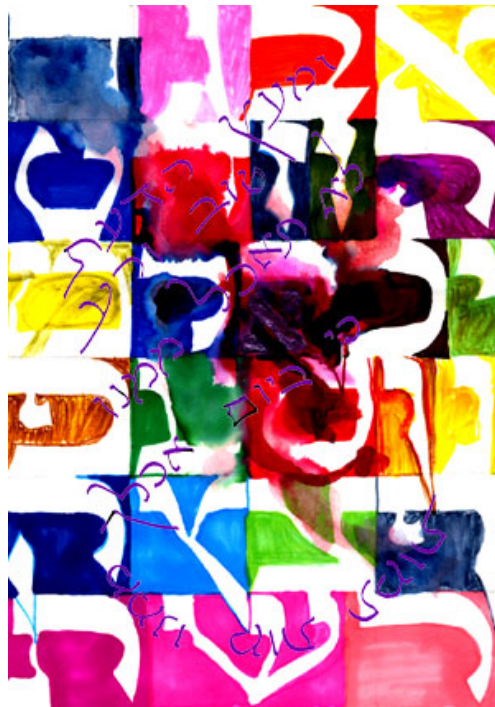


Kabbalah Experience

Rosh Hashanah

2014-5775

From Despair to Hope



Prepared by

David Sanders

with Bonnie Houghton

Dedicated to the memory of these young men

Ya'acov Naftali Fraenkel

Mohamed Abu Khdeir

Gilad Michael Sha'ar

Eyal Yifrach

Dedicated to the release of these hostage young women

**Awa, Awagana, Blessing, Christiana, Christy,
Comfort, Deborah, Docas, Eli, Esther, Falta,**

**Fatima, Febi, Filo, Gloria, Glory, Godiya, Grace,
Hadiza, Halima, Hamsatu, Hana, Hanata,
Hanatu, Hasana, Hauwa, Helen, Ihyi, Jinkai,
Juliana, Jummai, Kabu, Kauna, Kume, Kummai,
Kwadugu, Kwanta, Ladi, Laraba, Liyatu, Lugwa,
Lydia, Maifa, Maimuna, Mairama, Margret,
Mary, Maryamu, Monica, Muli, Muwa, Mwa,
Na'omi, Nguba, Palmata, Patiant, Pindar,
Racheal, Rahap, Rahila, Rakiya, Rebeca, Rejoice,
Rhoda, Rifkatu, Ruth, Safiya, Salomi, Saratu,
Saraya, Sicker, Serah, Solomi, Suzana, Tabitha,
Talata, Yana, Yanke, Yayi, Zara .**

Let this year and its cursed images conclude

The beheading of Foley, Sotloff and Haines

The bodies of Ya'acov Fraenkel, Mohamed Khdeir, Gilad Sha'ar, Eyal Yifrach

Let this year and its cursed images conclude

The police killings of Michael Brown and Eric Garner

The police beatings of Marlene Pinnock, Victor Hernandez, Kollin Truss

Let this year and its cursed images conclude

Ukrainian dissidents: Yuriy Verbytskyi, Pavlo Mazurenko, Mikhail Zhynnevskyi

Yazidi men lying lifeless in mass graves

Let this year and its cursed images conclude

Bodies of Indian girls hanging from trees

A knock-out punch of domestic violence

Let this year and its cursed images conclude

Drowning victims Billy Kim, Jim Woo-hyuk, Park Suyehon on the Sewol ship

Thousands of corpses of the Ebola virus

Let this year and its cursed images conclude

Hate crime victims Reat Griffin Underwood, William Lewis Corporon and Terri LaManno

Hate crime victims of mental illness Veronika Weiss, George Chen, Christopher Michael-Martine

Hate crime victims Leroy Henderson, Ahmed Said and Dwone Anderson-Young

Let this year and its cursed images conclude

The deaths of Phillip Seymour Hoffman and Robin Williams

Let this year and its cursed images conclude

Rape and murder victims: Sister Bernadetta Boggian, Sister Lucia Pulici and Sister Olga Raschietti

Newlyweds Sajjad Ahmed and Muawia Bibi murdered by her parents in family honor killing

Let this year and its cursed images conclude

**Let this year and its cursed images conclude
Let this year and its blessed images begin**



Beloved is all humankind for they were made B'tzelem Elohim (in the image of God). Doubly beloved are they, for they were told that they were made in the image of God.

