



#1 Avodah/Service
“Body-Busting” Exercises
to help
Achieve Self-Mastery
and
Release the Voice of the Neshama

For three consecutive days:

- Daven for one other person’s well-being each day.
- Set your alarm 5 minutes earlier than normal.
- Find one person a day and serve one of their needs without being asked.
- Recite appropriate blessings after eating (see ArtScroll siddur page 200).
- When saying Grace After Meals, use a siddur or bentcher instead of reciting it by heart.
- There are dishes in the sink that need washing, or something else that needs picking up in the house; do it NOW.
- If you never exercise, start walking 5 minutes a day.
- Say the 3 paragraphs of Shema each morning.
- Think to yourself, “I am standing before the Creator” before you start Shemoneh Esrei.
- Sit down in a quiet place and talk to Hashem once a day.
- Make a list of “Things I want to talk to Hashem about today.”

You are invited to participate in Miriam Feldman’s weekly half-hour
“Avodah - Support” conference call, Tuesday evenings at 9:00 pm.
Call 270-400-1500 and use access code: 289260.

Notice your body,
Notice your soul,
Listen for who rules at any given moment