

*The Roadmap  
to a prosperous, purposeful, passionate  
and peaceful life!*



*by Rabbi Melinda Bracha Bernstein*

# *Be grateful to your caregivers / parents*



Our parents taught us what they thought was best, however it was “their idea” of what was best, not ours. The Roadmap will teach you to view your growing years with appreciation for your childhood.

If you’ve felt that your parents didn’t give you what you wanted or needed, today is your lucky day.

Wonder why you are not feeling lucky? We’ll get to that soon. But first you must convince yourself that as you become acquainted with the process of the Roadmap and begin to trust it, applying your own wisdom will become second nature to you. The Roadmap will teach you all you need to freely guide yourself to a successful, prosperous and peaceful life.

Your brain has been taught and conditioned by your parents to think a certain way. Teaching yourself to thank your parents for doing what they thought was best for you will stimulate some goodness inside. Remember, learning to trust will make the journey more pleasurable.

## *Be grateful to your caregivers / parents*

Looking back on my childhood journey, I thought the world outside was scary because my father was a policeman and my mother worried about his mission as the Miami Beach Police Department's first "Head of Narcotics." Living life through fearful eyes became second nature for me until I awakened and decided to shift gears. By using the Roadmap, my love of God and the Jewish values I was raised with, I created a life beyond what they knew and my love of humanity and healing will continue beyond what my parents gave me, which was their very best!



## *So back to gratitude...*



If you are having difficulty learning to feel this feeling of gratitude, please hang in there and keep reading. The journey to discover what clouds your reality will empower you to find those dreams you once had and make them a reality.

By applying the Roadmap, you will happily enjoy the journey to re-educate your brain. Each of the seven steps builds upon the next. First we must indulge ourselves by exploring the core issues from childhood. The core issues are related to self-defeating behaviors, conditioning and habits that significantly hold us back. The good news is that you will eventually view them as a gift as you navigate the Roadmap.



# *Finding the gift in your Life Story*



When taking stock of your life today, you must review the events that led you up to the "now." Interestingly enough, many of us resist looking back, thinking that we will leave behind the past. This resistance will only build and build inside you as you push to move forward. Your life story holds wonderful gifts that, when examined with authentic eyes, you will release the emotional hold it has on you and your current situation.

What do I mean by authentic eyes and how can you tell if you are being authentic or not? First, we start by gathering facts about birth, childhood and so on. Then we must understand the deeper meaning behind these life experiences. When we've exhausted our search about why certain things happen, we can open our hearts to uncloud the truth. Emotions become alive when we tap into the strong energy and after we explore the cloud of emotions, we can enjoy viewing life with authentic eyes.



# *Finding the gift in your Life Story*

Many of you may feel fine about going through life safe and comfortable. Yet the curious individual, ready and willing to challenge themselves, will begin to explore circumstances that may, at first, seem scary. However, once you see your truth on a deeper level, you can get to the core issues of today. Having awareness of today's core issues will create a whole new reality, generating new meaning to life from this point forward.

For example, I was the third child with two older brothers. My oldest brother was following dad and wanted to become a cop. So he took up karate and used to test me. So, I ended up taking karate to test him too!

Of course, this story may sound mild to you. And your life may have events that appear to be "very damaging," however the story of fear is the same for all humans. I hated my fear. It controlled me and wouldn't allow me to open up to the goodness that life has to offer. I didn't use the elements to share myself as a warm and loving person, which I do now. However I did learn self-discipline and that is something I carry with me in everything I do! I've accomplished so much success on my own and have built upon the discipline in many ways. I've had these resources all along, inside me, at my core. But first I had to accept the "why and how" of my life story.

God is the keeper of all souls. Become a good listener like I am and you will be guarded, kept, held, loved, cherished, welcomed, adored, respected, valued, treasured, revered ...

Through spiritual guidance and roadmap coaching I can help you define, design, align and refine how God wants you to live and love your own unique Teshuvah, Tefillah and Tzedakkah.