Ethics of the Fathers 3:14

To say that I am made in the image of God is to say that love is the reason for my existence.

Thomas Merton

Who among us...

Who among us...

Who among us...

Who among us...

Who among us...

As I walk, as I walk

The universe is walking with me

In beauty it walks before me

In beauty it walks behind me

In beauty it walks below me

In beauty it walks above me

Beauty is on every side

As I walk, I walk with Beauty.

Traditional Navajo Prayer



Alef: Transitions

**This day as the New Year begins,
We come together as a community;
Yet each of us is strangely solitary.
Each of us comes here with special hopes and dreams;
Each of us bears our own worries and concerns.
Each of us has a story no one else can tell;
Each of us brings praise no one else can offer.
Each of us feels joy no one else can share;
Each of us has regrets that others cannot know.
As so, at this sacred time, we pray:
If we are weary, may we find strength;
If we are discouraged, may we find hope.
If we have forgotten how to share, may we teach each other and learn together.
If we have been careless with one another, may we seek forgiveness.
If our hearts have been chilled by indifference,
May we be warmed by renewed purpose,
Inspired by the spirit of this holy day.**

Sidney Greenberg



Beit: Containing

Deep knees are a blessing of our own making
Knee deep in the floodwaters is a curse of our making
The word Bracha (blessing) and the word Berech (knee) share the same
three letter Hebrew root.
When we are aware of the blessings of this world we are humbled in
gratitude.

"We're going to lose our planet in the next generation if things continue this
way," said Bert Garskof, 81, as a family member pushed his wheelchair
through Times Square.

**Blessed is the air we breathe
Blessed are the trees
Blessed is the land we plant in
Blessed are the bees
Blessed is the changing climate
Blessed are the seven seas
Blessed is the protective ozone layer
Blessed are the centuries
Blessed is a planet that flowers
Blessed are mountain majesties
Knee deep in our own making
Our planet is on its knees**

David Sanders





Beit: Containing

**Each of us has a name
Given by the mountains
And given by our walls
Each of us has a name
Given by the stars
And given by our neighbors
Each of us has a name
Given by our sins
And given by our longing
Each of us has a name
Given by the seasons
And given by our blindness
Each of us has a name
Given by the sea
And given by
Our death.**

Zelda Misholovsky



Gimel: Movement

**All the world is just a narrow bridge, just a narrow bridge,
just a narrow bridge...**

**All the world is just a narrow bridge, just a narrow bridge,
just a narrow bridge...**

Rebbe

Nachman

**Gesher
(Bridge)**

**Pesher
(compromise)**

**Kesher
(connection-tie)**





Dalet: Humble door

Why do you stay inside when the door is open? Rumi

You know the day destroys the night
Night divides the day
Tried to run
Tried to hide
Break on through to the other side
Break on through to the other side
Break on through to the other side

We chased our pleasures here
Dug our treasures there
But can you still recall
The time we cried
Break on through to the other side
Break on through to the other side

Made the scene
Week to week
Hour to hour
The gate is straight
Deep and wide
Break on through to the other side
Break on through to the other side

The Doors



Hey: Expression

Every breath is a Halleluyah!

I've heard there was a secret chord
That David played, and it pleased the Lord
But you don't really care for music, do you?
It goes like this
The fourth, the fifth
The minor fall, the major lift
The baffled king composing Halleluyah
Halleluyah, Halleluyah, Halleluyah, Halleluyah

Your faith was strong but you needed proof
You saw her bathing on the roof
Her beauty in the moonlight overthrew you
She tied you to a kitchen chair
She broke your throne, and she cut your hair
And from your lips she drew the Halleluyah
Halleluyah, Halleluyah, Halleluyah, Halleluyah

Baby I have been here before
I know this room, I've walked this floor
I used to live alone before I knew you.
I've seen your flag on the marble arch
Love is not a victory march
It's a cold and it's a broken Halleluyah
Halleluyah, Halleluyah, Halleluyah, Halleluyah

