SOUL THERAPY

Expanding Our Capacity to Receive Abundance

From Scarcity and Survival
to Inner Fullness and Trust

Based on the teachings of Chava Shmilovitch



What if **abundance** isn't something we have to chase, but something we first need to learn how to **receive**?



The Flow (Shefa)

Abundance is constantly flowing toward us, waiting to be accessed.

The Vessel (Kli)

Our ability to actually experience this flow depends entirely on the openness of our inner ves

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Two Types of Abundance

External Abundance

- Money, possessions, and practical resources
- Material opportunities and career milestones

Insight: Does not guarantee emotional peace or a calm nervous system.

Inner Abundance

- Emotional fullness and felt security
- Joy, connection, and vibrant creativity
- The richness of the Neshama (soul)

Insight: A state of deep internal satisfaction, regardless of external metrics.

איזהו עשיר? השמח בחלקו —

Who is truly wealthy? The one who rejoices in her portion.

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The Roots of Scarcity

Early experiences shape our nervous system and restrict our Kli (vessel).

Scarcity is More Than Financial. It includes:

- Lack of emotional attention
- Not feeling seen, heard, or understood
- Emotional unsafety or unpredictability
- The lingering fear that love or support might disappear

The Result: The heart contracts. A nervous system perceiving danger prioritizes protection over connection. We brace ourselves against the world rather than remaining open to receive.



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Diagnosing Our Inner State

Survival Mode

Psychological State:

Fear, contraction, defensiveness, control, emotional overwhelm, and blocked creativity.

Everyday Example:

Checking the bank account and feeling physically paralyzed, or withdrawing from your spouse out of a fear of rejection.

Inner Safety

Psychological State:

Trust, openness, connection, emotional flexibility, receptivity, and vibrant creativity.

Everyday Example:

Facing a sudden challenge but feeling internally held; being able to ask for help without experiencing shame.

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The Attachment Wound & Hashem



The Disconnect

Early attachment wounds blur our relationship with Hashem. We may intellectually believe Hashem loves us, but emotionally experience fear, abandonment, or profound scarcity.

The Therapeutic Goal

Not simply 'thinking positive thoughts,' but rebuilding felt emotional safety and trust in the body.

I am learning to experience Hashem's loving presence even when my circumstances feel uncertain.

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Where Do Our Desires Come From?

Survival-Driven Desire (Ego)

I need to acquire more because I am afraid, I feel inadequate, or I am constantly comparing myself to others.

Soul-Connected Desire (Neshama)

I want to grow, create, give, serve Hashem, and fulfill my unique purpose in this world.

Reflection: Look at your current goals. What is driving your desire right now—fear, or the deepest truth of your Neshama?

