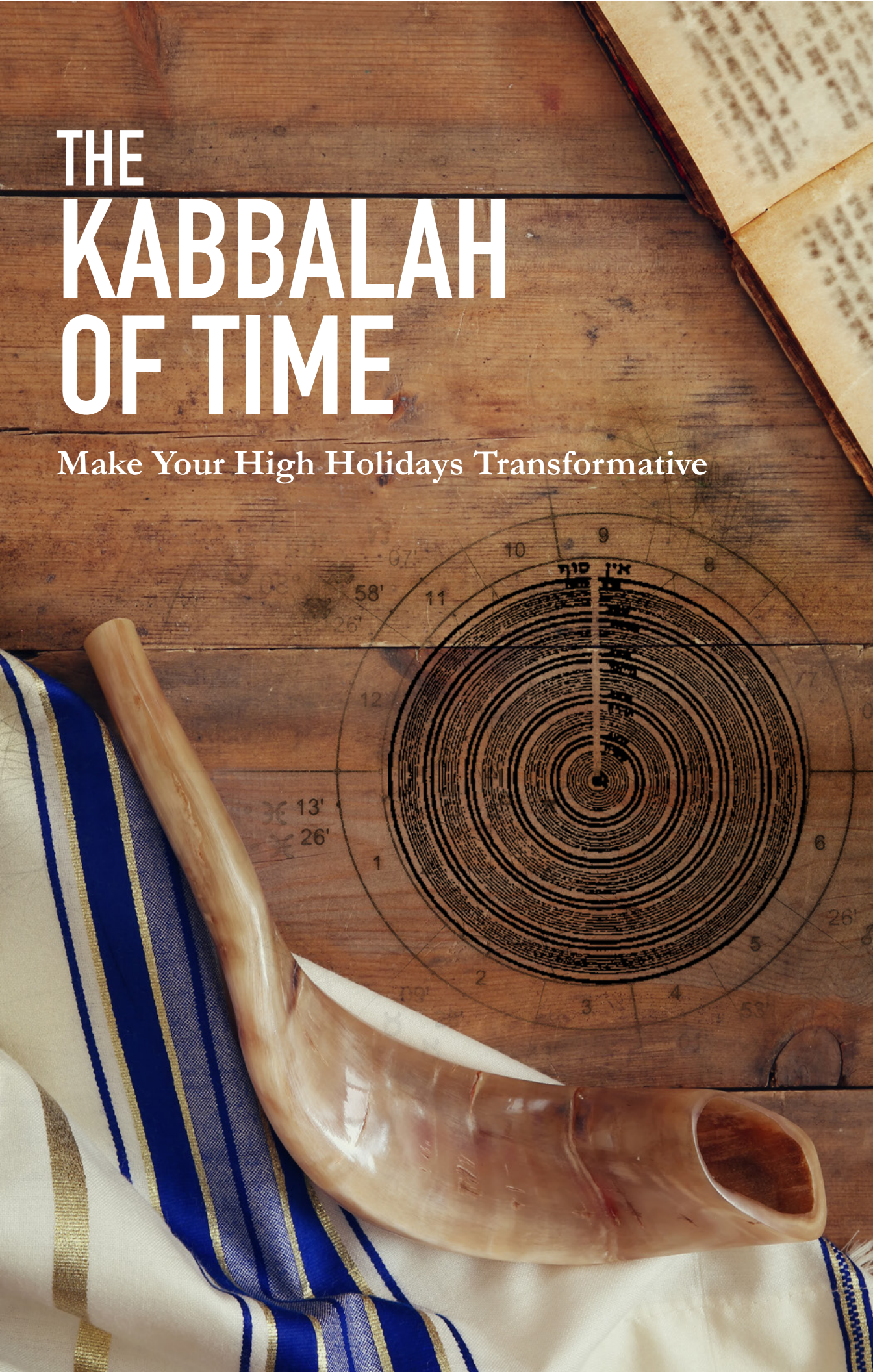
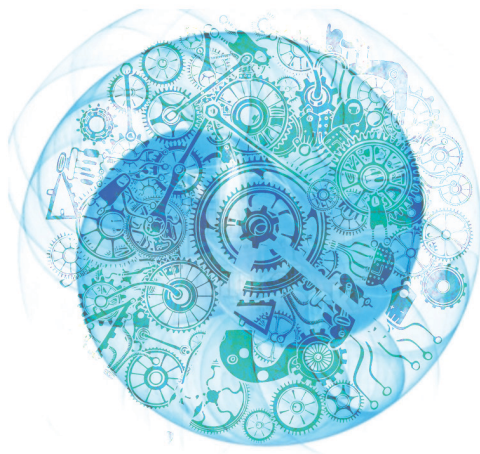