There was a time when you let me know
What's really going on below
But now you never show it to me, do you?
And remember when I moved in you
The holy dove was moving too
And every breath we drew was Halleluyah
Halleluyah, Halleluyah, Halleluyah, Halleluyah



Vav: Connection

Kaddish

Yit-ga-da'al

V'Yit-ka-da'ash

Sh'may Ra-bah

B'alma de V'ra Kir-oo-tah

V'Yam-lich Malchu-teh

B'Cha-ah-ya-Chon-U'V'Yo-may-Chon

U-V'Chaye de Chol-Beit Yisro-el

Ba'ah-ah Ga-ah-lah U'Viz-man Ka-riv

V'iam-ru Ah-men

Ye-hay Sh-may Ra-bah Mi-vo-rach L'Olam U'le-olmay Ole-mah-yah

Yit-baw-rach V'Yishta-bach V'Yit-par'are V'Yit-roman

V'Yit-na'aseh V'Yit-hadar V'Yit-ah-leh V'Yit-halal

Sh-meh de Kud-sha B'rich Who

L'ay-lah, L'ay-lah

Me-Kol Bir-chasa V'She-rah-sah

Too-oosh-bi-chasa V'Ne-cheh-mah-sah

Da-ah me-run B'al-mah

V'im-ru Ah-men.



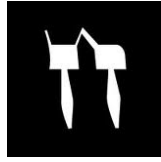
Zayin: Creative

**Your stars, O Lord, Your suns, Your universe.
But we must tell you what it is to be alive,
A paradox, a tantrum-genius who must coax the laws
Of suns and planets from blown sparks,
Glittering a moment in a mortal mind
And caught in a net of words before they die.**

**Your justice, O Lord, Your gift of life and death.
But for us to tell you what it is to be alive,
A destroyer, bearing children into ruins,
Exulting and crying in bondage of body,
Ceaselessly changing and too soon ended.**

**Is it a bitter thing
That by us, You remember
Your bitter-sweet sixth day?**

Joanne Greenberg



Chet: Is Life

A year of a Chayim—A year of Life

A year of awareness

A year of recognizing blessing

A year of commitment

A year of devotion

A year of evolution

A year of paying attention to facts

A year of giving goodness

A year of healthy living

A year of independence

A year of creating joy

A year of awkwardness

A year of love thy neighbor

A year of love thyself

A year of mother earth

A year of doing without

A year of open this and open that

A year of practicing peace

A year for straight and queer

A year for the button to be reset

A year without shame

A year of tolerance

A year of understanding one another

A year of non-violence

A year where we get this world

A year when we fear extinction

A year where you know you make a difference

A year of amazement



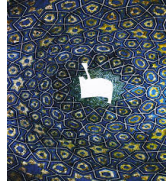
Tet: Nurture

שְׁמַע יִשְׂרָאֵל, יְיָ אֱלֹהֵינוּ, יְיָ אֶחָד:

Sh'ma Yis-ra-el, Ah-do-nay Eh-lo-hay-nu, Ah-do-nay Eh-chad

May Israel live in the full awareness—it is all ONE

Be the love that fills all your heart, all your soul and all that is yours. Take to heart what I want for you today. Convey this love to your children and instill these values in them. Speak these words at all times, when you are in the comfort of your homes, or journeying on unknown paths. Bind them to you and keep mindful of them and inscribe them so you see them in all your comings and goings.



Yud: The Silent Point

We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.

Mother Teresa



Kaf: Held

**Remember us for life
You who delight in life
And inscribe us, inscribe us
In the book of life**

**Mechalkel Chayim b'Chesed
Mechayeh Metim be-Rachamim Rabim
Somech Noflim, ve-Rofeh Cholim
u-Matir Asurim
u-Mekayaim Emunato liShay-neh ah-Far
Me Kamochah, Ba'al Gevurot
u-Me domeh Lach
Melech May-Meet u-Michayeh u-Matz-miach Yeshua**



Lamed: To soar

From despair to hope—a guided discussion:

“And God said to Noah: Man has sealed his fate—build an ark.”

