

CERTAINTY

email: askmonica@kabbalah.com

blog: askmonicaberg.com

twitter: [@monicaberg74](https://twitter.com/monicaberg74)

Certainty is a vessel into
which the light of the
Creator can come.



People who attend religious services have a lower risk of dying in any one year than people who don't attend.

People who believe in a loving God fair better after diagnosis of an illness than people who believe in a punitive God.

Those who never attend religious services have twice the risk of dying over the next 8 years as people who attend once a week.

A simple person is one who never questions and never doubts the things that happen to him that DON'T make sense.

There is no greater tool we can use to
draw to our lives endless Light
than simplicity.

There is nothing than can damage more &
open a person up to all kinds of negativity
than a lack of simplicity.

3 Steps to Simplicity

1. Walk Simply

2. Knowing It Will Be Good

3. Don't Worry About the Future

I.

Walk Simply

No matter what happens I accept it with simplicity
& I don't look into why. No matter what is said--
no matter what somebody does to me. I accept it.

2.

Knowing It Will Be Good

Know that no matter how it appears it's coming from the Creator & ultimately will be good.

3.

Don't Worry About the Future

The third level is don't worry. Not about the future and not trying to figure out the future.

The trying to figure out the future separates us from the Creator.

תב

simplicity
tav - mem

תב

tav - mem

are the opposite of the words for death

מֵת

death = *mem* - *tav*

an indication that simplicity is the opposite of death
(complexity = death).

Kabbalists say no great blessing will ever come into a person's life unless it is preceded by

- Doubt
- Falling
- & Uncertainty

The Shem Mishmuel adds that when Light is restarted after a bout with doubt, it's not the same level of Light as what would have come if the person has pure certainty all the time.

Certainty means simplicity of thought when things don't make sense & go against our logic.

How much certainty do you have in your ability to create & draw miracles?

Write one miracle that you have wanted for yourself, deeply.

What do you do to manifest the certainty in this miracle or remove the uncertainty that you have surrounding it?

How great is your desire for approval?

What does approval give you?

How does the need for approval hurt you?

What is your passion?

What is your modest spark?

Crucially, curiosity helps us approach uncertainty in our daily lives with a positive attitude.

Envision yourself as a small child.

What things piqued your curiosity?

What excited you?

What dreams & hopes did you have?

Were you more curious or worried?

List 3 hopes

Now as an adult, list 3 things that you are motivated to pursue.

Is it led by your anxious mind or your curious spirit?

Either list 3 things you are motivated to pursue or uncertain about & try to see the opportunity for newness.

Shift your focus from that which
frightens you to what interests you.

Watch your anxiety simply fall away.

In order to remove uncertainty you need to know a few things you are certain of. You need to know:

Who you are today?

How you see yourself?

Where are you heading?

What do you want your future to look like?

CERTAINTY

email: askmonica@kabbalah.com

blog: askmonicaberg.com

twitter: [@monicaberg74](https://twitter.com/monicaberg74)