



Discovering the Real You

It says in *Pirkei Avot* (Ethics of Our Sages, from the Mishna, the Oral Torah):

The world stands on three things-- Torah (wisdom), Avoda (service), and Gimilat Chassadim (acts of kindness).

We also have three forefathers: Abraham, Isaac and Jacob (from Jacob came the 12 Tribes of Israel). Each one embodied the strength of one of those pillars that *Pirkei Avot* speaks of.

These correspond to three main personality types: **Chaim** (a drive for wisdom), **Tov** (a drive to do what is right), **Bracha** (a drive for connection to people). *Everyone has all three* in them, both in body, as well as soul. But there is one that is your “default”. For your soul, it is where you get the most pleasure. For your body, it is where it naturally goes when you are not mindful. Most people, your body is one type, your soul another. There are those whose body and soul are the same type, they are called “doubles”. “Doubles are trouble” - you have to work harder to strive for more balance.)

Soul: Where you get your deepest pleasure.

1. **Chaim Soul:** Corresponds to Jacob. The pleasure of understanding.
2. **Bracha Soul:** Corresponds to Abraham. The pleasure of connecting with people.
3. **Tov Soul:** Corresponds to Isaac. The pleasure of doing the right thing.

Body: Where your body goes to when you're not mindful.

1. **Chaim Body:** Incredibly intuitive and sensitive. Loves sleep as an escape.
2. **Bracha Body:** Takes pleasure in this world, into physical comfort, easygoing. Loves sleep as a pleasure.
3. **Tov Body:** Gets pleasure accomplishing. Fights sleep because it is the denial of accomplishment.

The goal is to understand yourself and those around you, in order to realize your potential and help others to realize theirs. If you know your strengths (and what you are missing), then you can be open to developing the other parts of your body and soul in order to become a more evolved and balanced person. You will also be open to seeing the world through the eyes of other types, appreciating that The Almighty brings these people into your life (spouse...kids...) in order for you to develop the attributes that they embody.

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