

Teshuvah Wizard®

A Technology of Teshuvah for the 21st Century

Getting Started with the
Teshuvah Wizard®
Software

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Welcome

This users' manual introduces the amazing *Teshuvah Wizard®* and demonstrates step-by-step how to install it in your awareness. When you register this program with the Manufacturer, you'll receive a lifetime guarantee that the *Teshuvah Wizard®* will help you return to your better self.

Powerful New Features

The BABAGANEWZ *Teshuvah Wizard®* is packed with exciting features. For example, a state-of-the-art search capability gives you an efficient way to examine your behavior with friends and family. In addition, the search engine seamlessly connects you to communications software (email, live chat, and video conferencing) that encourages you to apologize to those whom you've wronged. And finally, pop-up error messages and maintenance reminders make certain that the hard work of *teshuvah* is saved in your memory.

- ▶ To get started with the tutorial, read the Licensing Agreement and click "I agree."

 **Teshuvah Wizard® Licensing Agreement**

I understand that although I am licensed to use the *Teshuvah Wizard®* anytime during the year, it is especially effective during the עשרת ימי תשובה (*aseret yemei teshuvah*, the ten days of repentance between Rosh Hashanah and Yom Kippur) in accordance with the following verse in Isaiah: "Call upon God while God is near."

I agree to use this product as the Manufacturer intended; namely, to repair my relationships with family, friends, and God, and to set a course along a better way of living.

Chapter 1

The Mega-Search Engine

While preparing for the ימים הנוראים (*Yamim Noraim*, The Days of Awe), use the Search Engine of the *Teshuvah Wizard®* to examine your previous actions and adopt behaviors that connect you more closely with friends, family, and God. HINT: Traditionally, *teshuvah* intensifies during the month of Elul (the Hebrew month preceding Tishrei and The Days of Awe). To avoid overloading your system, make the process of *teshuvah* a part of your daily life.

- ▶ To launch a behavior search
 - 1) Open the My Relationships folder and click on a relationship category: God, Parents, Siblings, Relatives, Friends, or Others.
 - 2) Type a name into the search bar and press enter.
 - 3) A list of questions appears in the window.
 - 4) After reviewing your answers, click on the appropriate icons at the top of the screen to choose your *teshuvah* actions.

HINT: Schedule behavior searches for every person in your My Relationships folder. Try to do at least one search every day during the עשרת ימי תשובה (*aseret yemei teshuvah*).

MY RELATIONSHIPS

Friends ▼

IMPORTANT QUESTIONS TO HELP THE BEHAVIOR SEARCH

Have I been honest with this friend?
 Have I lost my temper and said something that hurt this friend's feelings?
 Have I said anything to embarrass this friend in public?
 Have I spread gossip about this friend?
 Have I hurt this friend by accident?
 What behaviors can I adopt that will improve my relationship with this friend?

Be more patient ▼

Chapter 2

The Teshuvah Wizard® Communications Protocol

A protocol is a code or a set of rules that governs communication within a network. All parties in a network must agree to the protocol or they can't communicate with each other. The Manufacturer of the *Teshuvah Wizard®* has established automatically the following communications protocol: "Yom Kippur atones for sins against God. Yom Kippur does not atone for sins against another human being until one has asked for forgiveness from the person offended."

- ▶ To connect to your network and apologize
 - 1) Open the My Relationships folder and click on a relationship category.
 - 2) The *Teshuvah Wizard®* remembers all previous behavior searches in each relationship category.
 - 3) Highlight a behavior search and click "Ask Forgiveness" on the task bar. The Reconciliation dialogue box appears.
 - 4) Select an option that seems appropriate or one that you can adapt, and click Next.

RECONCILIATION

I have thought a great deal about our relationship and realize that I have said (or done) things that hurt you during the past year. I'm sorry and I hope you'll forgive me.
 If I have said or done anything accidentally that hurt your feelings during the past year, I'm sorry and I hope you'll forgive me.
 I'm sorry I acted the way I did. I was wrong and I hope that you'll forgive me.

Chapter 3

Saving Your Behavior Changes

The Control Panel in the *Teshuvah Wizard*® provides two ways to keep you on the path toward becoming who you were meant to be: error messages that alert you when personal changes are needed, and maintenance reminders that guarantee steady progress in changing your life and protecting you from old habits.

▶ **To customize your error messages**

- 1) Open the Control Panel folder and double click on Error Messages. The Error Message window appears.
- 2) Select the error messages that will remind you that it's time for *teshuvah* and then click OK.



Error Messages

- You experience a nagging discomfort that you have behaved improperly.
- Your family and friends tell you often that they're disappointed with your behavior.
- Often, you feel a sense of unrealized potential, a belief that you could do better.

OK

▶ **To schedule routine maintenance**

- 1) Click the Start button, point to Teshuvah Maintenance and double click. The Teshuvah Maintenance Schedule window appears.

TESHUVAH MAINTENANCE

Choose a Teshuvah Maintenance Schedule

The *Teshuvah Wizard*® allows you to schedule incremental tasks that make *teshuvah* less difficult and more attainable.

When do you want to do teshuvah? Click all that apply and then click OK.

- Each evening before I go to bed, I will reconnect with my better self by examining how I behaved during the day and resolving to correct my mistakes.
- Each Shabbat, I will reconnect with my parents (or friends) by setting aside time to talk openly about our relationship.
- Each day (or Shabbat), I will reconnect with God by praying with *kayvanah* (intention).
- Each day (or each week), I will listen for little voices inside me that draw me to my spiritual heritage.

OK

Chapter 4

Restoring Your Default Configuration

If the process of *teshuvah* begins to overwhelm you or you suffer continuous setbacks along the way, don't worry; the Restore Default Configuration function of the *Teshuvah Wizard*® promises you a fresh start on Yom Kippur.



Restore Default Configuration

The Manufacturer has programmed *teshuvah* into the universe. This original setting guarantees that you will be forgiven and granted a clean start if you work hard to change your ways and strive to return to God.

To return to the original setting programmed by the Manufacturer, click Return.

RETURN