# *Finding the Gift in Your Money Story*



With all of the upheaval in today's financial markets and political interference, how does one evaluate their money story and stay calm and peaceful about the future? The Roadmap will take you there... By applying the techniques during times of uncertainty, you will achieve a state of grace through your transition. I have a bachelors in Finance and my rocky financial road has taught me how to stay God centered.

Money plays an integral part in our core stories because, by societal standards, we are mostly measured by what we have acquired, rather than how we stand in power as a human being. So many of us have lost significant savings in our homes and/or the stock market, while there are many of us who haven't had the luxury of home ownership or an income stream other than a weekly paycheck.

If you are the type of person who believes that your worthiness is based on what possessions you have or what your net worth is, then today is the day you can begin to discover your true value, your spiritual equity.

# *Finding the Gift in Your Money Story*

You may be feeling various forms of emotions, which are causing you to focus your internal conversation on dis-empowering thoughts. The shift in thought over money has many people struggling with their faith of moving forward because they had an expectation that their portfolios would grow.

Transition brings us an opportunity for personal growth and change. Rather than seeking blame or meaning behind our struggles, we can ride the wave of the economy much easier when we see our core issues around money more clearly. Using the Roadmap, you will apply your value system on a spiritual level and step away from judgment of the past regarding your finances, thus making it easier to move forward.

Much of my life, I recall my brothers being pushed harder to make something of themselves. Yet, it also seemed that my parents didn't have the tools to give us emotional support. My brothers both found good careers and supportive wives after college and at first, were doing well. Early on in their careers, both of them switched gears and went into professions more suited to their core strength. As a result, they both achieved global success doing what they love and are getting paid handsomely for it.

I got a later start after I divorced my husband. Slow and steady wins the race. A Rabbi??? Yes, a Rabbi who has developed the trust of God's will.





# *Finding the gift in your love story*



I believe my parents thought best to bestow upon me the values of being a good wife and mother. Yet they insisted I go to college. I graduated with a degree in Finance, met a guy on the disco dance floor who had an orthodox childhood and we fell in "a haze" of love. We were not on the same page of teshuvah, tefillah or tzedakah and for 20+ years I was a faithful, devoted and supportive wife. That ended on 5—5—5. May 5, 2005. Nevertheless, we raised two great children who are clearer in their paths due to the work I've done since my divorce. Today, my career goals and aspirations have come true and I'm here to help you do the same.

Be good to yourself and your love life will grow beyond the beyond!

To find the sweetness in your love story, you must embrace the complete picture—the sadness and the joy, the pain and the pleasure. By fully embracing your issues, by healing the emotions you carry, you will learn to appreciate the beauty of your whole and complete self. I can tell you for certain that in doing this, navigating the Roadmap can bring you all that your heart desires. But you'll need to do the work.

# *Finding the gift in your love story*

The gift of my "past" love story stems from my formative years where I wasn't sure I could trust love. I chose to marry and have children with a man I met on the disco dance floor in 1982. We married in 1985 and in 1992 we lost our home in Hurricane Andrew. God put us right where we needed to be and modern orthodoxy helped me deal with our "jewish" healing. On May 5th, 2005 he was faced with legal troubles. I requested he change (within 90 days) which he didn't and I filed for divorce on day 91. You can read my book "Seven Steps to a Peaceful Heart After Divorce" if you want to know more.

To recap: my first boundary on "self" healing led me to write this book two years later. I have been sharing it forward (Tzedakah) ever since and am blessed with inner peace (Shalom Bayit).

Are you ready to have divine love? Then be it first.

The Roadmap works!



## *The Roadmap Awakens You*



You may be the type of person who has not experienced great challenge or difficulties in life or you may have experienced minor challenges. Either way, if you are feeling that there is more to life than what you currently have, then your awakening has yet to occur.

Awakening occurs after we've exhausted our search of self. Usually, one has many questions about life and believes that they are, in fact, pursuing a spiritual path. However God will be there on the day in the greatest way as as you awaken, for it is God that has all the answers. God is waiting for you to awaken at your core, between your head and your heart. A great way to nudge your higher spirit is to meditate. Meditation will dissolve much of what seems troubling to the mind.

