels proclaim: "Who is a God like You?" Not because He lacks power - but because He restrains it.

ATTRIBUTE #1

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE
INTOLERANCE LIVES IN MY BODY.

IS IT IN MY JAW?

MY CHEST?

MY THROAT?

I PLACE A HAND THERE AND BREATHE.

I IMAGINE RESTRAINT HELD BY STRENGTH, NOT COLLAPSE.

I ALLOW TOLERANCE & MERCY TO RETURN TO THIS PLACE.

HOW THIS UNLOCKS BLESSING & MERCY

When I embody this attribute correctly:

My inner strength stabilizes

I direct my energy to Hashem

My presence gains quiet authority

I stop leaking energy through resentment

Mercy above mirrors restraint below

Hashem responds to my insults to Him with patience in my own life.



attribute # 1

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I LACK TOLERANCE TOWARDS THOSE WHO INSULT ME?

WHERE DO I FEEL I NEED TO PRACTICE RESTRAINT WITH MY REACTIONS?

WHERE CAN I NOTICE MY POWER YET PRACTICE RESTRAINT?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #2

WHO BEARS SIN



Mercy that bears wrongdoing without collapsing under its weight.

THE REPEAT OFFENDER

נִשְׂאָ אָוֹן

2. NOSEI AVON “Who Bears Sin”

Hashem: Carries our sin patiently, waiting for us to return.

You: Carry others' shortcomings without revenge or resentment.

Mirror: Hashem will carry your burdens and lessen your judgments.



THE PERSON

THE REPEAT OFFENDER

They miss the mark, make mistakes, act poorly.
 Their actions create impact, consequence, and weight.
 They offend not always through intent, but through limitation.

THE TRIGGERED ME

THE ENABLER

Inside me lives the one who absorbs without discernment.
 I take responsibility for what is not mine.
 I rush to smooth things over so discomfort disappears.
 I erase mistakes before they can teach or transform.

THE ACTIVATED ME

THE PARDONER

Inside me lives the one who absorbs.
 I can bear a moment without taking things personally.
 I do not seek to give out consequences.
 I hold space for forgiveness.
 I allow mistakes to exist without rushing to erase them.
 I remain present without losing myself in the repair.

THE MIRROR

HASHEM

Hashem bears transgression.
 He does not immediately punish.
 He does not drop the offender at the moment of failure.
 He carries the weight of wrongdoing, allowing space for return, repair, and growth.
 This bearing is not weakness.
 It is strength that does not collapse.

ATTRIBUTE #2

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE WEIGHT
LIVES IN MY BODY.

IS IT PRESSURE?

TIGHTNESS?

FATIGUE?

I BREATHE INTO THAT PLACE.

I IMAGINE MERCY SUPPORTING THE WEIGHT, NOT ABSORBING IT.

I LET STRENGTH RETURN TO MY FRAME.

HOW THIS UNLOCKS BLESSING & MERCY

When I pardon without collapse:

Compassion remains intact

Resentment does not accumulate

Energy stabilizes

Mercy above mirrors mercy below

Hashem bears my failures with patience and care.



attribute # 2

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I REFUSE TO PARDON, HOLDING RESENTMENT OR REVENGE?

WHERE HAVE I MISTAKENLY ABSORBED THE PROBLEM?

WHAT WOULD IT FEEL LIKE TO PARDON - TO HOLD IT AND LET GO OF RESENTMENT AT THE SAME TIME?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #3

WHO OVERLOOKS REBELLION



Mercy that chooses restraint over reaction.

THE INSTIGATOR

וְעוֹבֵר עַל פְּשָׁע

3. VE'OVER AL PESHA "Overlooks Rebellion"

Hashem: Covers over acts of willful defiance.

You: Don't expose or shame others for their flaws or mistakes.

Mirror: Hashem will protect your dignity and cover your faults from others.



THE ARCHETYPE
THE INSTIGATOR

This is the one who provokes.
 They test limits. They spark tension.
 They act with willful defiance or subtle provocation -
 to elicit response. Their power lies in movement:
 getting things stirred, activated, escalated.

THE TRIGGERED ME
THE VIGILANTE

When provoked, I seek to restore balance through “justice”,
 getting even or reaction. I feel justified in correcting, or
 pushing back harder. I mistake retaliation for self-respect. I
 engage so the other will feel what I felt. I escalate in the
 name of justice.

THE ACTIVATED ME
THE RESTRAINER

I allow restraint in areas that call me to exact judgment,
 without response. I do not explain. I do not correct. I do not
 defend. I recognize that my peaceful silence is not
 weakness - it is discernment. I choose when to engage, and
 when to pass over. I understand that not every action
 requires engagement.

