



# INTRODUCTION

Finding Love Again – Presented by Meira and Yitzi Bar-Lev

# AGENDA

## Five Assumptions that Keep You from Finding Love

- Welcome and Introduction
- The Five Emotions/Assumptions
  - Sadness/Grief
  - Feeling the Lack
  - Doubt
  - Seeking after Pleasure
  - Anger/Frustration
- False Assumptions Others Make
- Truth and Awareness
- Where do I go From Here
- Q and A







# INTRODUCTION

A few minutes from each of us, our experiences becoming single again and dating to find that just right one.

Meira

Yitzi

## OUR SUBJECT TODAY

Today you are going to learn about Rabbi Yitzchak Luria, the Arizal's five emotions that lead to the assumptions we make, taking you away from the life you truly want.





THE WAY TO GET STARTED  
IS TO QUIT TALKING AND  
BEGIN DOING.

Walt Disney



# SADNESS/GRIEF

## Sadness/Grief

Are normal after a relationship ends, especially in divorce or bereavement. But after a time, depending on the person, the relationship and the cause, sadness will gradually leave.

## Emotions/ Assumptions

- But some people will think, “my partner was so good that I’ll never meet another like him/her
- All the good ones are taken. or “my partner was bad, and all the others out there are just the same.
- There are no good men or good women out there. So why bother?

And she or he stops the process before it begins, becoming Stuck.

**Can anyone relate to this?**

# FEELING LACK

## Feeling lack

- I'm not attractive enough.
- I'm not young enough.
- Not smart enough
- Not sexy enough
- Not athletic enough,
- Not successful enough financially.
- The list goes on and on.

So that's why I can't meet anyone, I've become Stuck.

**Can anyone relate to this?**

## Emotions/ Assumptions

So, what happens if you go out, to a party? You sit on the sidelines, looking wistfully at the couples who are having a good time, repeating the litany of not enough as justification for being alone. So that's why I can't meet anyone.

I can tell you honestly many of these thoughts have come to my mind at one time or another.

# DOUBT

## Doubt is a BIG Stopper

- Many of us are very bright and love to analyse. Often we begin to second-guess ourselves and others and then doubt ourselves.
- We think, I am ready to date and then stop ourselves when the prospect of a blind date gets close.
- Or we think if there is someone good out there how am I going to find him or her?
- I don't know how, and I don't have what it takes to find him or her. Maybe I am better off alone?

Taking no action through doubt stops the process before it begins.

**Can anyone relate to this?**

## Emotions/ Assumptions

Thoughts like these keep up from acting and or being effective.

I like his/her profile but I won't make the first move. It will make me seem too anxious. Or should I? Maybe that will set me apart from the crowd? We soon confuse ourselves not knowing what course of action to take. And so take none, wallowing in indecision.



# SEEKING AFTER PLEASURE

## Seeking after pleasure

It could be as simple as staying in your comfort zone, but for most of us, doing that will not get you out of your house much less dating!

I think Rabbi Nachman is referring to lust, which can be any really strong desire, including sexual.

One assumption I have heard related to this is that people over 50 have less interest in sex.

This is a generalization and untrue for at least half of this population.

## Emotions/ Assumptions

Rabbi Nachman mentions this as a direction away from connection to G-d, and from your true self. It is ego-driven and is only about the physical needs of the moment and no basis for a real relationship. The positive aspect within lust, according to my teacher, is the desire for connection. Connection with another in a deeper way, like a heart and soul connection is raising up desire to a higher level.

Once again, she or he stops the process before it begins, becoming Stuck.

**Can anyone relate to this?**

# ANGER/FRUSTRATION

## Anger and Frustration

- We may be carrying some anger at our last partner for “putting us in this mess of dating again.” Clearly this is not going to help you in your search for love. This in addition to whatever else you may still be angry about can spill over into how you relate with someone new.
- I frequently hear women say that they suspect the older men that they meet are not looking for love and companionship but are seeking a caretaker for their old age. And they are not going to get **stuck** doing that. Well, this prejudice stops them from sharing their love with a potentially suitable partner.

## Emotions/ Assumptions

Or they may say angrily that the men their age are only interested in younger women. Well, some truly are. They are often influenced by movies and magazines and the youth culture. But a large number long to be with someone who shares their history and culture. Maybe someone who remembers the Beatles or other icons of their culture—Rock stars, actors, athletes and can discuss them.

