

SIMCHAT TORAH 101

On Simchat Torah, we experience the revelation of all of the Light of the Torah. The union of past, present, and future allows us to rise above the illusion of time to eliminate chaos from our lives. The power to restrict our ego and embrace the Light is already with us, we merely need to awaken it. Through our consciousness, and by dancing with the Torah, we invite the Light to become part of us.

The Zohar explains since restriction already exists on Simchat Torah, it is a festive day in which we dance and bask in the Light as we reunite with our timeless, limitless—perfect—selves.

• CONSCIOUSNESS:

On Simchat Torah, we culminate all of our work during Virgo and the High Holidays of Tishrei. It is simultaneously the finishing of the final portion of the Torah, and beginning the first portion of Creation, signalling the end of one cycle and beginning of a new one. The joy that we experience and share in these 24 hours kickstart our year and generate the energy, happiness, and certainty we want to draw for ourselves and for the world.

• THE HAKAFOT:

As we dance and sing in circles with the Torah, we have the ability to remove endings from year and connect only to continuity and pure, endless Light. Every round, every dance, every song, draws down into our soul all of our limitless potential, all of our hidden Surrounding Light.

• TORAH READING:

Simchat Torah is the final step of all the work we did in the month of Virgo and Libra. We read the last section of the Torah, but we also immediately read the first section of the Torah all over again, which symbolizes how every end is just a start of a new beginning.