THE MIRROR
HASHEM

Hashem sees wrongdoing clearly.
 He does not deny it. He does not expose it.
 He does not react to it. He passes over it - not because it
 is insignificant, but because engaging would give it
 power. This restraint preserves our dignity and prevents
 destruction. This is mercy expressed as mastery.

ATTRIBUTE #3

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE IMPULSE
LIVES IN MY BODY.

IS IT HEAT?

URGENCY?

TIGHTNESS?

I BREATHE AND ALLOW THE IMPULSE TO MOVE PAST ME
WITHOUT ACTION.

I FEEL THE STRENGTH OF CHOOSING NOT TO ENGAGE.

HOW THIS UNLOCKS BLESSING & MERCY

When I practice restraint:

Escalation dissolves

My nervous system stabilizes

Authority returns to my presence

Mercy above mirrors restraint below

Hashem passes over my missteps just as I pass over others'.



attribute #3

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHAT PROVOKES ME MOST TO RESPOND?

WHERE DOES RESTRAINT FEEL LIKE POWER RATHER THAN LOSS?

WHAT WOULD CHANGE IF I TRUSTED SILENCE AS AN ACT OF MERCY?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I MADE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #4

FOR THE REMNANT OF HIS HERITAGE



Mercy that gives from belonging, not merit.

THE ENTITLED

לְשֵׁאֵרֵי־תְּחִלָּתוֹ

4. L'SHE'EIRIS NACHALASO "For the Remnant of His Heritage"

Hashem: Treats us with extra mercy simply because we are His.

You: Show compassion to others because they are part of the human family, not because they earned it.

Mirror: Hashem will show you compassion regardless of your merits.



THE PERSON
THE ENTITLED

They expect compassion, availability, and inclusion as a given. They relate to my mercy as automatic - not earned, not questioned. They may not insult or provoke. They simply presume continued access.
The difficulty is not harm - it is assumption.

THE TRIGGERED ME
THE EXACTOR

When my kindness is assumed, I begin to calculate cost. I expect recognition, gratitude, or return. I exact fairness where compassion once flowed freely. I tighten my heart and measure what is owed. I believe mercy must now be earned, giving without acknowledgment feels unsafe.

THE ACTIVATED ME
THE COMPASSIONATE

I show compassion to others because we are from the same root soul - a family bond. I allow mercy to flow from a Neshama connection rather than calculation. I respond with generosity & mercy as I would my own flesh & blood to those that I feel are undeserving. I bestow without resentment, and without self-erasure.

THE MIRROR
HASHEM

Hashem treats us with mercy because we are His.
Not because we earned it.
Not because we deserve it.
But because we belong.
Even when diminished, even when reduced to a remnant, we remain His inheritance.
This mercy flows from *relationship, not performance.*

ATTRIBUTE #4

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE CALCULATED
OBLIGATION LIVES IN MY BODY.

IS IT IN MY CHEST?

MY SHOULDERS?

MY STOMACH?

I BREATHE INTO THAT PLACE.

I ALLOW GIVING TO SOFTEN INTO CHOICE, NOT PRESSURE.

I FEEL MERCY FLOWING FROM A SOUL RELATIONSHIP, NOT
PERFORMANCE BASED.

HOW THIS UNLOCKS BLESSING & MERCY

When I extend mercy rooted in belonging:

I am met with compassion beyond merit

My own diminishment does not sever Divine care

Mercy above mirrors mercy below

Hashem treats me kindly because I am His,
even when I feel reduced or undeserving.



attribute #4

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I GIVE SIMPLY BECAUSE SOMEONE IS A SPARK OF GD?

WHERE DOES GENEROSITY FEEL NATURAL RATHER THAN STRAINED?

HOW CAN I BESTOW MERCY FROM A SOUL LEVEL?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #5

HE DOES NOT HOLD ANGER FOREVER



Mercy that releases anger without freezing the heart.

THE TRIGGERER

לֹא הֶחֱזִיק לְעַד אָפוּי

5. Lo Hechezik La'ad Apo "He Does Not Hold Anger Forever"

Hashem: Releases divine anger quickly, even when deserved.

You: Let go of resentment and do not hold grudges.

Mirror: Hashem will release spiritual blockages and softens judgment against you.



THE PERSON
THE TRIGGERER

This is the one who activates old pain. They may not be doing something new - they touch something unresolved. Their words, tone, presence, or behavior awaken a reaction already living inside me. They expose the places where anger wants to linger. The difficulty not what they do and what they activate.

THE TRIGGERED ME
THE GRUDGE-HOLDER

I held onto the feeling. I replayed the story. I lived in anger because it felt safe and made sense. I allowed resentment to linger long after the moment passed. I time-froze the relationship in what once happened. I let anger support me.