If you are like so many people who are missing the juiciest part of life—the rewards of living in pure passion and joy—the Roadmap will take you to the illusive place inside you called your "pure spirit" or your core.

Getting caught up in the drama of life can hold us hostage to the pursuits of our ego, our personalities. This includes career goals, marriage and family visions, or simply trying to get "somewhere else" that we imagine will be better than the current moment. It's as if we live our lives "going through the motions" to achieve "something" down the road. We are missing the spiritual gift of simply being human, of simply appreciating all that we are and all that is right under our noses, literally.

# *The Roadmap*

## *Awakens*

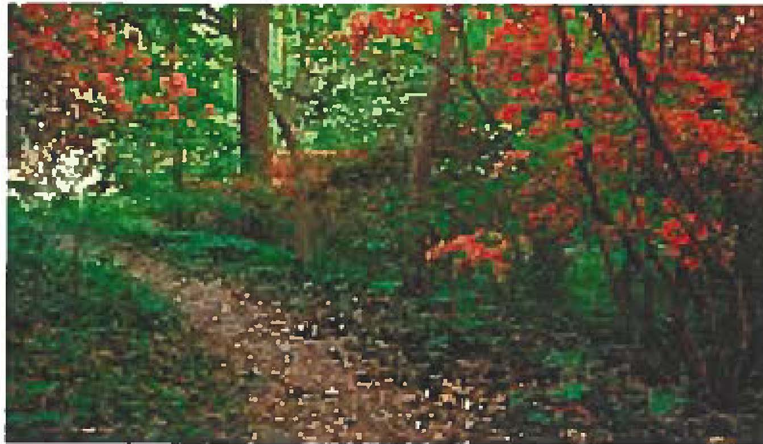
Beginning with our breath, we must learn to embrace the moments as they generate feelings. Feelings teach us to generate different results. Tapping into discomfort is tapping into the juiciest part of life. It is where we grow.

Using our breath will take us one step closer to God. When we quiet ourselves through the breath, we create space for awakening. Because the mind/ego wants to control circumstances, we must begin to quiet it. Perhaps you have your own form of meditation, & if not ~ I've got plenty. As long as you remain consistent in creating habits to cleanse the overactive, controlling mind, God's love will rise to the surface. One must be able to distinguish the difference between a mind/ego thought versus a heartfelt/spiritually generated feeling in order to live in pure spirit. This takes practice. The Roadmap is there to remind you which step you are missing when things don't go as you planned.

The Roadmap will teach you how to liberate all your stories, bringing you a joyous life filled with abundance & prosperity like you never imagined!



# *The Roadmap Principles*



- **RESPONSIBILITY:** Honestly taking responsibility for your life and **ACCEPTING** the mistakes or poor choices that got you here.
- **OPEN** to change: Trying new things, allows you to shift your life in new directions and opens the door to creating the life you want.
- **AWARENESS** of the breakthroughs and pitfalls as you move through changes.
- **DETERMINATION, DISCIPLINE, DISCERNMENT** to break through your barriers and self-sabotage.
- **MANIFESTATION** of positive and healthy change will take place, moving you towards your goal.
- **ALLOWING** yourself to receive the goodness which you worked hard for.
- **POSSIBILITY** is the outcome! Now you can move forward, living and loving life.



# *Responsibility and Acceptance*



Imagine that all of your past experiences have been created intentionally by you, the people who are in your life, the events that led you here. It all happened so you can find clarity; to give you an opportunity to discover how you generated the outcomes you are now faced with. When you imagine that YOU created all of this, something will immediately shift within you. Once you surrender to this new information, you will be empowered to create something better for yourself. That is what we all strive for, right?

The answers lie deep in your SOUL and will guide you to taking the first step on the Roadmap. That first step, which you MUST take, is that of taking responsibility for yourself and your life.

Perhaps you are doubtful, that's ok. You have come this far because you are finally ready to have an enlightened life and enjoy the present moment where you can change the outcome of your experiences. You will need to learn to review the past with a non-judgmental set of eyes. Remember, the past is over and today is a new opportunity to create something different.

