

## **Exile “Golus” or “Galut”**

Experience of being locked out of the Garden of Eden, exiled from the Holy Land, slavery in Egypt all contain the same thing: the appearance of separation from G-d.

When we are in the state of Exile, we feel challenged emotionally, mentally, physically. We feel like “Something’s Wrong” (from Shifra Hendrie) I’m not good enough, I don’t have what it takes, victim mentality, unworthy, abandoned, regretful, threatened, ashamed, full of self-doubt, etc. Or From Shimona Tzukernik with my embellishments: when seeing Tiferet from the exile perspective, parented by a boundary-less Chesed: selfish, hoarding, pleasure-seeking for its own sake, addictive, there’s never enough.

We tend toward behaviors that create more exile:

Blaming others, denial, resisting, giving up, lying, critical of self & others, reactive etc.

## **Redemption “Geulah”**

1. Experience of Heaven on Earth: Connected to G-d and to Others, At-One with your Self. Believes/Emunah in what cannot be seen – has faith/belief. Trust/Bitachon—knows everything comes from G-d without any rational explanation, Ain Od Milvado.  
**(Thoughts)**
2. When we are in a state of Redemption, we feel worthy, clear, grateful, authentic, compassionate, healthy, abundant, peaceful, loving, curious, strong, alive, humble, generous, in control, etc. Our heart is open and we can feel empathy for others.  
**(Feelings)**
3. We tend to behave in ways that create more redemption.  
**(Behavior)**

**Through the Garments of the Soul we create Heaven on Earth.**

**Garments are Thought, Speech, Action.**

**Thoughts = Parent**

**Feelings = Child**

**Behavior = Grandchildren**