



Four Elements Institute *



The *sefarim* of the "Da Es" series, which have been released so far with *siyata d'shmaya*, are "general paths" which are not individually tailored to one's particular soul. These classes cannot explain how one can understand their personal, individual soul. *Chazal* state, "a person was created individual" and it is up to us to discover our own individual individuality!

In order for a person to attain their own self-recognition of their own personal, individual soul and one's corresponding personal *avodah*, we have the series of "Understanding Your Middos" דע את מידותיך and the series of the "Four Elements" ארבעת היסודות. The "Understanding Your Middos" series of 104 classes survey the topic of the four elements embedded in *Chazal*. The series of the Four Elements give practical advice on a wide variety of human maladies based on the teachings of the four elements.

Understanding Your Middos

Fixing Your Earth including:

Fixing Your Sadness & Laziness;
Fixing Your Earth [Sadness] and;
Fixing Your Earth [Laziness]

Fixing Your Water

Fixing Your Wind

Fixing Your Fire including:

Fixing Your Fire [Conceit];
Fixing Your Fire [Anger] and;
Fixing Your Fire [Honor]

Four Elements Series

[Self-Awareness Series](#) [1] to help you get to know yourself in a deeper way;

[Roots of the Four Elements Series](#) [2] which explains our personal elements of fire, wind, water and earth in general & detail.

This requires a deep, in-depth study about many different facets of the soul, so that one can gain the general structure of the soul and its details, down to the subdivisions of each of these details. This is a way by which one can come to recognize his individuality, and if one merits it, one can even help others learn about their own souls.

The order to learn the "Four Elements Series" is:

[Self-Awareness Series](#) [1],

and then the Roots of the Four Elements Series ([current series every Wednesday](#) [3])

After this, one should learn the *shiurim* that explain each of the character traits in general [Fixing Your

Earth, Fixing Your Water, Fixing Your Wind and Fixing Your Fire]. One should mainly learn the *shiurim* that are more applicable to the *middos* which are more personally relevant to each individual.

In order to disseminate these teachings, **The Four Elements Institute** was founded under the sole guidance of the Rav, Shlit"a who appointed Rav Nisan Imani as it's director. The institute follows the world view and sole direction of the author of the Bilvavi Mishkan Evneh series

Its activities will include: publications in hebrew and english, seminars, training programs, therapy center and an inter-active website.

The activities of the Institute are explained in greater detail in the introductory publication entitled, "The Necessity to Study & Know the Soul" הנפש והכרת הנפש בלימוד והכרת הנפש in [hebrew](#), [4] and in [english](#). [5] An abridged english adaptation of the first three audio classes is [available here for download](#). [6]

Sources of the four elements from Chazal compiled by the Rav, Shlit"a is available [here for download](#). [7] [מקורות ארבעת היסודות](#)]

 [8]

Source: <https://bilvavi.net/english/four-elements-institute>

Links

[1] <http://bilvavi.net/sugya/self-awareness.english>

[2] <http://bilvavi.net/sugya/4elements.movement>

[3] <http://www.bilvavi.net/sugya/4elements.movement>

[4] <http://bilvavi.net/files/%D6%B9%D7%94%D7%A6%D7%95%D7%A8%D7%9A.%D7%91%D7%9C%D7%99%D7%9E%D7%95%D7%93.%D7%95%D7%94%D7%9B%D7%A8%D7%AA.%D7%94%D7%A0%D7%A4%D7%A9%D6%B9.pdf>

[5] <http://bilvavi.net/files/Necessity.to.Study.&.Know.the.Soul.pdf>

[6] <http://www.bilvavi.net/files/Four.Elements-Self-Awareness.&.Empowerment.pdf>

[7] <https://bilvavi.net/files/מקורות.ארבעת.היסודות.pdf>

[8] <http://bilvavi.net/hebrew/donate>