

Elul Meditations

The first day of Elul which is the month of Virgo

The arrows that pierce the most are the ones from your own bow. Self doubt and self hatred are the biggest obstacles in your life today.

See only the good within your life today. When you start obsessing about whats wrong. Stop and realize how difficult self love truly is. Know that it is your own human nature that pushes you to see the world through this dark lens. Now obsess on self love; lighten the lens you are seeing the world through.

REMEMBER - ONLY THE GOOD!

The second day of Elul which is the month of Virgo

Pick one person today that you love dearly. Perhaps it would be better if it is someone you have neglected lately. Demonstrate your true love for them by finding something you can do for them that they have a need and would appreciate.

The third day of Elul which is the month of Virgo

What do you want to manifest this year of 5770. Narrow the list to one thing. Imagine this has manifested. Go to these Good feelings all through the day. The energy you send out by doing this will manifest this fulfillment in your life.

The fourth day of Elul which is the month of Virgo

Call a friend and ask them to honestly assess what you need to change. Make sure you thank them for their assessment and do not react to their words. evaluate them.

The fifth day of Elul which is the month of Virgo

Every upset you "see" comes from your blockages. You have these blockages with people. the way to clear these blockages is to approach these people and ask them to foregive you. They do or do not agree. It does not matter, the process of being humble enough to ask is sufficient to clear your blockage with that person and their fore you are revealing more light. which is the purpose of life.

The sixth day of Elul which is the month of Virgo

Notice a change in someone close to you. Let them know you noticed the change.

The seventh day of Elul which is the month of Virgo

Appreciation - the cure for depression and other ills. Why? due to the truth. when you think about appreciating someone else you are not thinking about yourself and your lacks.

What are you grateful for? What or whom do you appreciate? Spend a few moments with these questions!

The eighth day of Elul which is the month of Virgo

Think about 1 person from your past that you hurt or caused pain. Concern yourself with that pain. Ask the person for forgiveness! If he is physically not reachable then meditate upon a vision of you asking him to forgive you. Do this with someone else if you have time today.

Make a list of people that this needs to be done with.

The ninth day of Elul which is the month of Virgo

Can you love everyone who you connect to in any way today? Why not? list those reasons during your Cheshbon Hanefesh tonight.

The tenth day of Elul which is the month of Virgo

Look within you today for a repressed memory. Something that is difficult to confront. Something that you might be afraid to confront. Determine why it is so difficult and then face it.

The eleventh day of Elul which is the month of Virgo

Today do not respond to criticism. Listen to it, evaluate it, note it, but do not respond to it.

The twelfth day of Elul which is the month of Virgo

Practice compassionate listening. That means - do not insert your opinion. do not problem solve. Maintain eye contact. Be there for the speaker.

The thirteenth day of Elul which is the month of Virgo

Surprise a friend and a family member with what he or she loves the most.

The fourteenth day of Elul which is the month of Virgo

So you want love - give love; so you want appreciation - give appreciation; What you do is what you get. Decide what do you want and then practice receiving it by doing it.

The fifteenth day of Elul which is the month of Virgo

Be sensitive today. Look closely at the people around you - beyond the surface. Ask the deeper question what are they truly feeling - not just on the surface.

The sixteenth day of Elul which is the month of Virgo

Meditate on changing the past so you change the future. Pick one incident from your past, visualize it again, but with the changed reaction. Make it become a blessing in your life. This is Tshuvah.

The seventeenth day of Elul which is the month of Virgo

Do an anonymous act of Sharing. Anonymous is the active word.

The eighteenth day of Elul which is the month of Virgo

Spend time thinking about others today. How can you help others. How can you be more sensitive to others. When did you truly listen to someone. Is that what we are describing in this message?

The nineteenth day of Elul which is the month of Virgo

Kabbalists stress the importance of appreciation that is not forgotten. Remember someone who helped you but who is not in your life right now. reach out to them. if that is not possible send them good wishes and loving thoughts.

The twentieth day of Elul which is the month of Virgo

Use the energy of purity from the month of Virgo to evaluate who you allow into and where you allow your energy to go today. Look closely at who you hang with and where you hang to know if these are right for you and the year you want for yourself.

The Twenty first day of Elul which is the month of Virgo

Take the time today to appreciate yourself. The light loves you. You must be special.

Determine that for yourself and give yourself a hug until you believe it.

The twenty second day of Elul which is the month of Virgo

Who are you holding a grudge against? from your childhood? or from yesterday? Go into that memory and forgive them for your pain and forgive yourself for causing them the need to

cause you pain. Remember you create the world you are in. Any pain or discomfort is the Bommerang Law in action. The physical cause is your messenger from HaShem. Foregive both of you.

The twenty third day of Elul which is the month of Virgo

Focus on an area of your life where you are not acting as an Angel. Review that behaviour and decide how you can change it. Maybe its by saying thank you instead of reacting to the effect that you created with the Boomerang Law.

The Twenty fourth day of Elul which is the month of Virgo

Change your mindset today. Where you are is where you need to be . . . or you would not be there. Yet, you can change the place of where you are. You do this through consciuosness. consciousness of the NOW. Maybe i will be happy in the future means you never get to be happy. Today i will be happy makes it happen today.

The Twenty fifth day of Elul which is the month of Virgo

Heal the separations in your life today. use the energy of creation that is this day to reveal to you why you loved the person you are presently estranged from. Use those memories of love to change separation into unity.

The Twenty sixth day of Elul which is the month of Virgo

Today, make it your business to meet someone new. Not by prejudging someone on appearance or clothes or anything except their soul. Look into their soul and let them look into yours if they are open for it.

The Twenty seventh day of Elul which is the month of Virgo

The last part of any job is the hardest. Why? there is a force who has the job of stopping you before you finish. Listen for that message just before you complete the job and push past it. go the extra mile today.

The Twenty eighth day of Elul which is the month of Virgo

Complete an aspect of your Tshuva. Review the relationship with someone you hurt and ask them for forgiveness.

The Twenty ninth day of Elul which is the month of Virgo

Release the need to be right today. just join with others in unity especially if you think they are wrong - let it go - stay unified today no matter what happens.

The Thirtieth day of Elul which is the month of Virgo

Today pay attention to the spiritual vice of giving advice. When you give advice without the person asking for it, it is part of your desire to be right and good and . . . Only advise someone when you have thought about what is best for them. . . not you.