



Rotzo and Shuv Index Instructions

During our day, each of us experiences tension in one form or another. It may take the shape of restlessness, angst, fear or anxiety. We also have times of peace and resolution. Times when we feel calm and relaxed.

The problem is that we usually do not recognize our own patterns.

The rotzo and shuv index is meant to help you identify your own tension and resolution cycles. It can help you gauge and learn to recognize your own patterns, so that you can begin to make any necessary adjustments/alignments to achieve a healthier rhythm and balance in your life. By comparing your cycle to a healthier cycle, you can discern the areas where adjustment is needed.

How to use this index

Print out the attached pdf file, which includes two pages, a chart for the week and a chart for the month. Make several copies of each page, and keep one unmarked master for future copies.

Choose the time period you want to chart, week or month. We suggest that you begin with the week, and then carry it over to the month.

On the bottom right side of the page, after the word "week" or "months" fill in the actual time period that this chart will cover. Example: Week one – December 14-20.

On the far-left side of the graph you will see numbers going down vertically: 2, 1, 0, -1, -2. These numbers reflect the entire spectrum of your tension and resolution levels. The highest number (2) reflects the highest level of tension you have ever experienced. The lowest number (-2) reflects your highest level of resolution. The median line (0) represents a neutral state, where there is relatively no particular tension or calm.

The top of the graph horizontally charts the days of the week or month. Each day is divided into morning and night. The weekly chart has additional vertical lines that divide the day into four-hour segments.

Each morning and evening (or if you wish, you can do this each four hours), plot a dot on the spot that is closest on average to your tension/resolution level for that period in time.

Do this every day, moving along from day to day.

Along the bottom of the graph, write in any notes that would help define your activity during that day(s). Example: Went on vacation. Argued with my spouse. Lost money in the market. Married off my child. Began a new semester.

At the end of the week (or at any time you wish) connect the dots, in effect plotting your rotzo and shuv, tension/resolution cycle. See the example on the right.

Continue plotting your chart week after week, and month after month (using the additional copies that you made).

After a while you will begin to see your patterns emerging.

The healthiest rotzo and shuv cycle is one where there is a symmetric wave that goes up and down, paralleling the rhythm of a healthy heartbeat or healthy breathing. For each upward turning tension there is an equal downward turning resolution.

Juxtapose your chart over the healthy chart to the right, and see where your rhythms are misaligned.

Don't be disturbed at the extent of your own rhythm or lack thereof. Only a perfect tzaddik has a perfect rhythm. The rest of us are meant to work at it.

This index is a powerful tool to reach a deeper understanding of yourself and your patterns. However, preparation and the right mindset are necessary to take full advantage of the index. The more you apply yourself to it, the more it will benefit you.

As always, we welcome your feedback, thoughts and suggestions. Please email wisdomreb@meaningfullife.com.

Hatzlacha – success!

It is our pleasure to send you the Rotzo and Shuv index you requested, together with instructions how to use the index. The instructions follow below; the index is attached as a pdf file. Please read these instructions carefully.

This index is yet another product brought to you by the Meaningful Life Center – all part of our ongoing commitment to create the highest quality spiritual programming, to educate and inspire people of all backgrounds. Our dynamic programs, live, published and online, are interactive experiences of living Torah which bring hope, meaning and spiritual relevance to tens of thousands of people in a warm and personal way. Please visit www.meaningfullife.com for a wide variety of provocative and relevant life skill materials and [our calendar](#) for our upcoming schedule of classes and programs.

Though we offer you this index with our compliments, our ability to create this and other unique materials is entirely dependent on the generosity of dedicated people like yourself. We therefore ask you to consider making a financial contribution to our organization, which will go directly toward creating more quality programs that enrich and empower us all. You can donate securely on-line by [clicking here](#). Or you can call us at 718-774-6448, or send a check to The MLC, 788 Eastern Parkway, Suite 303, Brooklyn, NY 11213.