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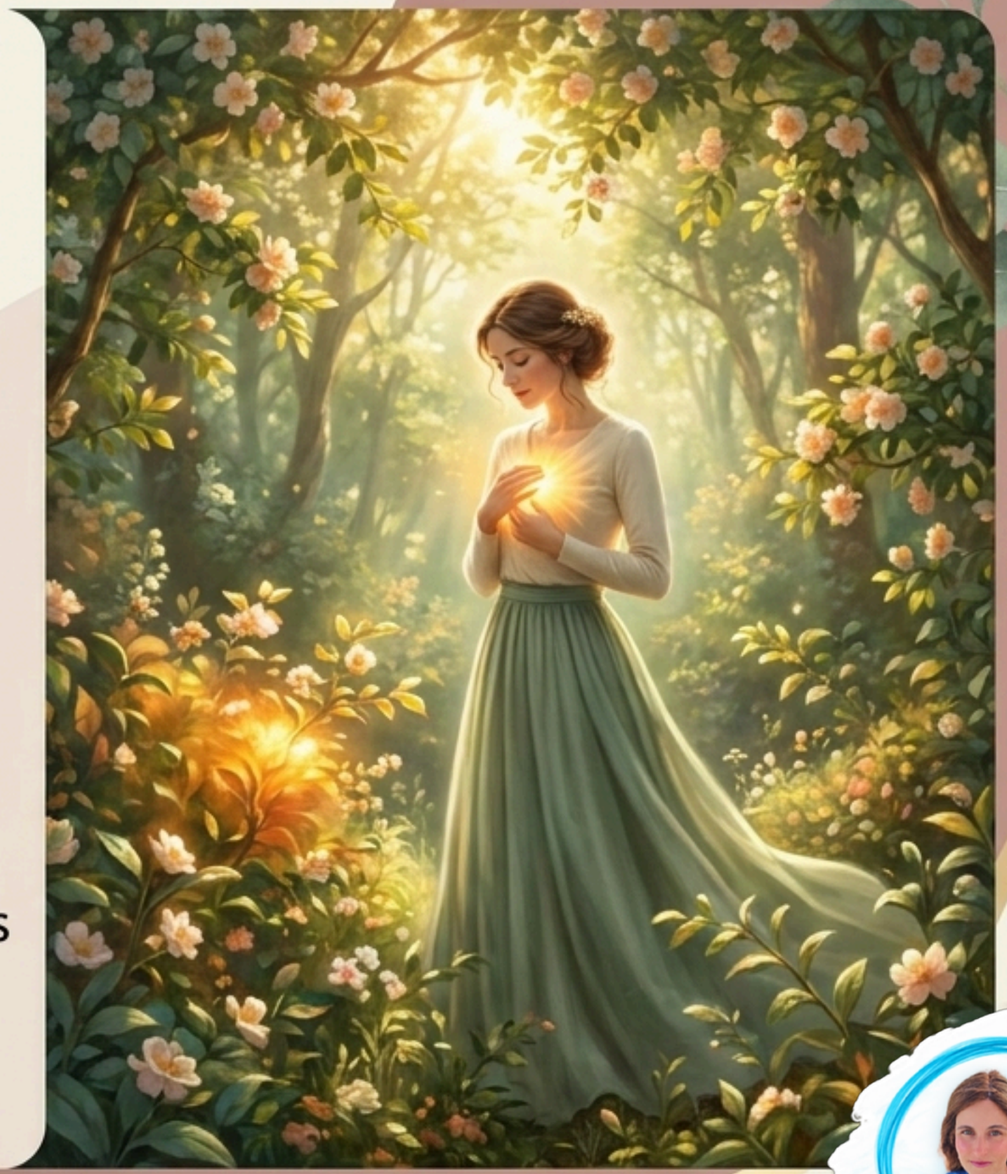
Return to Your Treasures

חדלו עוד מלהיות עניים — שובו אל האוצרות שלכם

"Stop being poor—return to your treasures."
— Rebbe Nachman of Breslov

This profound invitation does not deny genuine financial hardship. Rather, it reminds us that even when we lack external resources, our spiritual richness and internal Shefa remain entirely intact. We must remember how wealthy our souls already are.



