



## THE 30 DAYS OF VIRGO (ELUL)

The *Zohar* explains that the more you prepare your soul during the month leading up to Rosh Hashanah, the greater your blessings in the year to follow.

According to Kabbalah, a person's vessel for receiving energy in the coming year is based on that person's consciousness during the last month of the closing year. By taking the time in Virgo to pay attention to details, get in touch with our God-like nature, and notice the effect our behavior has on others, we can ensure that our New Year will be filled with the right people and the right situations.

The Kabbalah Centre has created this daily guide for you to use over the next few weeks. These exercises are a powerful way to create the amazing, chaos-free life you were put on this earth to have.

Read them slowly, more than once, and put them to use. If questions arise (and they will if you are doing your preparation properly) make sure to reach out to your teacher (or call 1-800-KABBALAH to speak with one).

\*The dates below refer to 2014. The Month of *Elul* is based on the lunar calendar and as such falls on different dates each year.

### **Tuesday, August 26**

We are often our worst enemies and harshest critics. Self-doubt and self-hatred are your biggest obstacles in life.

See only the good within yourself today. When you focus on what's wrong, you'll notice how much more difficult it becomes to love yourself.

Remember only the good.

### **Wednesday, August 27**

Pick one person today whom you love dearly and find a way to do something special for them, something that lets them know how much you love them. When you share Light with another, you increase the Light in the world.

### **Thursday, August 28**

What do you want to manifest this year? A new job? A good friend? Focus on one thing and imagine it's already yours. How does it feel? Recall these good feelings throughout the day. The energy you send out by doing this will attract the right people and situations into your life.

### **Friday, August 29**

Call a good friend and ask them what they think you need to improve. Ask them, "What would you change about me?" No matter how harsh their answer, thank them for their honesty. Now consider the steps you can take towards self-improvement.



### **Saturday, August 30**

Every conflict you have with another person is an obstacle between you and the Light. As diplomatically as possible, approach some of these people and let them know that if you have hurt or offended them, you are sincerely sorry. Whether or not they accept the apology, your willingness to humble yourself reveals the Light for you both.

### **Sunday, August 31**

Take note of one improvement someone close to you has made. Let them know that you have noticed the change. Rather than simply expressing congratulations, focus your energy on encouragement.

### **Monday, September 1**

Would you like to know the antidote to being depressed, unhappy, and unfulfilled? It's appreciation.

When you are busy looking at the good others have done for you, your attention shifts away from what you lack. What are some of the things you are grateful for in your life?

### **Tuesday, September 2**

Think about one person from your past that you hurt and ask that person for forgiveness.

### **Wednesday, September 3**

Go out of your comfort zone by being extra patient and loving with every person you meet today.

### **Thursday, September 4**

Repression is a defense mechanism that prevents us from acting on unacceptable impulses. Look within yourself and see if you can remember any emotionally charged events from your past that you are afraid to confront. Those old movies have a tendency to repeat themselves until they are addressed.

### **Friday, September 5**

Avoid becoming defensive when faced with criticism. Take note of others' comments, even if you disagree. Whether or not they are accurate, be open to listening and assessing.

### **Saturday, September 6**

Practice active listening. Resist interrupting with your opinion. Maintain eye contact and really listen.

### **Sunday, September 7**

Surprise a friend or family member with something they love the most.

### **Monday, September 8**

Life is a paradox. If you want to be loved, give love. If you want appreciation, appreciate others. This is the best way to get what you really want.

Practice this today – focus on what you want and see if you can give it to others first.

### **Tuesday, September 9**

Sensitivity is today's motto: Look closely at the people around you – under the surface. Ask yourself, "What are they feeling? How can I help?"



**Wednesday, September 10**

Meditate today on cleansing the past (and thereby changing the future). Your meditation should start with picturing a specific incident from the past and understanding how it was really a blessing.

**Thursday, September 11**

Do an act of sharing without making it known that you are the one responsible.

**Friday, September 12**

Feeling down? Stuck in a rut? Sharing is the simplest way to feel better and get unstuck. No matter how much we give, there is ALWAYS more that we can be doing for our friends, family, community and world.

**Saturday, September 13**

Kabbalists stress the importance of never forgetting a good deed someone has done for you. Recall someone who helped you out in a major way, but with whom you are no longer in contact. Find a way to do something nice for them. If it isn't possible, then send them loving thoughts.

**Sunday, September 14**

Who do you spend time with? Do these people aid you in your spiritual journey? If so, think of a way to quietly thank them through an act of sharing.

**Monday, September 15**

Do you love yourself? Don't be afraid to appreciate yourself and the uniqueness that is you. If the Light created you and put all this energy into you, you must be something special.

**Tuesday, September 16**

Pick one person who hurt you in your childhood and ask yourself if you can find it in your heart to forgive them. Yes, it is hard to let go of the painful memories, but you are only hurting yourself by holding a grudge.

**Wednesday, September 17**

Recall the last time you let your ego run rampant – what happened as a result?

Focus on one area where you seem to let your ego rule. Make a plan today as to how you will react the next time these situations arise.

**Thursday, September 18**

“Maybe someday I won't be so lonely.” “Maybe someday I'll feel happiness.” “Maybe someday I'll be spiritual.” If you're thinking this way, your 'someday' will never come.

The fulfillment you seek is a reality that's happening right now. What are some of the 'somedays' you are rolling around in your mind? Take action TODAY to manifest an illusion into reality.



### **Friday, September 19**

If you're human, then you get angry with your friends and family. They disappoint you, they don't get you, or they are simply rude to you.

Unfortunately, anger and resentment leads to broken relationships. It is only in retrospect that you regret letting silly fights separate you.

Pick at least one person in your life with whom you've become estranged. Remember what it is you love about that person and reach out to them, first in your heart and then by phone, letter, or email. Life is too short to let petty arguments keep you from the people who mean the most to you.

### **Saturday, September 20**

When was the last time you made a new friend? Most of us have trouble getting to know people because we prejudge strangers by the way they look, talk, and act.

Today, focus on meeting someone new. Allow yourself to be open and authentic. There is discomfort and vulnerability in opening yourself up to people you don't know well, but it is the truest way to make a friend!

### **Sunday, September 21**

As you go through your day, pay attention to the moments you feel like quitting. Push yourself to keep going until the job is finished.

### **Monday, September 22**

In reality, when you hurt another person, you are really hurting yourself.

Think of one person you hurt in your life, such as someone you were in a romantic relationship with. Feel the pain you caused them. In your mind and heart, ask the person to forgive you. If it feels right, contact that person and apologize.

### **Tuesday, September 23**

Sometimes we are our own worst enemy. We allow our ego to get in the way of our success. We cling to our own opinions even when they are wrong.

Today, practice releasing your stubbornness and your need to be right. Even when you know you are right, let it go.

### **Wednesday, September 24**

Are you addicted to offering advice? Are you really listening, or are you just waiting for your turn to speak? Practice listening more and offering your opinions less.