THE ACTIVATED ME
THE FORGIVER

The Forgiver does not deny pain.
The Forgiver does not minimize harm.
The Forgiver releases anger before it hardens.
I allow movement where I once held frozen anger.
I choose forgiveness over anger.

THE MIRROR
HASHEM

Hashem may respond with anger when it is warranted, but He does not hold onto it. Divine anger is released quickly. Judgment softens. Relationship is restored. Just as I do not cling to resentment, Hashem does not cling to judgment against me.

ATTRIBUTE #5

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE THE ANGER
LIVES IN MY BODY.

IS IT TIGHT?

HOT?

HEAVY?

I PLACE MY HAND THERE AND BREATHE.

I IMAGINE THE HOLDING LOOSENING
AND ANGER RELEASED.

I FEEL SPACE RETURN.

HOW THIS UNLOCKS BLESSING & MERCY

When I release anger instead of holding it:

Blockages soften

Judgment loosens

Flow returns

Compassion becomes accessible again

Just as I do not cling to resentment,

Hashem does not cling to judgment against me.

Mercy below awakens mercy above.



attribute #5

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHAT DOES THIS PERSON CONSISTENTLY TRIGGER IN ME?

HOW HAVE I HELD ONTO THIS ANGER IN THE PAST?

WHAT SHIFTS IN ME WHEN I CHOOSE TO NOT HOLD ANGER FOREVER?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE

ATTRIBUTE #6

HE DESIRES KINDNESS



Mercy that flows from essence, not exchange.

THE SCOREKEEPER

כִּי חַפֵּץ חֶסֶד הוּא

6. Ki Chafetz Chesed Hu “He Desires Kindness”

Hashem: Chooses kindness over strict justice.

You: Seek the path of kindness in every situation, even when it's difficult.

Mirror: Hashem will judge you with lovingkindness instead of harshness.



THE PERSON

THE SCOREKEEPER

This is the one who activates conditions. Their words, choices, “After all I’ve given - this is what I get?”
The trigger is the action of the exchange.

THE TRIGGERED ME

THE WITHHOLDER

I kept track. I withheld kindness. I measured effort.
I noticed imbalance. I may have loved but with an internal ledger. I gave but remembered the cost. When kindness wasn’t returned, my heart quietly closed.

THE ACTIVATED ME

THE GIVER

The Giver gives because love wants to flow.
Not to earn. Not to receive. Not to be repaid.
I choose kindness as an expression of who I am, not as a response to how others behave. This is love rooted in Hashem’s essence of Chesed (lovingkindness).

THE MIRROR

HASHEM

Hashem does kindness because He desires kindness.
Not because He is persuaded.
Not because He is repaid.
Not because He is obligated.
Kindness flows from His nature.
This is mercy without calculation.

ATTRIBUTE #6

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE
WITHHOLDING KINDNESS LIVES IN MY BODY.

IS IT IN MY CHEST?

MY HANDS?

MY JAW?

MY TONGUE?

I BREATHE AND IMAGINE WARMTH, LOVE AND FLOW RETURNING TO
THAT PLACE.

I ALLOW CHESED TO MOVE WITHOUT CHECKING THE LEDGER.

HOW THIS UNLOCKS BLESSING & MERCY

When I love without conditions:

Flow replaces friction

Blessing moves freely

Scarcity dissolves

Kindness returns from unexpected places

Just as I stop measuring love,

Hashem stops measuring merit.

Mercy below awakens mercy above.



attribute # 6

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I KEEP SCORE IN RELATIONSHIPS?

WHAT CONDITIONS HAVE I CREATED QUIETLY THAT LIMIT MY KINDNESS?

HOW DOES MY BODY FEEL WHEN I CHOOSE TO GIVE FREELY?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #7

HE WILL AGAIN BE MERCIFUL



Mercy that allows return.

THE FLAKE

יְשׁוּב יִרְחַמֵּנוּ

7. Yashuv Yerachameinu “He Will Again Be Merciful”

Hashem: Always circles back with renewed compassion - with greater love than before our sin.

You: Have the strength forgive and start fresh - with more love than before.

Mirror: Hashem will renew your relationship when you return to Him with abundant love.



THE PERSON
THE FLAKE

This is the one who comes back to the same place again. They repeat the pattern. They revisit the same struggle. They make progress - and then slip. They make amends yet their return awakens fatigue in me. It stirs the question: "Haven't we already been here?" The difficulty here is not the mistake, it is the cycle.