THE KABBALAH OF TIME

Make Your High Holidays Transformative





The Energy of Time

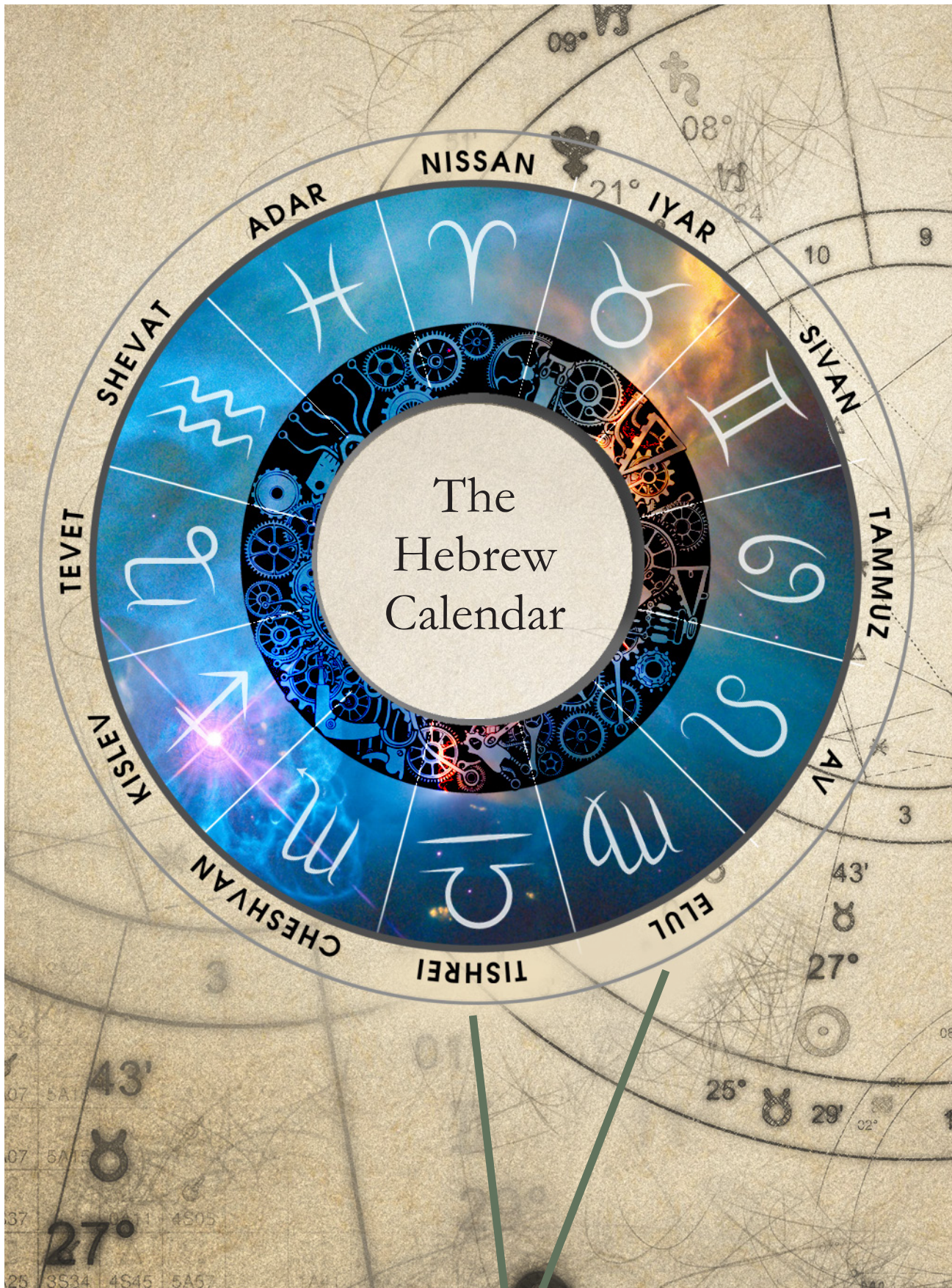
The Hebrew calendar is like no calendar that exists in the world today. It is not a highway that progresses from past to future in linear fashion as does the Western calendar familiar to all. It is a spiral staircase that winds around, cycling the events of history, drawing their energy ever upwards.

