



# ***From Me to You***

*The Key to a Romantic Relationship*



**From the lessons of Avraham Lifshitz**

**By Mazal Lifshitz**



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Avraham Lifshitz



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The man's self-improvement in a romantic relationship  
is the **manhood** that is within him  
And the woman's self-improvement  
is the **femininity** that is within her



The man's need in a romantic relationship is  
**importance**  
And the woman's need is  
**belonging**

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***Mazal Lifshitz***

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ISBN: 978-965-550-470-5

International sole distributor: Contento

22 Isserles Street, 6701435, Tel Aviv, Israel

[www.ContentoNow.com](http://www.ContentoNow.com)

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*Be thankful for what you have  
And what you do not have  
will be fulfilled*



## **Approbation from Rabbi Shmuel Eliyahu *Shlita***

The chief rabbi of the holy city of Tzfat

Rabbi Isaac Luria (of blessed memory) wrote that it is appropriate for everyone to first say the prayer “here I love each and every one from Israel with all my heart and soul” and in this way the gates of heaven will open up to him and his prayer might be heard.

Improving one’s virtues is measured mainly in the relationships between a man and his fellow man and woman. Correct relations are not just proper manners, they are mainly made up of a true “love of Israel.”

Rabbi Isaac Luria (of blessed memory) teaches us that having the right virtues is like having the “key” to “the gates of heaven.” We must be aware that there are rules to keys—when they are in the right amount, precise, and appropriately directed—even the narrowest key will open heavy gates and metal locks; when they are inappropriately directed—the gate will not be opened by them ever, only heavy hammers and a huge amount of effort might possibly break a path through for them while creating much destruction.



*From Me to You*

This is what our blessed rabbis have said since “Love your friend as you love yourself” is the key to the whole Torah. On it depend all of the virtues, and upon the virtues everything depends.

A huge blessing to those working on improving their virtues according to the path led by Avraham and his book. May they be blessed from the uppermost heavens “so that all the peoples of the earth may come to know that the name of God is your name and they shall fear you.”

*Shmuel Eliyahu*







## Preface

Dear women,

I turn to each and every one of you out of a great understanding of the importance of building a Jewish home. How great is the importance of a man and woman who build the Jewish home!

The material I have written in this book comes out of my dear husband's enormous knowledge. My dear husband has collected the knowledge with his vast wisdom, his healthy perception, and his great sensitivity toward others. Already in his childhood, he had a deep longing and a strong inner urge for understanding the soul of man. Over a large number of years of deep and healthy observation of human beings and with love for his fellow man, he accumulated more and more knowledge, which was passed on in courses that provided answers to life's questions. However, I will not be able to pass on all of the material. There is simply too much, encompassing all areas of life. Within the vast amount of material, I have discovered keys, which, if we use them correctly, will allow us to open the doors to a world that is concealed from us. We will be able to get closer to ourselves and closer to our

children. We will be able to connect in our romantic relationships as man and woman. We will find out how to be fitting vessels in building an abode in the physical world for the Creator of the universe.

I chose to write about one key, **the key to a romantic relationship**, a key that is very close to my heart.

Out of great love, it is my desire, as a woman, to pass on to you, the women, the key to a romantic relationship, so that you will be able to realize your important role, to build your personal temple, to build the sacred of the sacred, which is your romantic relationship.

At this exciting opportunity, I offer a tremendous prayer of thanks to the Creator of the universe for allowing me, while writing this book, to experience the vast grace and feel the love of God.

I believe that each and every one of you will be able to assimilate the knowledge imparted through this book and use it in your own couple relationship.

May we very soon be granted the right to burst forth with drums and dancing, to bring about our personal salvation, which will lead to the general salvation.

It was thanks to righteous women who were redeemed, and it is thanks to them that we will be redeemed.

*Mazal Lifshitz*

# Introduction

## Romantic Relationship

One of the basic things in a romantic relationships is giving. A man and a woman in a couple relationship give in different ways due to the sexual ego.

*“Male and female he created them.”* (Genesis 1: 27)

In order for a couple to connect on all levels of the couple relationship, they must merge.

How does this happen?

When there is correct giving in a romantic relationship, there is merging.

The sexual ego must be in a merged state.

The female is the vessel, she is the receiver.

When the male pours into the female, the female feels emotionally full.

Now she can contain the male within her.

This is called merging, being one within the sexual ego.

When there is merging in the sexual ego, a great power is created.

To compel the human ego to want to merge, means to want to give.

How does this take place?

When the word “couple” is written with cursive Hebrew letters, it takes on a symmetrical appearance—*zayin* on the right, *vav* in the middle, and *gimmel* on the left. When you take out the *vav* in the middle, the *zayin* and *gimmel*, mirror images, come together to form a heart.

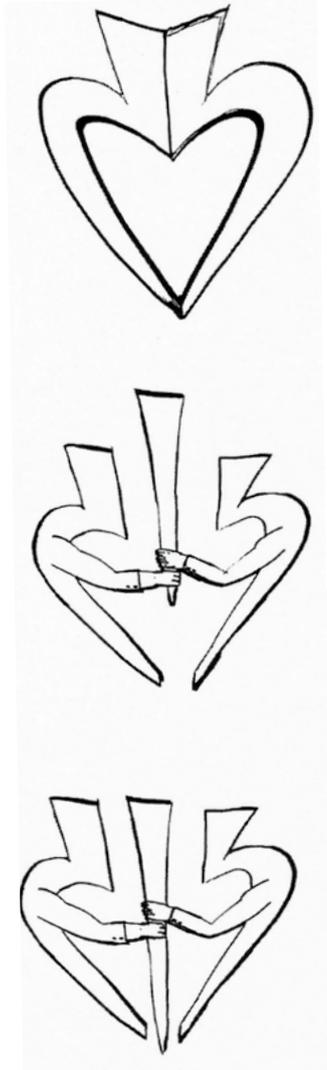
Then you turn into one.

The letter *vav* is the condition in the couple’s romantic relationship – “If you give to me, I will give to you.”

The condition creates a barrier between the two partners; when there is no barrier in the heart, they turn into one – in the human ego.

When the man and the woman are linked within the sexual ego and connected as well within the human ego, then together they are a whole.

**When you remove the conditional from the relationship  
you turn into one heart**





**Chapter One**

**The First Creation  
Human Ego**





**Love – The highest spiritual awareness**



**You arrive at love through giving**



**Falling in love is material and love is spiritual**

# The Creation of Man

## Preface

Let us try to understand the creation of man, the most important creation. In order to understand this we must go way... way... way...way... back in time.

***“So God created humankind in his image, in the image of God He created them; male and female He created them.”*** (Genesis 1: 27)

We can see that we have two creations, two basic primary creations:

our basis for existing.

our basis for realization.

First creation:

*“So God created humankind in his image...”*

This is the creation of Adam and Eve.

We will call this human ego.

Second creation:

*“Male and female he created them.”*

We will call this sexual ego.

Thus, there are two creations – human ego and sexual ego.

## Eve

Before I begin to write about the first creation, I would like to explain to you why I wrote the name Eve despite the fact that she does not appear explicitly in the passage “*Let us make man in our image.*”

It is true, the word Eve does not appear, yet it appears in a hidden way.

How?

### **Eve is a Creation**

*Hashem* created man, and so man is a creation.

*Hashem* took a rib from the man and created Eve.

Hence, Eve is a creation.

For example, everything that is made of wood will be wood.

Because Eve is created from the man, she is man.