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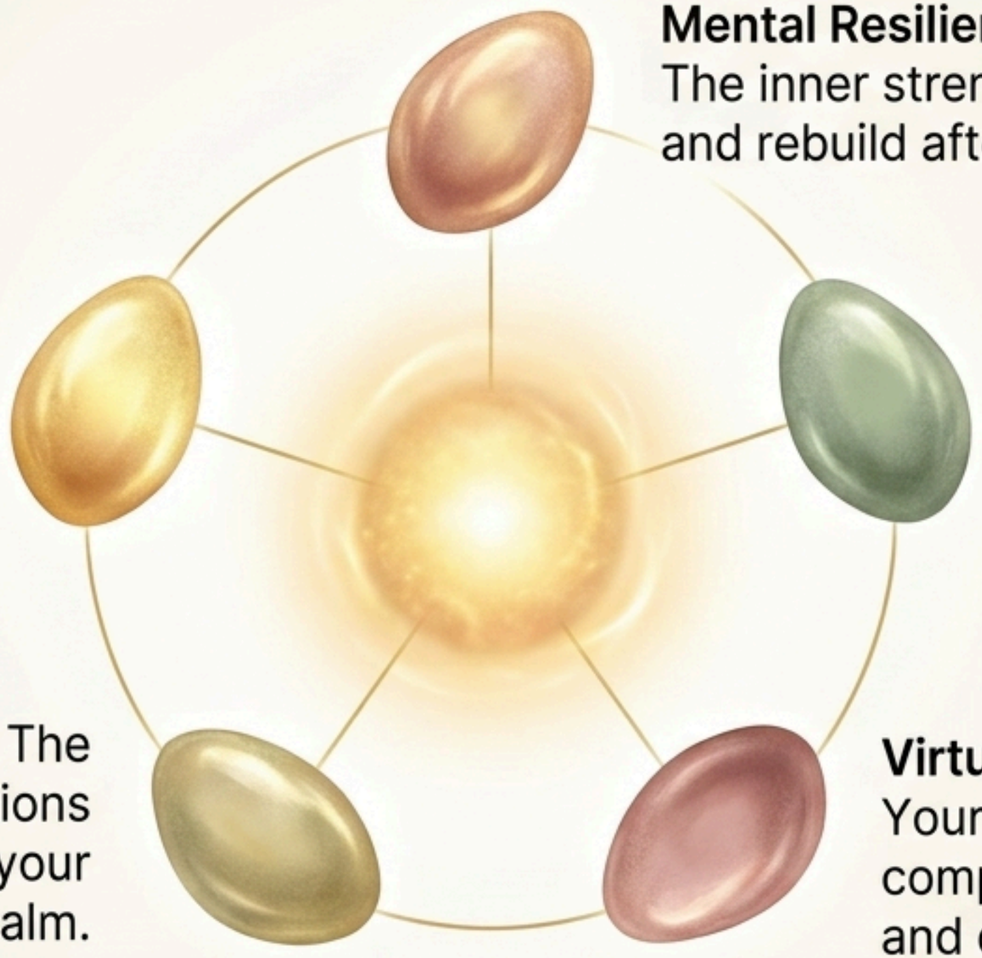
The Five Treasures Already Within You

Mental Resilience:
The inner strength to rise and rebuild after a crisis.

Emunah & Connection:
The profound knowing that you have a Father in heaven who listens to you 24/7.



Natural Talents: The things you do effortlessly that bring value and help to others.

Creative Ideas: The sudden, brilliant solutions that arrive only when your nervous system is calm.

Virtues of the Heart:
Your unique capacity for compassion, empathy, and deep love.

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Discovering Your Soul's Desire

Section 1: The Thought Experiment

Imagine you have complete financial security.
All your needs are met. There is zero pressure.
You do not need to prove yourself to anyone.

Section 2.

- What would I choose to do in this world?
- What light do I want to bring into the world?
- Whose life would I love to make better?

Section 3. The Insight:

By mentally removing the pressure of survival, we separate our anxiety-based goals from our authentic Ratzon (the true will of the soul).



Expanding the *Kli* (Vessel)

Narrow, Tense Vessel: Water Splashes Away





Wide, Open Bowl: Gently Filling with Light

Expanding our Kli is not about demanding more external wealth from Hashem. It is about actively cultivating the emotional and spiritual capacity to recognize, receive, appreciate, and utilize the goodness that is already being provided.

