

# ILLUMINATING THE HIGH HOLY DAZE: UNDERSTANDING THEMES OF ROSH HASHANAH & YOM KIPPUR

## NAMES OF ROSH HASHANAH

### 1. YOM TERUAH - DAY OF SHOFAR SOUNDING (NUM. 29:1)

#### SPIRITUAL REFLECTIONS

What is calling you to be more of who you are meant to be?  
In what ways have been asleep, stuck in old habits?  
What are the new parts of yourself being called to awaken?

### 2. YOM HA-DIN - DAY OF JUDGMENT (RABBINICAL TERM)

#### SPIRITUAL REFLECTIONS

If you could go in and re-write events of the year, re-program patterns of behavior that would lead to different results in your life - what would you do?  
See yourself acting, behaving, experiencing life differently (arrow prayer?)

### 3. YOM HA-ZIKKARON - DAY OF REMEMBRANCE

#### SPIRITUAL REFLECTIONS

What do you want God to remember about you?  
What have been the positive accomplishments of the past year?

### 4. YOM HARAT OLAM - BIRTHDAY OF THE WORLD

#### SPIRITUAL REFLECTIONS

What Were the Highlights, What Were the Challenges of the Past Year?  
What is Your Vision for Yourself for the Coming Year?

## TESHUVA —THE PROCESS OF RE-ALIGNMENT

### THREE TYPES OF TESHUVA

#### 1) BEN ADAM L'ATZMO - BETWEEN A PERSON AND THEMSELVES

##### SPIRITUAL REFLECTIONS

Who Am I?

#### 2) BEN ADAM L'HAVERO - BETWEEN PEOPLE

##### SPIRITUAL REFLECTIONS

Who Are Those People with Whom You Have Unfinished Business?  
Who is on your Amends List?

#### 3) BEN ADAM LA-MAKOM - BETWEEN PERSON AND GOD

##### SPIRITUAL REFLECTIONS

Where is GOD? Wherever we let God in