

# Chapter Nine: The War Inside You

Jewish Mysticism: Tanya Class

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B"H

## 1. Where are your two souls?

- The heart's two chambers: left and right.
- The animal soul - emotionally dominant - primary resting place in heart.
- The G-dly soul - mentally dominant - primary resting place in the mind.
- The primary function of the G-dly soul is for the mind to control the emotions.
- How do we accomplish this? Meditation.
- Meditation # 1: Love.
- Meditation # 2: Joy.

## 2. Your Inner Struggle

- **Bereishis:** "And one nation shall overpower the other nation"
- A tale of one city. Each desires to be in full control.
- There are only 3 garments. Not 6.
- Each wants the (1) mind to be preoccupied with **its** intellectual powers. The (2) mouth to be talking only what **its** emotions dictate and the (3) limbs to be acting only according to **its** desires.

## 3. Healing your Darker Side

- **Devarim:** "With all of your hearts" = with both your impulses.
- The G-dly soul wishes to transform the animal soul to be preoccupied with a desire for a love of G-d.
- "Ahava K'rishpei Eish" = A love of flaming fire. Distance. Cannot transform.
- "Ahavah B'taanugim" = Great pleasurable love. Closeness. Transforms.
- "Ahava K'rishpei Eish" - sourced in fire. Strictly emotional.
- "Ahavah B'taanugim" - sourced in water. Primarily mental.
- **Step 1:** Removing the "filthy clothing"
- **Step 2:** Transformation.

## 4. What your Animal Soul Wants

- Another paradigm of the animal soul.
- The animal soul's motivation. What your animal soul *really* wants.
- **The Zohar's Analogy:** the harlot tempts the prince.