# *Responsibility and Acceptance*

Say to yourself: I take responsibility for my current situation. I am using the wealth of wisdom within to better myself, and my life.

That is all you need to do right now. Can you do that? If you can, I will teach you a game that worked for me.

Since I am a Rabbi with bereavement facilitator training as well as training in Kundalini yoga, Kabbalah, Taoism, Buddhism, Jewish Energy Healing, QiGong, Tantra, Reiki, Human Design System, Family Constellations, Psychedelic experiences and soul retrievals, I know each of us has a higher and lower consciousness. The higher one is filled with love; The Yetzer Tov. The lower one is filled with fear: The Yetzer Hara.

The game is to have enough awareness about our actions and words to recognize which one is operating at any given time. This takes time and practice, but when you apply the Roadmap to your lives, you will begin to enjoy God's plan. Just imagine that you will gratefully feel unconditional love for all the aspects of "you" when you play the game without effort.



# *Being Open to Change*



This concept sounds simple and it actually IS simple, IF you've acknowledged that you are the only one in control of you and the events of your life are occurring because you've invited them to occur.

In 1992, when Hurricane Andrew hit, I had been feeling empty of faith, religion and spirituality. Ironically, the hurricane destroyed the home where we were raising our two small children . We ended up relocating to an orthodox community and embracing a torah lifestyle until May 5, 2005.

You never know how the Universe will answer your request, or what must break down so you can rebuild. Whatever you are grappling with, you must accept your past with purity of heart in order to create a new beginning today. Accepting helps you weather the (sometimes rocky) seas of change that bring forth a better life. But be careful what you wish for!

I wished for God to show me the way towards divine love and I got it. You can also have whatever you want when you take responsibility for you life and begin to explore ways to be open to change.



# Awareness Mapping



This next phase of your roadmap can be very exciting and/or scary as well. It truly depends on you. Your progress also depends on how much you are willing to deepen your awareness. When you realize how your past experiences have caused you to create this current struggle, you are faced with the reality that IF, IF you can be 100% in alignment and do the work, the truth will "set you free." To move forward, you will take bold risks and trust the truth of who, what, where and why things are as they are.

When you become more aware of your "issues," you can let go of the patterns and/or bad habits by mapping your progress. Some people map their progress by writing in a journal, sharing their thoughts with friends or through coaching. You will need to keep connected to the causes of your situation, no matter how painful or difficult. And you will need support, because the clearer you get about your life, the clearer you'll get about where you are headed on your journey!

That's what I am here for. My spiritual guidance comes from the depth of awareness work I've done. In Kabbalah it's called Da'at. I had to go beyond that. In February 2014, I inhaled a double dose of the strongest psychedelic on the planet: Bufo Toad. My awareness doubled down that day!

Prayergasm is my awareness and that's for me and only me to know.

# *Determination to succeed*



If you still have this book in your hand, congratulations! You will need determination, discipline & discernment to avoid downfall! To move forward, we each must notice old habits and patterns. I know from my own experience that this can be challenging, especially alone. This is why I have created the Roadmap and devoted myself to coaching others through the steps. The Roadmap techniques will enable you to play the game of life with a joyful heart WHEN you apply yourself 100%+ to each and every step.

How does one build their inner determination muscle? I also call it the courage muscle. The courage muscle may have been resting inside you (at the core level) and is itching to show it's strength. Of course, the strength I am referring to is your core strength. Since you are now more aware of habits and patterns of the past, you get to play the courage game each and every day. Guess what? The process gets more familiar, and life gets better, as you go along.

You may already have a support system in place: family members, friends, clergy... or a coach! Can they see you the way I could? Only God knows.



My awareness will help you define yours, design a plan, refine your patterns, align your energy and live a DIVINELY inspired life.



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# Manifesting Results



The first four steps of the Roadmap have given you a deeper sense of awareness and perhaps are already helping you manifest more and more of what you want. To manifest the best you need to have a clear experience of the divine will of God.

This is where the fork in the road will prove to you whether the energy that got you to this point is coming from your core strength or your core issues. Your core strength has the courage and wisdom to take you down the path of success, while your underlying core issues will bring you "more of the same."

