



CORNERSTONE 2021 RESOURCE

SOUL PURPOSE: BECOMING A BETTER MENTOR AND MENTEE

Elective

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TOPIC (S)	Identity, Leadership Development
SUMMARY	What does it take to be a mentor of the soul? Inspired by the Pixar movie <i>Soul</i> , we will explore how to inspire your staff and campers to find their soul-purpose (get their last badge). We will give you tools to take back to camp to be better mentors and mentees.
GOALS:	Participants will be able to: <ul style="list-style-type: none"> • Better understand themselves and their strengths • Recognize how they can use their strengths while at camp • Utilize the tools provided in this program to help the people they work with at camp become better versions of themselves
AUDIENCE:	[Staff and supervisors]
TIMING:	00:00-00:08 - Introductions and clip from <i>Soul</i> 00:08-00:15 - Read and explain <i>Barchi Nafshi</i> text (<u>Berachot 10a</u>) 00:15-00:25 - Chevruta study of text 00:25-00:55 - Ikigai 00:55-1:05 - Back with chevruta to discuss Ikigai learnings 1:05-1:15 - Discuss “aha moments” and how to bring this tool back to camp
APPENDICES:	Appendix I: Berachot 10a Appendix II: 9 types of Intelligences Appendix III: Ikigai explanation
MATERIALS NEEDED:	<ul style="list-style-type: none"> • Paper • Pen
SET-UP DETAILS:	Any location that has surfaces for writing on



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SESSION TIMELINE

- 00:00-00:08 - Introductions and clip from *Soul*
- 00:08-00:15 - Read and explain *Barchi Nafshi* text (*Berachot 10a*)
- 00:15-00:25 - Chevruta study of text
- 00:25-00:55 - Ikigai
- 00:55-1:05 - Back with chevruta to discuss ikigai learnings
- 1:05-1:15 - Discuss “aha moments” and how to bring this tool back to camp

SESSION OUTLINE:

00:00-00:08 - Session leaders introduce themselves and session goals/topic. Participants learn who is in the room via Menti. Show a short clip of *Soul* to begin the conversation.

00:08-00:15 - Session leader introduces text, Appendix 1, to participants, and asks for participants to read text aloud.

00:15-00:25 - Participants are split into chevruta and sent into breakout rooms to discuss the text using the following questions:

Briefly share the conversation that we had, once the group comes back together.

00:25-00:55 - Sessions leaders introduce the concept of Ikigai. Begin with showing questions via menti.

- (5 mins) Ikigai = reason to live, more specifically, reason to get up in the morning
 - There is a particular method to figuring out what your ikigai is, based on the traditional Japanese culture that the concept was born from. It is built around four questions that you need to answer in a specific order.
- (5 mins) What you love
 - What’s something you could talk about for hours on end?
 - Ask folks to share aloud if they would like to
- (7 mins) What the world needs - what does camp need from you this summer?
 - Show hineni resource that was created by FJC and give 1 minute to review
 - What kind of people does the world need more of?
 - Which of these are you going to bring to camp
- (7 mins) What are you good at? (Share M-9 document & spider web mentimeter)
 - Humble brag - what are you good at?
 - How do you learn? Facilitators will provide the link to the M-9 tool to the participants to review. Using the spider web feature on mentimeter, participants will be asked to think about how they learn and what they’re good at.
 -
- (6 mins) What can you be paid for?

Commented [1]: Find clip
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- If money weren't an option, my dream job would be...

00:55-1:05 - Participants are sent back into the same chevruta to discuss their Ikigai using the questions found in Appendix III

- 3 mins - Take a few minutes to write whatever keywords, phrases and ideas come up for you in each circle, then look for areas of natural overlap. If there's time, once you have some answers to these questions, you can start looking at the various places where they intersect.
- 7 mins - share what you learned about yourself and how you can use what you learned while working at camp this summer

1:05-1:15 Session leaders lead concluding discussion on how to bring this tool and session back to camp.

BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

This program can easily be replicated at camp. Camps can use the tool mentimeter during staff week as a staff-wide or unit-wide program. If camps don't want to use screens or technology, questions and resources can be set up around a room on poster paper for staff to write on.

Appendix I

Berachot 10a

(Rav Shimi bar Ukva **said to Rabbi Shimon ben Pazi**) **Corresponding to whom did David say these five instances of Barchi Nafshi- "Bless the Lord, O my soul"?** Rabbi Shimon ben Pazi answered him: **He said them about none other than the Holy One, Blessed be God, and corresponding to the soul, as the verse refers to the relationship between man's soul and God.**

The five instances of "Bless the Lord, O my soul" correspond to the five parallels between the soul in man's body and God's power in His world. **Just as the Holy One, Blessed be God, fills the entire world, so too the soul fills the entire body.**

Just as the Holy One, Blessed be God, sees but is not seen, so too does the soul see, but is not seen.