THE TRIGGERED ME
THE CYNIC

Before mercy matured, this is how I used to respond. I lost hope. I grew cynical. I felt drained by repetition. I saw return as failure. I repetition of cycles became painful. My heart quietly closed - not in anger, but in exhaustion.

THE ACTIVATED ME
THE MERCIFUL

The Merciful understands that return is not regression. It is movement - even when it circles familiar ground. I allow compassion without losing direction. I support growth without demanding perfection. I hold mercy for process, not just the outcome.

THE MIRROR
HASHEM

Hashem returns to us with compassion. Even when we stumble again. Even when teshuvah is imperfect. Even when the path winds instead of straightening. He does not freeze us in past failure. He allows return - again and again - with mercy. This is compassion that keeps us moving.

ATTRIBUTE #7

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE FATIGUE
LIVES IN MY BODY.

IS IT HEAVINESS?

RESISTANCE?

TIGHTNESS?

I BREATHE INTO THAT PLACE.

I IMAGINE SPACE OPENING - ALLOWING AMENDS TO EXIST

I ALLOW MOVEMENT WITHOUT PRESSURE.

I LET HOPE RE-ENTER.

HOW THIS UNLOCKS BLESSING & MERCY

When I allow return without despair:

Hope remains alive

Progress continues

Compassion deepens

Judgment softens

Just as I allow others to return without being trapped in their past,

Hashem allows me to return without being defined by mine.

Mercy below awakens mercy above.



attribute #7

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I LOSE HOPE WHEN PATTERNS REPEAT?

HOW DO I INTERPRET RETURN - AS FAILURE OR AS PROCESS?

WHAT SHIFTS WHEN I CHOOSE MERCY & HOPE OVER DESPAIR?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #8

HE SUBDUES OUR INIQUITIES



Mercy that presses judgment down so it cannot rise.

THE OVERSTEPPER

יְכַבֵּשׁ עֲוֹנוֹתֵינוּ

8. Yichbosh Avonoseinu “He Subdues Our Iniquities”

Hashem: Pushes our sins beneath divine mercy so they don't rise against us.

You: Bury your judgment and highlight another's good points.

Mirror: Hashem will suppress your judgments and raises up your merits.



THE PERSON

THE OVER-STEPPER

This is the one who crossed a line knowingly. They understood the boundary and went past it anyway. Their action caused real harm. It left evidence: memory, consequence, loss. This is not misunderstanding. It is overstepping and crossing boundaries.

THE TRIGGERED ME

THE PROSECUTOR

When harm was intentional, I gathered evidence. I replayed the moment. I kept the charge alive - I forgot all their kindnesses. I sought justice. I believed that if I let go, the truth would be erased. This was not cruelty, it was protection shaped like vigilance.

THE ACTIVATED ME

THE SUPPRESSOR

The Suppressor does not deny the harm. The Suppressor does not rewrite reality. Instead, I press accusation down so it does not rule my inner world. I choose to bury the wrongdoing beneath compassion and deliberately raise what is still good. This is not forgetting. This is not enabling, this is refusing to let the wound prosecute.

THE MIRROR

HASHEM

Hashem pushes our iniquities beneath Divine mercy so they do not rise against us.

Accusation is subdued.

Judgment is quieted.

Merit is elevated.

This is mercy expressed as containment of prosecution.

ATTRIBUTE #8

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS RELATIONSHIP, I NOTICE WHERE ACCUSATION
LIVES IN MY BODY.

IS IT SHARP?

TIGHT?

ELEVATED?

I BREATHE AND IMAGINE THAT PRESSURE LOWERING.
I FEEL THE CHARGE SETTLING BENEATH COMPASSION
CONTAINED, NO LONGER RISING. I CHOOSE TO BRING TO MIND THE
GOOD DEEDS THEY DO.

HOW THIS UNLOCKS BLESSING & MERCY

When I suppress judgment instead of amplifying it:

Accusations against me are silenced

Harsh decrees soften

Spiritual blockages loosen

My merits rise

Just as I press judgment down below,
Hashem presses judgment down above.

Mercy below awakens mercy above.



attribute # 8

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHAT LINE WAS CROSSED HERE, AND HOW DID IT AFFECT ME?

HOW OR WHY HAVE I KEPT THE CHARGE ALIVE?

WHAT BECOMES POSSIBLE WHEN I SUPPRESS ACCUSATION AND BRING TO MIND THE GOOD IN THE PERSON?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #9

HE CASTS ALL SINS INTO THE SEA



Mercy that releases identity from the past.

THE REBEL

וְתִשְׁלִיךְ בַּיָּם

9. V'Sashlich Bi'metzulos Yam Kol Chatosam “He Casts All Sins Into The Sea”

Hashem: Removes the sin from our identity, so it can no longer be recalled, or used against us

You: Stop relating to a person through what they did. Draw close to who they are beneath it.