It takes a quiet mind to shift your conscious choice from a place of strength. Remember, in order to improve your focus, meditate regularly on what you want to happen, thus increasing your chances that good *things* will continue to manifest. What you think about is what you draw to yourself.

Back to these new results: It takes great courage to let go and release old patterns, but that is what you will need to continue to do to keep manifesting more and more of what you want.



# *Allowing the Good*



The amazing part of Step 6 in the Roadmap occurs when we struggle with allowing the goodness to come into our lives. That is because it may feel odd to actually succeed at something that just recently felt only like wishful thinking. The unconscious mind tends to want to revert back to the old comfort zone. Patience with yourself is a **MUST** at this point, because you have to keep yourself conscious of what you and God truly deserve.

Each time the mind wants to revert backwards, apply the Roadmap techniques to remind yourself that you deserve this goodness, that you are worthy of this goodness and that this goodness is for you to expand upon and share with others in your life. Because of their own agendas, you might not have the support of your family and friends.

This is where spiritual guidance and roadmap coaching comes in! Say yes and prepare God and I to help you with the rest.



# Possibilities...



The Roadmap is always in motion. When you've arrived at a place in your life where you can create anything—when you've done the work to rid the mind of old patterns—there is a continuous creative flow of energy connected to your core strengths. This newfound strength propels you to move forward and have all that God wants for your life, in this life.

Each moment is a blank canvas. With colors of your choosing, you can fill it, dream it, will it, live *into* your power and create a purpose-filled life that feels perfect to you.

When you use and re-use the Roadmap Principles, the possibilities of purpose, passion and peace will make you come alive. By using and applying the Roadmap techniques in your daily life, you will find the success you desire, the prosperity you seek and a purpose-filled life beyond belief!



*ASSISTANCE IS ONLY A PHONE CALL AWAY!...*



It takes time and diligence to navigate the Roadmap. I use Jewish wisdom to make your teshuvah, tefillah and tzedakah effective as you create a balanced life. Whether you need clarity, healing, from simple to complex support, I may be the right one to guide you.

After many years of deep work, I developed the psychic ability and intuitive wisdom to guide you, to stay focused, connected and achieve the goals of living my absolute best and purpose-filled life.

I can help you navigate the bumps in the road and create positive change in your life as I have done for myself, and others, and will continue to do so until my last breath.

My coaching style comes from years of healing. I am deep, wise and fun. I'll take you on a journey to your core, where all your courage, power and wisdom lie. When you decide to navigate the Roadmap you will learn to share your life in a way that shows your true vulnerability, your CORE feels at peace, and life flows beautifully. I will always prescribe some what God asks of me to share, nothing more and nothing less.



*ASSISTANCE IS ONLY A PHONE CALL AWAY!...*

Are you ready for the deepest form of self-love, self reverence, self respect? Are you willing to explore the energy within to do so? If so, you will be forever blessed with purposeful, peaceful, passionate and limitless possibility.

I would like to express my deepest gratitude to my amazing children Justin & Jennifer and her husband Gedaliah, my parents, my brothers, my extended family for putting up with me while I journeyed through my self discovery process. I am in deep gratitude for the few lovers of my past, the teachers, healers & spirit guides for supporting me & showing me my light.

Most importantly, with an honorable mention to HASHEM, to God and to myself for doing what I could to feel wholeness in this life!

*With peaceful blessings,*

*Melinda*

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Just 4 Testimonials to give you a idea of the ROAD you can MAP if you say yes to working with Rabbi Melinda.

"Melinda has an intuitive way of coaching. Her personalized meditations helped me remove fear which enabled me to pursue my professional goals!"  
*Anita Murray~*

"Melinda's spiritual healing allowed me to see that a sexual dysfunction was a result of emotional issues. Once we took care of the emotions, my issue resolved itself" *Anonymous*

In just a few sessions, my experience has been very profound & transformative... *George Xavier Love, DOM, Master Healer*

"Through Melinda's compassionate coaching, I learned how to "BE" happy being myself and allow the success to flow as I faced my fears without judgment." *Patty Anglin Weight Loss Coach*

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