

CONSCIOUSNESS FOR CANDLE LIGHTING

Every physical action in our world initiates a corresponding reaction in the Upper Worlds. By lighting the physical candles of the holiday with the consciousness and intention of connecting to that holiday's energy in the Upper Worlds, we awaken and draw spiritual Light into our physical world.

HAPPY ROSH HASHANAH FROM 

CANDLE LIGHTING INSTRUCTIONS

STEP 1: Recite the Blessings

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְהַדְלִיק נֵר שֶׁל (שַׁבָּת וְ) יוֹם טוֹב.

Baruch Ata Ado-nai E-loheinu Melech Ha'olam Asher Kideshanu
Bemitzvotav Vetzivanu Lehadlik Ner Shel (on Friday add: Shabbat
Ve) Yom Tov.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם שֶׁהֶחְיֵינוּ וְקִיָּמָנוּ וְהִגִּיעָנוּ לְזִמְנָהּ הַזֶּה.

Baruch Ata Ado-nai E-loheinu Melech Ha'olam Shehecheyanu
Vekiyemanu Vehigianu Lazman Haze.

STEP 2: Light 2 Candles on Each Night of the Holiday