As we travel through each year, we revisit the energy of ancient days—energy of time and beyond time—energy of freedom, of destruction, of mourning, of forgiveness, of empowerment, of joy. We use that energy to uplift events from our lives that inevitably parallel the lives of those that came before us.

In the spring—in the month of Nissan, the month of Passover—we gain access to the energy that freed our ancestors from bondage in Egypt in order to set ourselves free from whatever it is that enslaves us. In the summer—in the month of Av, the month of destruction and mourning—we come to terms with the ruins of broken homes, broken marriages, broken dreams, and learn to draw comfort and consolation from others and from G-d. In the winter—in the month of Kislev, the month of Chanukah—we use the light of victory and holiness to illuminate the darkness in our lives.

This ebook is a brief introduction to the most powerful months of the Hebrew calendar—the month of Elul and the month of Tishrei. Elul precedes the High Holidays and is a month of preparation for them. Tishrei, which is the holiest month of the entire year, contains the monumental holidays of Rosh Hashana, Yom Kippur, Sukkot, Hoshana Rabba, Shemini Atzeret, and Simchat Torah.

These two months embody the energy of renewal after destruction, rebirth after loss, the energy of love and forgiveness, of empowerment and joy. Elul and Tishrei capture the very story of life itself.



ELUL & TISHREI

Elul
is the last month of the year
it encompasses the entire spectrum
of existence—
the three pillars on which the world stands...

T o r a h
P r a y e r
K i n d n e s s

אלול

Elul

The Hebrew month of Elul (which generally falls in August or September) is the last month of the Hebrew year—as opposed to the month of December, which is the last month of the year in the Christian/Western calendar. It is considered the month of self-examination and accounting in preparation for the new year and the High Holidays that come at that time—Rosh Hashana and Yom Kippur. In this regard, it is considered a month of teshuvah, of returning to G-d in repentance, with hope that it is never too late, that destiny can be changed by prayer, and that forgiveness is inevitable.

Elul is a month of Divine grace, because in this month Moses began his last 40 days on the mountain praying for G-d's compassion and forgiveness. On the mountain, Moses came the closest any human being ever came to knowing G-d, and G-d revealed and taught him the secret of His "Thirteen Attributes of Mercy" (Exodus 33:18-34:8). The days of Elul are therefore called "days of grace" or days of "compassion," because in this period G-d was open to listening to Moses—and Moses was successful in his appeal for forgiveness and renewal. Ever since, the month of Elul has served as the month of Divine mercy and forgiveness.

Elul is the month of Divine mercy and forgiveness.

תשרי

Tishrei

The month of Tishrei—which marks the beginning of the Jewish New Year—is the most critical of all the months. Its awesome energy impacts our lives, not just during its 30 days but throughout the year that follows.

Tishrei is the month in which the first human beings—Adam and Eve—were created. It is the month in which the Patriarchs—Abraham, Isaac, and Jacob—were born. It is the month in which the barren women—Sarah, Rachel, and Chana—were remembered by G-d and their wombs opened. It is the month when Joseph came out of prison. In short, it is the month when many of the biggest events in Biblical history took place.

The name of this unique month hints at its pivotal role in the Hebrew calendar.

Tishrei is a permutation of the word *reishit*, meaning “beginning,” which in turn is taken from the root *rosh*, meaning “head.” (Indeed, the very first day of Tishrei is Rosh Hashana, which literally means “head of the year.”)

The head is the beginning/top of the body but its function is far greater than that. The head, which contains the brain, controls the central nervous system and, via its components, all the functions and movements of the body.