I can tell you that we really love to share our interests in music, movies, slang, as well as traveling and going out for dinner. And I am old-fashioned enough to love it when Yitzi opens the door for me or pulls out a chair for me.

Can you think of other assumptions that people commonly make?

And what do you think is the truth?

# SO YOUR FIRST STEP IS AWARENESS

- When you find yourself making one of these assumptions or similar ones, recognize it. Trace it back to the emotion that triggered it.
- Then remember that you are not your emotions.
- You can release them if you can just feel them without their stories.
- A pure emotion will dissipate in 90 seconds.
- And you are in control of your actions, not your emotions.
- The thoughts and assumptions are often not even true. You can decide that you really want to find love again and focus on that.
- Continued .....



## FIRST STEP CONTINUED

- When you find yourself making one of these assumptions or similar ones, recognize it. Trace it back to the emotion that triggered it.
- Then remember that you are not your emotions.
- You can release them if you can just feel them without their stories.
- A pure emotion will dissipate in 90 seconds.
- You are in control of your actions, not your emotions.
- The thoughts and assumptions are often not even true. You can decide that you really want to find love again and focus on that.

And if you want further help?

## FIRST STEP CONTINUED

- When you find yourself making one of these assumptions or similar ones, recognize it. Trace it back to the emotion that triggered it.
- Then remember that you are not your emotions.
- You can release them if you can just feel them without their stories.
- A pure emotion will dissipate in 90 seconds.
- You are in control of your actions, not your emotions.
- The thoughts and assumptions are often not even true. You can decide that you really want to find love again and focus on that.

And if you want further help?

# WE PROMISED TO TELL YOU WHERE DO I GO FROM HERE?

When we got married, many people told us we had given them hope, that we were an inspiration. It is true what Bette Davis said. Old age is not for sissies. Nor is middle age!

But we believe we can make it easier for you. We have developed a 6-week Mastermind program called Finding Love Again. A Mastermind gives you the opportunity to share ideas and learn not only from the coach but also from each other's experience, knowledge and support.

We will create a community on Whatsapp or Signal where you can ask your questions anytime and get answers from all of us!

In addition, we will be covering such subjects as mindset, myths and realities, belief relief, clearing the baggage of the past, preparing or dating in 2022 and much more. And we listen. If there is a topic you would like us to cover, we will consider adding it in. Each 90-minute session will be informative and experiential with cutting edge tools that help you to get the breakthroughs you are seeking. We will allow time for questions and discussion each week and will often give you something to work on between sessions. And as a special bonus, each participant gets a 30-minute session with either one of us to ask your personal questions. Continued.....



# WHERE DO I GO FROM HERE?

In addition, we will be covering such subjects as mindset, myths and realities, belief relief, clearing the baggage of the past, preparing or dating in 2022 and much more.

And we listen.

If there is a topic you would like us to cover, we will consider adding it in. Each 90-minute session will be informative and experiential with cutting edge tools that help you to get the breakthroughs you are seeking.

We will allow time for questions and discussion each week and will often give you something to work on between sessions.

And as a special bonus, each participant gets a 30-minute session with either one of us to ask your personal questions.

# GET INTENSIVE AND IMMERSIVE HELP

I know what you are thinking. What is the cost?

We believe the value of this program is \$567 but during this beta program, we have discounted it to \$399! And if you sign up by Sunday June 19<sup>th</sup>, you get an Early Bird discount of \$50—giving you a price of only \$349!

Check our website [www.findingloveagain.net](http://www.findingloveagain.net) for full information.

Sign up get the Early Bird \$50 discount here: <https://findingloveagain.net/mastermind-webinar-registration>

Contact us at [mastermind@findingloveagain.net](mailto:mastermind@findingloveagain.net) with any questions, thoughts, ideas. We want to make this program a life changer for you.

Please be in touch if you are interested. We will also be in touch, and we really want to hear from you!



## QUESTIONS & ANSWERS

We will be happy to spend the next few minutes taking questions and giving answers with you by text in the Zoom Session.



# THANK YOU FOR JOINING US TODAY

- Let us know what you think and feel and how we can improve our offer.
- We will be in touch shortly and look forward to hearing from you.

## Don't Forget Your Friends and Family!

Please spread the work among your friends and family who could benefit from this program.

Website: <https://findingloveagain.net>

Email: [Mastermind@findingloveagain.net](mailto:Mastermind@findingloveagain.net)

Signup: <https://findingloveagain.net/mastermind-webinar-registration>



Meira and Yitzi Bar-Lev