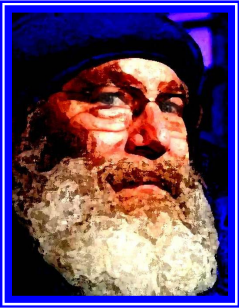


What to expect (and what not to expect) from Bar-Messimah™



*A letter from us, the developers of
Bar-Messimah, to you*

Thank you for
your interest in this
project. Bar-Messimah

is a guide and a work book for teenagers. It is written in a broad view to make it helpful to as many young adults as possible (and those which are not so young, too). It is basically providing ideas and frames for teens to view themselves and open their eyes and minds to the changes they are making. Hopefully this invigorates responsibility and guides them to becoming better participating partners in their family and community. It is assumed that some degree of self awareness and self discipline can help a person focus and perform better. Obviously, those with stable and loving families and friends, have it easier in some respects, than those with less. It is obvious that in different environments different behavior and life styles impose diverse conditions and raise different expectations. Furthermore, sometimes disabilities may make it even more difficult. This workbook is a guide to be used only as much as one feels suitable.

We are fully aware of the vast diversity of social and economical conditions and traditions that prevail in our world. They all have their beauty, full respect and value as the skeleton of activities suggested here. The maturing teenagers should not be diverted or separated from their current social background.

When YOU choose to take the Bar-Messimah journey, it is YOUR personal interpretation, acceptance and implementation which will make it work for you (or not). It is completely up to you, the reader and the user of this work book, to do the best with it. We give no guarantee for any consequences or achievements you may have as a result of the ideas you get from this work book.

If you have any questions or concerns about Bar-Messimah please contact us.

Bar-Messimah P.O. box 1300 Rehovot 76115, Israel

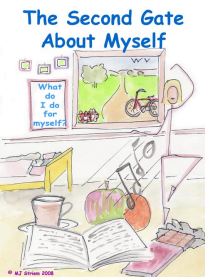
The Map of the Incredible Bar-Messimah™ Journey:

This workbook is made of five gates:



The First Gate is the starting point. Here one gets an idea of what this is all about, and where this journey will be going. Working in this gate we will clarify some definitions and terms, rules and targets. There will be some reading and writing to make sure that we all mean the same thing when we communicate. A good strategy for every project is:

Start with thinking about how to finish



The Second Gate is about one-self. No need to go far, here we take a look and investigate the center of the project – **you**. It gives the chance to think about physical health as well as emotional and spiritual health. Focus and details to healthy nutrition and physical activity, promoting some intellectual activity too. As many already know:

Happy life goes with a happy body



The Third Gate will explore the widening circles surrounding our life. We will work on identifying duties and responsibilities we have to family, friends, community and nation. We will also have a chance to explore relationships with belief and faith. It is important to research the family roots and history.

*Have a clear sense of direction
where you come from and where you are going to*



The Fourth Gate is about raising doubts: here we let you ponder about the meaning of the whole project. One can not take things for granted. The target set can only be reached by full attention, persistence and honesty.

Every coin has at least two sides



The Fifth Gate is about graduation: the final work of becoming Bar-Messimah™. Take the time to collect all documents, notes and records of the achievements made. Prepare a presentation for the ceremony and plan your party. This is it: the fun and satisfaction of conclusion.

Every long trip starts with one little first step