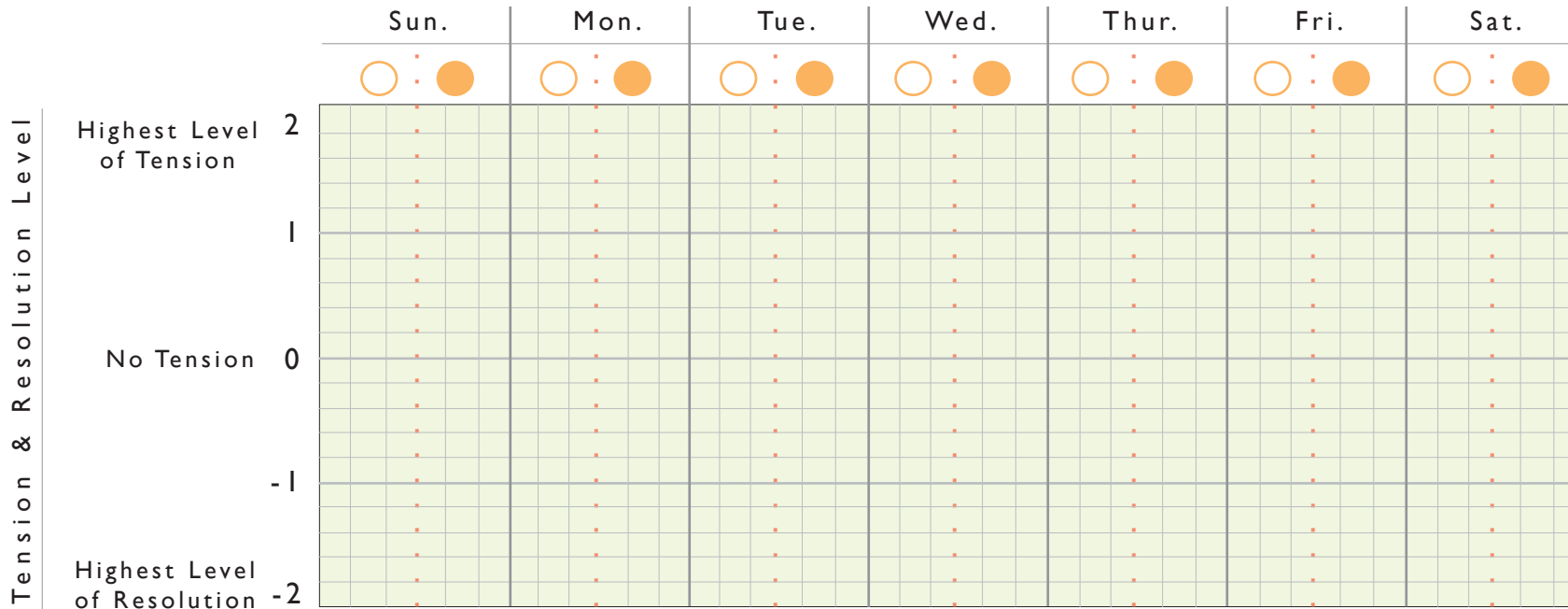
In merit of your charity may you be blessed in all your material and spiritual needs. As our sages tell us: By giving life to others, G-d gives you new life.

Thank you,

Simon Jacobson and The Meaningful Life Center Team

ROTZO AND SHUV INDEX

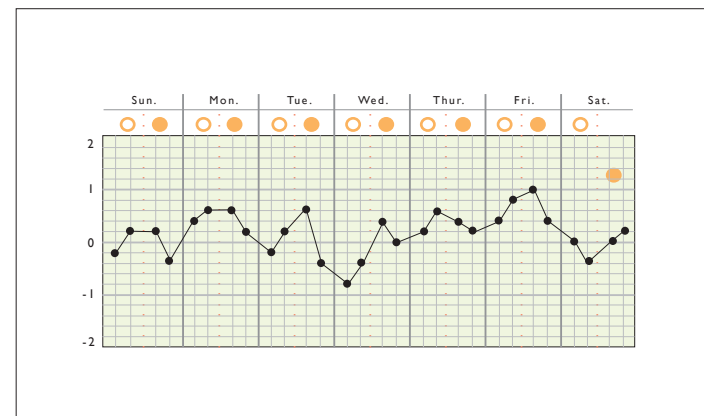
A.M. ○ ● P.M.



WEEK :

1. Each morning and evening (or if you wish, you can do this each four hours), plot a dot on the spot that is closest on average to your tension/resolution level for that period in time.
2. Along the bottom of the graph, write in any notes that would help define your activity during that day(s). **Example:** *Went on vacation. Argued with my spouse. Lost money in the market. Married off my child. Began a new semester.*
3. At the end of the week (or at any time you wish) connect the dots, in effect plotting your rotzo and shuv, tension/resolution cycle. *See the example on the right.*

Example ↓



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