If time is like a body, then Tishrei, as head of that body, controls and energizes the entire cycle of time that follows it. Whatever we experience throughout this month in the High Holiday season—during the holidays of Rosh Hashana, Yom Kippur, Sukkot, Shemini Atzeret, and Simchat Torah—is meant to give us energy and strength for the next eleven months. The mood and environment we find ourselves in, the resolutions that we make at this time, have a cosmic and personal effect on all the days of the year.

Tishrei is the most important month of the entire year.

Cosmic Nervous System

The entire month of Tishrei and all its holidays are the main energy centers—the cosmic nervous system—controlling the entire year:

Rosh Hashana infuses us with the ability all year round to accept and connect to our Divine calling. It gives us the power to renew our lives and reconnect to our life's mission each day of the year.

Yom Kippur is the source of holiness and teshuvah (returning to G-d in repentance after a transgression) for the entire upcoming year.

Sukkot is the source of joy for the entire year.

Accordingly, our behavior every day throughout this one month of Tishrei affects our lives for all the days of the twelve months that follow! Hence, the importance of truly using these days to their fullest and not squandering them.

Tishrei is packed with holidays just like the head is packed with more functions than any other body part. In addition to controlling the function and movement of the body, the head controls the senses (sight, hearing, taste, smell, and touch), as well as our chief mode of expression (speech)—all of which are vested in the organs of the head (eyes, ears, mouth, nose). Relatively speaking, it seems disproportionate that the head should have gotten so much. And it seems disproportionate that Tishrei should have gotten such an abundance of holidays. But if we consider that in Jewish thought, a human being is seen as a universe in microcosm, and that which exists within the human being is also paralleled in time and space, then we see that what is true of the human head must also be true of the head of the year. Packed as it is with holidays, Tishrei generates the spiritual energy necessary for the work of perfecting the world which it initiates. In the first five days of Creation (which we counted in the last days of Elul), G-d had created a stationary world, and on the sixth day—the first day of Tishrei—He created humanity to complete the work He had started by turning the world into a dynamic universe filled with meaning and higher purpose. Thus Tishrei is a month that initiates and energizes the work of tikun—it presents the finest opportunity to repair, realign, and rebuild our fundamental psychospiritual structure both on a personal and cosmic level. And since a human being is a universe in microcosm, we include in ourselves (in microcosm) the entire world. When we repair ourselves, we repair the world.

How we behave in Tishrei determines our destiny for the year ahead. We are particularly aware of this in the Days of Awe, as—after an entire month of preparation with the “King in the field”—we now enter the “palace.”

This ebook is an excerpt from

60 DAYS

Your Spiritual Guide to the High Holidays

Bringing the High Holidays to Life • For People of All Backgrounds

Practical Prayer Companion • Great Inspirational Gift



60 DAYS offers spiritual tools to revitalize and invigorate the High Holiday experience both for those new to the experience and those who have become all-too familiar with it, for the non-affiliated and the affiliated.

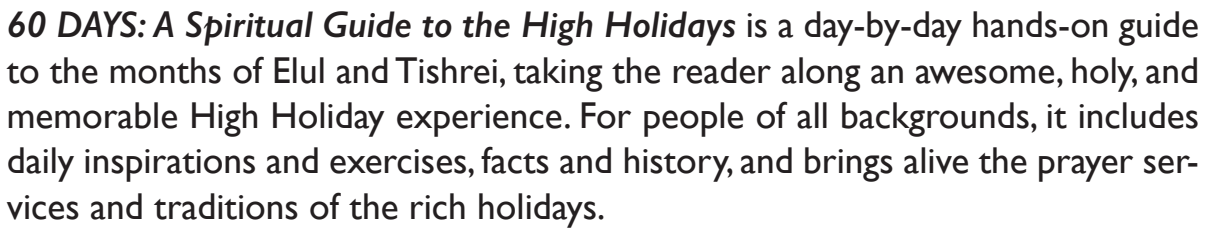


“60 Days has brought me through possibly the most life changing High Holy Days experience yet.”

“I received my book and it is beautifully done. I am so excited about the fall festivals and transforming my life. I am also buying a couple for some friends—it is that amazing!”

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