Mirror: Hashem releases you from being defined by your past and no longer reopens old accusations.

THE PERSON

THE REBEL

This is the one who once pushed against boundaries, acted out of resistance, and caused real harm. *Their rebellion has already met consequence.* They have been through the ringer. The power has broken. The edge has softened. What remains is a person who has fallen out of alignment and paid for it.

THE TRIGGERED ME

THE SELF-RIGHTEOUS

I feel morally settled once consequences have landed. I tell myself "they deserved it" & that distance is appropriate. I withdraw without anger or guilt. I feel convinced that justice has been met & compassion is not required. I define the person by what they did and what it cost them, mistaking withdrawal for integrity.

THE ACTIVATED ME

THE EMPATH

I do not excuse the past. I allow myself to feel the weight of what this person has endured without enjoying it or standing above it. I sense the humanity beneath the rebellion and suffering beneath the consequence. I bring them close. I let radical mercy move me toward connection.

THE MIRROR

HASHEM

Hashem does not only forgive; He removes. Once the judgment has passed and Teshuvah has begun, Hashem casts the wrongdoing into the depths of the sea. It is not revisited and not reattached to identity. The sin is not kept as a weapon or held as a label. This is radical mercy that severs the person from the identification of their past.

ATTRIBUTE #9

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS PERSON, I NOTICE
WHERE THE PAST LIVES IN MY BODY.

MY HEAD?

MY SHOULDERS?

MY CHEST?

I FEEL THE PLACE THAT TIGHTENS WITH RIGHTEOUS DISTANCE,
THE PLACE THAT WANTS TO STAY SEPARATE.

I BREATHE INTO THAT PLACE AND IMAGINE THE PAST SINKING
BENEATH THE SURFACE, DEEPER AND DEEPER, UNTIL IT CANNOT
BE REACHED. I SOFTEN MY GRIP.

I LET MY BODY LEARN WHAT EMPATHY FOR ANOTHER FEELS LIKE

HOW THIS UNLOCKS BLESSING & MERCY

When I stop retrieving what should stay buried,
Heaven mirrors that release.

Hashem stops retrieving my past as well.

Old accusations lose their grip.

Spiritual blockages soften. I am met with renewal
rather than re-litigation.

The right to be seen as more than my worst moment,
and the blessing of not being defined by what was



attribute # 9

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I SECRETLY ENJOY BEING PROVEN RIGHT BY SOMEONE ELSE'S DOWNFALL?

WHERE DO I KEEP THE PAST ALIVE TO PROTECT MYSELF FROM VULNERABILITY?

WHAT WOULD CHANGE IF I LET THE STORY SINK BENEATH THE SURFACE AND RELATED TO THE PERSON'S SOUL INSTEAD OF THEIR SIN?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #10

GIVES TRUTH TO YAACOV



Mercy that stabilizes truth through simplicity.

THE CONFLICT CREATOR

תַּתִּין אֱמֶת לְיַעֲקֹב

10. Titain Emes L'Yaakov Give truth to Jacob

Hashem: Deals with us in truth and mercy.

Us: Be loyal and truthful to others with mercy & truth just as Yaacov was.

Mirror: Hashem will treat you with compassion-filled truth, not rigid justice.

THE PERSON

THE CONFLICT CREATOR

The one whose presence brings tension, their words or actions surface what others avoid. Around them, truth wants to be spoken, and silence feels heavy. They force the choice between avoiding discomfort and meeting reality through conflict instead of truth.

THE TRIGGERED ME

THE PEOPLE PLEASER

I value peace so deeply that I soften around tension. I am not outwardly dishonest, but I hold back what is true to keep things calm. I tend to complicate by trying to maintain the peace, instead of leaning into simplicity. I fear that honesty will disrupt connection, so I choose harmony over clarity and hope discomfort will resolve itself.

THE ACTIVATED ME

THE STRAIGHT SHOOTER

Here I become steady enough to hold truth and connection at the same time. I speak truth & honestly without sharpness and remain present without collapsing. I do not avoid conflict or escalate it. I stay rooted in simplicity, allowing clarity to come from calm rather than fear.

THE MIRROR

HASHEM

Hashem relates to us with truth infused with mercy - Hashem loves our simplicity in our devotion to Him. When we act in truth and simplicity to Him & others, Hashem deals with us with truth, simplicity, not strict judgment.

ATTRIBUTE #10

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF CONFLICT, I NOTICE
WHERE MY BODY WANTS TO GO TO
SMOOTH THINGS OVER OR GO QUIET.
I FEEL THE TENSION IN MY
THROAT
OR CHEST.