Just as the Holy One, Blessed be God, sustains the entire world, so too the soul sustains the entire body.

Just as the Holy One, Blessed be God, is pure, so too is the soul pure.

Just as the Holy One, Blessed be God, resides in a chamber within a chamber, in God's inner sanctum, so too the soul resides in a chamber within a chamber, in the innermost recesses of the body.

Therefore, that which has these five characteristics, the soul, should come and praise God Who has these five characteristics.

הַבְּרִיחַ הַמְּשֵׁה "בְּרַכִּי נַפְשִׁי" כְּנִגְדַּת מִי אֶמְרָן דָּוִד? לֹא אֶמְרָן אֲלָא כְּנִגְדַּת הַקְּדוֹשׁ בְּרוּךְ הוּא וְכִנְגְדַת נִשְׁמָה.

מָה הַקְּדוֹשׁ בְּרוּךְ הוּא מְלֵא כָּל הָעוֹלָם — אִם נִשְׁמָה מְלֵאָה אֶת כָּל הַגּוּף.
מָה הַקְּדוֹשׁ בְּרוּךְ הוּא רוֹאֶה וְאֵינוֹ נִרְאֶה — אִם נִשְׁמָה רוֹאֶה וְאֵינָה נִרְאֵית.
מָה הַקְּדוֹשׁ בְּרוּךְ הוּא זֵן אֶת כָּל הָעוֹלָם כְּלוֹ — אִם נִשְׁמָה זְנָה אֶת כָּל הַגּוּף.
מָה הַקְּדוֹשׁ בְּרוּךְ הוּא טְהוֹר — אִם נִשְׁמָה טְהוֹרָה. מָה הַקְּדוֹשׁ בְּרוּךְ הוּא יוֹשֵׁב בְּחֻדְרֵי חֻדְרִים — אִם נִשְׁמָה יוֹשֵׁבֶת בְּחֻדְרֵי חֻדְרִים.
יְבֵא מִי שֵׁישׁ בּוֹ חֲמֹשֶׁה דְּבָרִים הִלְלוּ וְיִשְׁבַּח לְמִי שֵׁישׁ בּוֹ חֲמֹשֶׁה דְּבָרִים הִלְלוּ.

Question to Consider:

1. Have you ever given or received a heartfelt blessing?
2. What did that feel like?
3. What do these five ways of talking about God mean?
4. What do these five ways of talking about the soul mean?
5. Do you have any experiences that align or not with these ideas?
6. Has this text changed or challenged your notion of a soul?



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Appendix II

9 types of intelligence - <https://avikatzorlow.files.wordpress.com/2018/04/how-we-learn-and-make-meaning-mi9.pdf>

Appendix III

- What is your ikigai?
 - There is a particular method to figuring out what your ikigai is, based on the traditional Japanese culture that the concept was born from. It is built around four questions that you need to answer in a specific order.
 - You can draw your own venn diagram of the intersecting circles of the ikigai symbol, and place your answers to the questions below in the large, outer circles. This allows you to quickly notice which words appear in adjacent or opposite parts of the diagram.

- **What you love** - This question is about figuring out what you find fun, interesting and motivating
 - What would you do if you didn't have to worry about making money?
 - How would you spend your time on a long vacation or a free weekend?
 - What's exciting to you and gets your juices flowing when you do it?
 - What could you enthusiastically talk about for hours on end?

- **What the world needs** - This question is meant to figure out what you can give to the world, your culture or your family.
 - What problems in your society would you like to help solve immediately?
 - What issues in your community/ the whole world touch you emotionally?
 - Are people willing to part with their resources to buy what you're selling?
 - Will your work still be relevant a decade (or even a century) from now?

- **What you are good at** - This question is meant to figure out your natural gifts: your talents and skills.
 - What parts of your current job are you effortless good at?
 - What are you among the best in your workplace/community (or even the whole world) at?
 - With some more education and experience, could you be among the best at what you do?

- **What you can be paid for** - This question is about the things that can put bread on your table, whether you enjoy them or not.
 - Lately, have you been paid for what you do? Have you ever been paid for what you do? If not, are other people being paid for this work?
 - Are you already making a good living doing what it is that you're doing? Can you eventually make a good living doing this work?



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- Take a few minutes to write whatever key words, phrases and ideas come up for you in each circle, then look for areas of natural overlap. Once you have some answers to these questions, you can start looking at the various places where they intersect.

Think about all these elements and the connections they have to each other. The idea is to have all the intersecting parts in balance: right at the centre of your chart is the answer to your personal ikigai — that will be your key to a prosperous, joyful and long life.