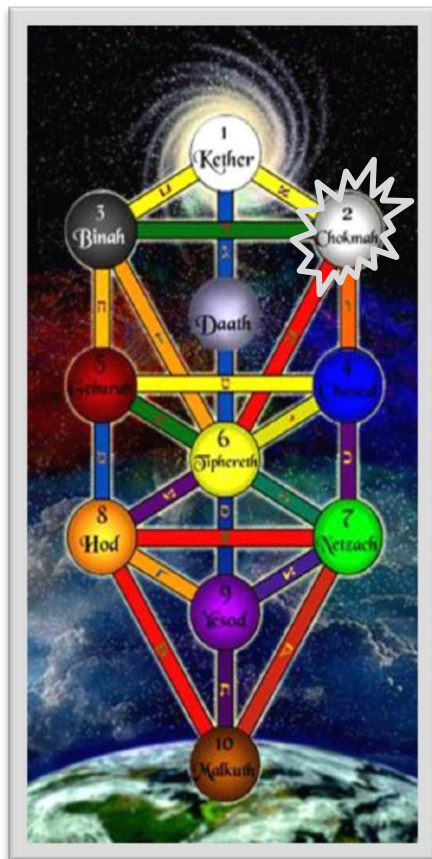


# Enriching the Self

*... Delving into the Creation of Our Own Lives*



3 Sunday Sessions  
August 14, 21 & 28  
4:00 – 5:30 PM

Enrich life's meaning through an exploration of the Sefirot.

At Beth Chaim, there is a beautiful stain glass representation on the Ark known as the *Sefirot*, an ancient symbol that translates as 'God's emanations'. Each of the 10 colored circles signify the unique aspects of our creative nature. And within the wisdom of the *Sefirot* rest the tools to understand our experiences, our strengths and weaknesses, and provide insight into the possibilities that can enrich our lives.

During August, Jenifer Zetlan will be offering a three-session seminar that will provide an introduction to the *Sefirot*. Through shared conversation we will learn how we create our own lives and how understanding the Sefirot can enrich and deepen the meaning of daily living.

**Cost: \$40.00**

**Materials Fee: \$10.00**

For questions or to register, please contact  
Jenifer Zetlan at [jenifersanter@gmail.com](mailto:jenifersanter@gmail.com)  
805-478-0269

## Bio

Jenifer Zetlan is a Beth Chaim member with degrees in psychology and behavioral science. She has led seminars and taught classes in psychology in University settings and throughout many Fortune 500 organizations. Jenifer has been reading, studying and speaking in the areas of psychology, philosophy and religion for over 30 years.

*... Gain New Insights, Enhance the Journey & Share Life's 'Ah-ha' Moments*