I PLACE MY FEET ON THE GROUND AND TAKE ONE SLOW BREATH.
I LET MY BODY SETTLE BEFORE I SPEAK. FROM THIS GROUNDED
PLACE, I ALLOW SIMPLE TRUTH
TO RISE GENTLY, WITHOUT RUSHING AND WITHOUT HIDING.

HOW THIS UNLOCKS BLESSING & MERCY

When I hold truth with mercy,
Hashem mirrors this back to me.
I am guided by compassion-filled truth rather than
rigid judgment.
Confusion softens, direction emerges,
and correction feels supportive instead of harsh.
My Mitzvot are not judged on their intensity, but
rather on the simple desire I have of doing
Hashem's will.



attribute # 10

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I CHOOSE HARMONY OVER TRUTH?

HOW DOES SPEAKING MY TRUTH CHANGE THE WAY I SPEAK FROM HONESTLY?

WHERE IN MY LIFE AM I READY TO TRUST THAT ACTING IN SIMPLICITY & TRUTH CAN DEEPEN, NOT DAMAGE, CONNECTION?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #11

KINDNESS TO ABRAHAM



Mercy that gives freely.

THE "IT'S COMPLICATED"

חֶסֶד לְאַבְרָהָם

11. Chesed L'Avraham "Kindness to Abraham"

Hashem: Treats us with kindness, not exacting justice.

Us: Go beyond with kindness to others, even if they no longer do good, just like Avraham would.

Mirror: Hashem will go above and beyond for you.



THE PERSON

THE “IT’S COMPLICATED”

This is the person I feel hot and cold toward. Not an enemy, not a stranger - but it's not easy. There is history, tension, emotional distance. I don't feel naturally generous here. Giving feels effortful, awkward, or unreciprocated. The relationship exists, but warmth does not flow freely.

THE TRIGGERED ME

THE CALCULATOR

I measure before I give. I keep track of effort, history, and emotional cost. I weigh how much I've already done and how little I might receive in return. I don't refuse outright, but I ration generosity carefully. I ask whether it's fair, whether they've earned more from me. I call this discernment, but it is fear of being taken advantage of disguised as wisdom.

THE ACTIVATED ME

THE GIVER

The Giver does not abandon boundaries, but releases calculation. I give because generosity reflects who I am, not the relationship. I open my hand. I initiate kindness without attaching outcome. I learn to feel Hashem's Chesed in my life, accepting it and sharing it with others. This is generosity that flows from fullness, not from obligation.

THE MIRROR

HASHEM

Blessing flows without strict accounting. Support arrives without being earned in advance. I experience abundance that is not transactional and kindness that meets me before I ask. What I stop measuring, Heaven stops measuring as well.

ATTRIBUTE #11

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS PERSON,
I NOTICE WHERE MY BODY FEELS DISCOMFORT OR TIGHTENS AS I
CALCULATE.
I FEEL THE PLACE THAT HOLDS BACK.

I TAKE ONE BREATH AND IMAGINE UNCLENCHING MY RIGHT
HAND (THE HAND OF CHESED). I SHINE HASHEM’S CHESED TO
MYSELF.

I LET GENEROSITY SOFTEN MY BODY BEFORE GIVING
BECOMES AN ACTION.

HOW THIS UNLOCKS BLESSING & MERCY

When I release calculation and give freely, Hashem
mirrors this expansiveness back to me.
Blessing flows without strict accounting.
Support arrives without being earned in advance.
I experience abundance that is not transactional and
kindness that meets me before I ask.
Hashem goes above and beyond for me where I
haven’t earned it. When I stop measuring, Heaven
stops measuring as well.



attribute # 11

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE DO I MEASURE GENEROSITY INSTEAD OF OFFERING IT?

WHAT AM I AFRAID WILL HAPPEN IF I GIVE WITHOUT CALCULATING?

WHAT WOULD IT LOOK LIKE TO OFFER ONE SMALL KINDNESS FREELY, WITHOUT EXPECTING IT TO RESOLVE ANYTHING?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #12

WHICH YOU SWORE TO OUR FOREFATHERS



Mercy that finds the way forward by remembering where love once began.

THE DETACHED

אֲשֶׁר נִשְׁבַּעְתָּ לְאֲבוֹתֵינוּ

12. Asher Nishbata L'Avoseinu
 "Which You swore to our
 forefathers"

Hashem: Keeps His promises,
 even when we are undeserving.

Us: Keep our word, even when
 the recipient doesn't deserve it.

Mirror: Hashem will keep His
 promises to you, even when you
 don't deserve it.



