

**Makor Hayim, Romemu Yeshiva and
Or HaLev**

Teshuvah of Love

How do we change unhelpful patterns in ourselves? We want to transform, but our normal approaches of self critique and blame somehow don't seem to lead to change. Together we will explore a Hasidic teaching and a spiritual practice than can help us work lovingly with behaviors, emotions and thought patterns that we want to change and allow genuine transformation to occur.

Rabbi Dr. James Jacobson-Maisels is the founder and spiritual director of Or HaLev: A Center for Jewish Spirituality and Meditation (<http://orhalev.org/>) and the founding Rosh Yeshiva of Romemu Yeshiva (<https://www.romemu.org/about/yeshiva/>) a new contemplative yeshiva combining study and practice. He has taught Jewish thought, mysticism, spiritual practices and meditation at the Pardes Institute of Jewish Studies, Haifa University and Yeshivat Hadar and in a variety of settings around the world. He strives to integrate his study and practice and to help teach and live Judaism as a spiritual discipline.



TUESDAY 15 SEPTEMBER 19:00 - 20:00

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MAKOR HAYIM

www.makorhayim.co.uk



OR HALEV

Center for Jewish Spirituality & Meditation



**romemu
yeshiva**

MEDITATE. STUDY. PRAY.