I am not trying to force abundance. I am learning to become more open to receivi

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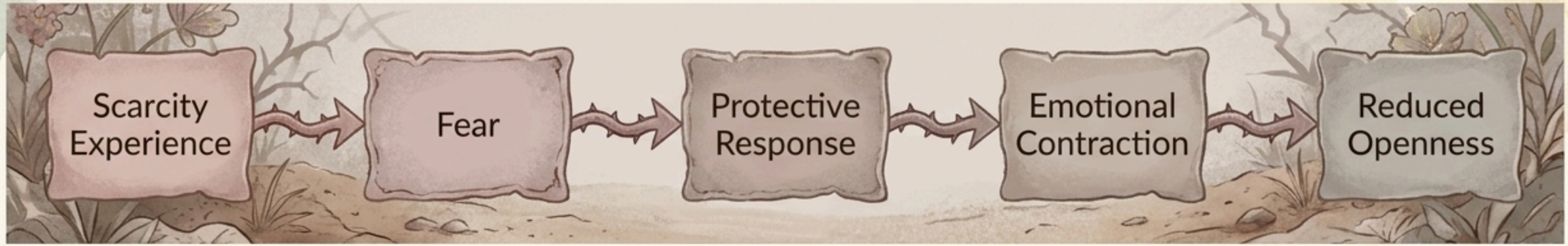
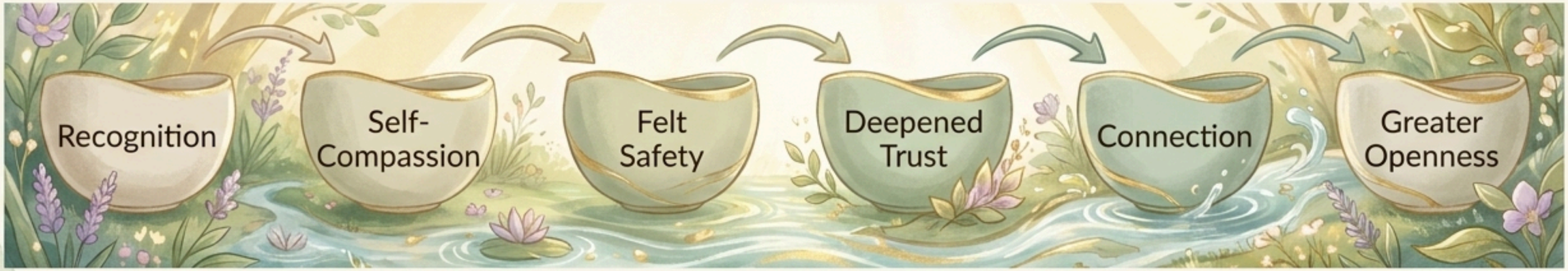
The Healing Pathway





Reflection: What fear is managing my life right now? What would help me feel supported enough to take one small step from the top path to the bottom path?

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Practical Soul Therapy Work: Diagnosis

Exercise 1: Identifying My Scarcity Story

What do I deeply believe is missing from my life?

When did I first begin to feel this way?

What emotions arise in my body when I think about receiving more?

Exercise 2: Recognizing My Survival Response

What happens inside my nervous system when I feel financial or emotional uncertainty?

Do I fight, withdraw, freeze, avoid, or try to meticulously control everything?



Practical Soul Therapy Work: Expansion

Exercise 3: Gratitude for the Physical

- Reflect on the tefillah שבענו מטובך (Satisfy us with Your goodness).
- Acknowledge the literal millions of dollars of value in your functioning eyes, heart, hands, and breath.
- **Insight:** Conscious appreciation radically changes the experience of what we already possess.

Exercise 4: The Receptive Muscle

- What makes receiving feel difficult or unsafe for me?
- What is ONE safe, manageable way I can practice accepting support this week without guilt? (e.g., asking for help with a chore, or simply accepting a compliment with a smile).



Integration & Inspiration

True abundance begins with inner connection. Fear may temporarily narrow my experience, but my Neshama is already full of precious gifts.

“Hashem, help me return to the treasures You have placed within me. Help me heal the places that are still afraid to receive. Open my heart to recognize Your goodness, deepen my trust in Your loving care, and use the abundance You give me to bring more light into this world.”

The greatest treasure isn’t something I need to chase. It begins with reconnecting to the richness Hashem has already placed within my *neshama*.