THE PERSON

THE DETACHED

The one who has pulled away. They may be present, but not fully available. There is distance in their tone, attention, and energy. The warmth that once existed has faded or become inconsistent. The relationship hasn't ended, but it no longer feels mutual. Their detachment invites my own withdrawal.

THE TRIGGERED ME

THE APATHETIC

I stop caring. I am no longer hurt, but I am no longer invested either. I flatten my emotions and disengage quietly. I tell myself it's easier not to feel, easier not to hope, easier not to reach. I lower my expectations and call it acceptance. What once mattered now feels distant, and apathy becomes a shield against disappointment.

THE ACTIVATED ME

THE WAYFINDER

The Wayfinder does not deny the present distance, but refuses to be lost in it. I remember where this relationship began and allow memory to guide me forward. I do not cling to the past or demand its return. I use origin as orientation. I let the goodness that once existed illuminate a path through the distance, even if the path is narrow or slow.

THE MIRROR

HASHEM

Hashem remembers the love of our beginnings and uses it to guide us home when we are distant, distracted, or diminished. He does not abandon the path between us. He relates to us through origin, not only through current state. This midah is mercy that navigates distance by holding the memory of first closeness.

ATTRIBUTE #12

SOMATIC MERCY SCAN

your thoughts

WHEN I THINK OF THIS PERSON, I NOTICE WHERE NUMBNESS
LIVES IN MY BODY.

I FEEL THE PLACE THAT HAS GONE QUIET OR HEAVY.

I TAKE ONE BREATH AND IMAGINE A SMALL LIGHT AHEAD OF ME. I
LET THAT LIGHT ORIENT ME FORWARD, JUST ENOUGH TO
SOFTEN THE APATHY.

HOW THIS UNLOCKS BLESSING & MERCY

When I choose to become a Wayfinder, Hashem
mirrors that guidance back to me.

I am not lost in my own distance or fatigue.

Paths reopen gently.

Direction returns without pressure. What feels far is
no longer unreachable. The mercy I extend becomes
the guidance I receive.



attribute # 12

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE HAVE I ALLOWED APATHY TO DECIDE MY DISTANCE?

WHAT MEMORY OF GOODNESS COULD GUIDE ME FORWARD INSTEAD?

WHERE IN MY OWN LIFE DO I NEED GUIDANCE RATHER THAN WITHDRAWAL?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?

ATTRIBUTE #13

FROM DAYS OF OLD



Mercy that works when nothing else does

THE IMPOSSIBLE

מִימֵי קֶדֶם

13. Mimei Kedem "From Days of Old"

Hashem: Remembers our origins and our root goodness.

Us: See others through the lens of their soul-root, as a child.

Mirror: Hashem remembers your soul's purity and treats you with all the love in the world.



THE PERSON

THE IMPOSSIBLE

This is the one for whom nothing has worked. Every approach has failed. Every Middah/Attribute has been tried. The relationship feels sealed, unmovable, beyond repair. There is no leverage left, no insight left, no strategy remaining. This person represents the limit of human capacity - the place where logic ends and hope feels naïve.

THE TRIGGERED ME

THE LAST STRAW

I reached the end. I am not angry; I am depleted. I have tried patience, forgiveness, truth, generosity, and restraint. I have shown mercy in every form I know how. And now something in me breaks quietly. I tell myself there is nothing left to do. I close the door not out of cruelty, but exhaustion. This is the moment I stop believing effort can change anything.

THE ACTIVATED ME

THE TIME TRAVELER

I travel to a time this person was pure, as far back as an infancy if I need; a toddler with sticky fingers and a pure heart. I relate to this person not only as they are now, but as they were, as they could be, and may yet become. I allow a future I cannot imagine to exist without needing to control it. This is not effort - it is surrender to wonder.

THE MIRROR

HASHEM

When all merit is spent and all effort exhausted, Hashem goes to our earlier purest moments and draws merit & mercy from that place. This Midah is in the realm of miracles-where time bends & outcomes reverse. Hashem is not limited by our limitations. He introduces possibility where none remains and merit from days of old.

ATTRIBUTE #13

SOMATIC MERCY SCAN

your thoughts

WHEN I BRING THIS PERSON TO MIND, I SOFTEN MY BODY AND
IMAGINE THEM AS A CHILD, BEFORE THE STORY HARDENED.

I PICTURE A MOMENT WHEN THEIR SOUL
WAS STILL PURE AND OPEN.

I FEEL THAT IMAGE SETTLE IN MY CHEST. I SURROUND IT WITH
THE ULTRAVIOLET LIGHT OF TIFERET - BALANCE/TRUTH.

