

ROSH 101 HASHANAH

• HATARAT NEDARIM – NULLIFICATION OF THE VOWS

When we make a promise or a commitment, we create a vessel or a space. Our follow-through actions are meant to fill that space with Light. When we fail to put our words into action, this space remains empty. Negative energy is then free to fill this void. Reciting the Nullification of the Vows can eradicate the darkness and negativity contained in the empty spaces of our lives, so it cannot cause us harm in the year to come.

• ENERGY OF DAY 1

The first day of Rosh Hashanah helps sweeten harsh judgments—any catastrophes that occur in our individual lives or in the world at large.

• ENERGY OF DAY 2

The second day of Rosh Hashanah helps sweeten softer judgments, which are the minor difficulties and annoyances we experience.

• COLLECTIVE CONSCIOUSNESS

• THE SHOFAR

The Shofar is a ram's horn blown 101 times on both days of Rosh Hashanah. The Zohar explains that it is a weapon against the energy of judgment that exists on this day.

• PERSONAL WISH & KETER

During this connection we have the opportunity to ask for one of three gifts: substance, righteous children, or divine inspiration.

• SPECIAL FOODS OF ROSH HASHANAH

Kabbalists prescribe specific foods we are to eat on the evening of Rosh Hashanah (like pomegranates, and apples and honey), thereby connecting us with their unique gifts.

The kabbalists teach that on the night of Rosh Hashanah a person should eat certain foods, because it's a siman (which, literally means "symbol" or "signal") for the upcoming year. According to Kabbalah, siman is about creating reality, not just a traditional symbol. Each food contains both the right "signal" (in its seed level) of any positive action or thought we will do, and the protection shield necessary to avoid any negative actions or thoughts in the coming year.

• SEVEN DAYS BETWEEN ROSH HASHANAH & YOM KIPPUR

The two days of Rosh Hashanah, the seven days that follow, and the day of Yom Kippur are known as the Ten Days of Teshuva. The Ari teaches a little-known secret that during the seven days between Rosh Hashanah and Yom Kippur we have a unique opportunity to cleanse ourselves. He explains that the spiritual work we accomplish on each day of that week actually corrects the corresponding day of every week of every year of one's life. For example, if one takes spiritual work seriously enough on the Thursday of that week, he or she can erase negativity created on any Thursday of in his or her lifespan. It's an incredible opportunity!