

Welcome to the Second Gate of Bar-Messimah™

Satisfying yourself – body and mind

This gate is all about YOU!

In your life, anything you do - it's YOU who is doing it.

You are doing it for yourself, but not just for yourself.

Almost everything you do is affecting many around you.

Not that they have asked for it; maybe they may have expected it from you.

"What do they expect from me?" you ask yourself.

That's a very good question. You may wish to come back to this question some time later in the Third Gate, and give it some more attention. As a matter of fact, this question is an important matter to consider, and we will do so from time to time during your journey.

"Hey, what journey?" you ask yourself.

The incredible journey of your life is the path you are walking on from the day you was born. Time, as you know, is ticking on and never stops (as far as we know).

"So what is this all about? My Journey? My circles? My life?"

Right now we are at Second Gate dealing with ourselves, and to answer some curiosities. To give the project a meaningful direction, one may wish to jump ahead, to the other gates along the way. This could give the sense of content and the purpose of the journey. It is always important to keep in mind the target; to plan what will be accomplished and how it will be presented.

"You are such a wonderful child" one may hear relatives and teachers say.

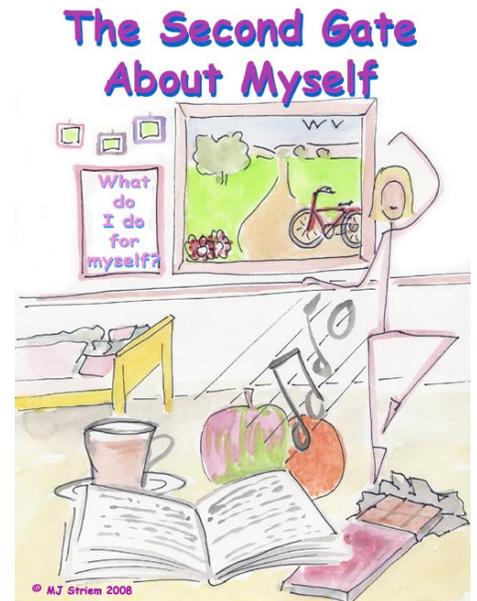
"I am healthy, pretty, smart and talented" others may tell themselves.

Most of us like to play with friends, to read, and to watch TV. Most of us like to be busy. and to do physical activities. There are foods we like more than others (but in general we try to eat and drink wisely). There are games which challenge us, maybe solving cross-word puzzles, or mathematical games are among our favorites. Our mind is creating stories which we like to write. There are so many things we do; each of us with a different variation, each of us in a different way. Each of us has different desires, and different preferences.

Here, too, in this incredible Bar Messimah™ journey – each and everyone does it differently. And, it is naturally okay!

Have you ever thought about what is right and what is wrong?

Yes, you probably have. It does relate to what we eat and how much. We take care of ourselves, brush our teeth, keep clean, and do not consume too many candies and snacks. This means that we have a sense of discipline – we know in the back of our mind that



there is a benefit to doing things right. We also know the limits to things. This is also the case in many other activities we do.

As we grow older and become a young adult, our body and our mind are growing, too. We become bigger in body but also in brain-power. We can do more things and do them better than before – this is because we learn. Every day we learn something new. We acquire new skills, gain experience and accumulate knowledge.

In this process of becoming older, we become more responsible; first we are responsible for ourselves, our body and our mind. **After all - this is who we are!**

Let's examine these components divided into these sections:

Consumption of nourishment

Here we will have the chance to review our nutritional habits - what we eat and how much. Our body is a sophisticated machine that needs energy and we need to take good care of it by giving fuel for every cell and muscle. **Task 4** is aimed at this topic.



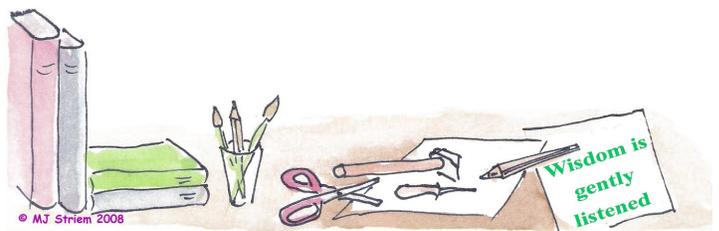
Physical activity

Our health is also dependent on our physical activity. Sports, and hobbies out-doors as well as basic routines are important to keep us in shape. To stay fit, simple regular types of actions can make a big difference. In **Task 5** we will focus on activities.



Intellectual and mental activity

As human beings we have developed special intellectual skills. One of our greatest inventions is language. Communication skills of all kind keep us as a very social animal. For example, we enjoy reading and creating art of all kinds. In **Task 6** we will explore those elements of our life.



Emotional activity

The mind and soul effect conditions of our health and happiness. Love, loyalty, pride, fear and faith are some of our feelings to be explored. In **Task 7** we will have a chance to carefully look into these delicate issues.



*Make decisions, take actions
Be active: proactive and reactive*