I TAKE ONE BREATH AND REMEMBER THAT WITH HASHEM,
NOTHING IS FIXED. I ALLOW MYSELF TO HOPE THAT JUST AS I
SEE THEIR INNOCENCE, HASHEM REMEMBERS ME THROUGH MY
MOST PURE MOMENTS AS WELL.

HOW THIS UNLOCKS BLESSING & MERCY

When I release finality and allow my memories to
travel to “days of old”, Hashem mirrors that openness
back to me. What was stuck loosens. What was
sealed softens.

Change arrives from unexpected directions.
I am met not with the consequences of my limits, but
with mercy that transcends them. The moment I stop
insisting the story is over, a new chapter becomes
possible.



attribute # 13

JOURNAL REFLECTION

To embody these attributes, it is essential to take action. You can use the questions below as a guide to reflect on a relationship in your life - how you can practice this attribute of mercy towards this individual.

WHERE HAVE I DECIDED THAT NOTHING MORE CAN BE DONE?

WHAT WOULD IT FEEL LIKE TO LOOSEN MY GRIP ON THAT CONCLUSION?

WHERE IN MY LIFE AM I BEING INVITED TO BELIEVE IN RENEWAL WITHOUT KNOWING HOW IT WILL ARRIVE?

WHAT WILL THIS OUTCOME WITH THIS ATTRIBUTE GIVE ME?

WHAT WILL I GAIN?

WHAT SMALL STEP CAN I TAKE TOWARDS EMBODYING THIS ATTRIBUTE?



03 ACTION

RITUALS



Kabbalistic tools in action.



7 day HABIT TRACKER

Which one of the 13 Attributes of Mercy did you use today? Track the one/s you chose to utilize in a conflict or challenging situation. Fill out the following chart, selecting as many attributes that you have used each day.

WHICH ATTRIBUTE(S) WAS I INVITED TO PUT INTO PRACTICE

WEEK OF: _____

	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01 WHO IS A G-D LIKE YOU	<input type="checkbox"/>						
02 WHO BEARS SIN	<input type="checkbox"/>						
03 WHO OVERLOOKS REBELLION	<input type="checkbox"/>						
04 FOR THE REMNANT OF HIS HERITAGE	<input type="checkbox"/>						
05 HE DOES NOT HOLD ANGER FOREVER	<input type="checkbox"/>						
06 HE DESIRES KINDNESS	<input type="checkbox"/>						
07 HE WILL AGAIN BE MERCIFUL	<input type="checkbox"/>						
08 HE SUBDUES OUR INIQUITIES	<input type="checkbox"/>						
09 HE CASTS ALL SINS INTO THE SEA	<input type="checkbox"/>						
10 GIVE TRUTH TO YAACOV	<input type="checkbox"/>						
11 KINDNESS TO AVRAHAM	<input type="checkbox"/>						
12 YOU SWORE TO OUR FOREFATHERS	<input type="checkbox"/>						
13 FROM DAYS OF OLD	<input type="checkbox"/>						

REFLECTION NOTES



tomer devorah

4 WEEK TRACKER

Take the Challenge - learn Tomer Devorah* everyday for 4 weeks. Use this page to track your daily learning. Mark off each day as you complete it, and write your reflections below.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SHABBAT
WEEK ONE							
WEEK TWO							
WEEK THREE							
WEEK FOUR							

REFLECTION NOTES

**Tomer Devorah is broken up into a daily learning corresponding to each day of the Hebrew month, For an English/Hebrew version with daily learning, use of Tomer Devorah (the blue book) published by Tomer Publications is recommended. To follow along daily, head to PURE Tomer Devorah Podcast on Spotify for a 5-8 min daily podcast..*



04 CONTACT US

STAY CONNECTED



Spotify: Pure Tomer Devorah

IG: @purepodcastofficial

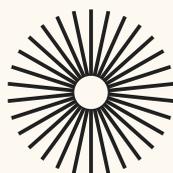
info@purebyayala.com

www.purebyayala.com

WhatsApp: 561-862-2949 to request
to join the Tomer Devorah group

congratulations

YOU FINISHED THE WORKBOOK



Radical mercy begins within you. In order to draw it down into our lives, Hashem, in His compassion, places people in our path who challenge us and invite us to practice that mercy in real time. Through them, we are given the opportunity to embody what we are seeking, so that Heaven can mirror it back to us.

The Thirteen Attributes are an open-book test. Hashem gives us the answers first, and then lovingly places us in the position to succeed.

May you be blessed with mercy. May the channels of blessing be opened for you. May you find peace in your relationships, in your heart, and in your home.

And may Hashem bless you with abundance, and shower you with health and well-being.

@PUREPODCASTOFFICIAL
PUREBYAYALA.COM
INFO@PUREBYAYALA.COM