It is time to build the ark—this time with 22nd century technology. A select few are chosen for the long traverse. Those selected are 5 years old; when they awake they will be 11. One of them is your child, grandchild or a child you know or want a connection with. What would you want them to know when they wake up? What values would you want to transmit to them? What advice? What parts of human culture?



Mem: Flow

Why was Noah not considered to be Tzadik?

He built the ark but did not try and teach
his neighbors to change their ways.

When he left the ark he could not face life.

All that he had known was destroyed,
Save for himself, his family and the animals on the ark.

Oh, and the fish.

He fell into despair.

A shot in the morning to start off the day.

One in the evening. Two in the evening.

What gnawed at him most was the realization:

I could have done more, I should have done more.



Nun: Falling

We think that the point is to pass the test or overcome the problem, but the truth is that things don't really get solved. They come together and they fall apart. Then they come together again and fall apart again. It's just like that. The healing comes from letting there be room for all of this to happen: room for grief, for relief, for misery, for joy.

Pema Chodron

In the broken thing, moreover, human agency is oddly implied: breakage, whatever its cause, is the dark complement to the act of making; the one implies the other. The thing that is broken has particular authority over the act of change.

Louise Gluck





Samech: Circling

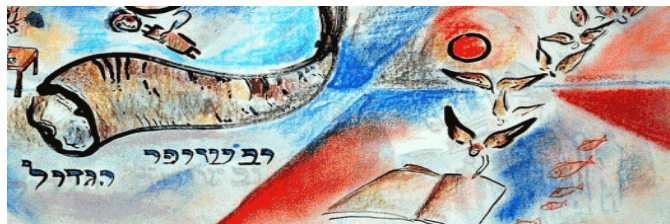
For the sake of my sisters and friends
For the sake of my brothers and friends
Please let me ask, please let me say: Peace to You.
This is the house, the house for us all,
I wish the best for you.
This is the house, the house for us all,
I wish the best for you.

Tekiah, Shevarim-Teruah, Tekiah (3)

Tekiah, Shevarim, Tekiah (3)

Tekiah , Teruah, Tekiah (3)

Tekiah Gedolah (1)





Ayin: Awareness

The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.

Marcel Proust

Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.

Chief Seattle

Future generations are going to ask what did you do about it, when you knew the glaciers were melting?

Martin Sheen



Peh: Speak Sweetly

RENEW US FOR A SWEET YEAR



A blessing on the apple:

Let this apple and its extra sweetness symbolize our hope for a year where our bitterness turns to sweetness and we say to that AMEN.



Tzadi: Gather Sparks

U-NETANEH TOKEF

**On Rosh Hashanah it is inscribed
On Yom Kippur it is sealed.
On Rosh Hashanah your heart
Must be fully present
So words can be inscribed on it.
On Rosh Hashanah your heart
Must be soft like wax
To be sealed on Yom Kippur.**

Ki-va-caw-rot Ro-eh Ed-row
Ma'avir Tzono tachat shiv-toe
Cane Ta'a-veer ve-Tis-pour ve-Tim-neh
Ve-Tifcode nefesh Kol Chai
Ve-Tach-toch kitzvah, l'Kol Bree-yo-techa
Ve-Tichtov, et G'za'ar Dee-numb.

B'rosh Hashanah Yikah tay voo
Oo'be-Yom Tzom Kippur ye-Cha-tay-moo
On Rosh Hashanah it is written
And on Yom Kippur it is inscribed



Kuf: Separation

**And who by fire, who by water
Who in the sunshine, who in the night time,
Who by high ordeal, who by common trial
Who in your merry month of May
Who by very slow decay
And who shall I say is calling?**

B'rosh Hashanah Yikah tay voo
Oo'be-Yom Tzom Kippur ye-Cha-tay-moo

**And who in her lonely slip, who by barbiturate,
Who in the realms of love, who by something blunt,
Who by avalanche, who by powder,
Who for his greed, who for his hunger,
And who shall I say is calling?**

B'rosh Hashanah Yikah tay voo
Oo'be-Yom Tzom Kippur ye-Cha-tay-moo

**And who by brave assent, who by accident,
Who in solitude, who in the mirror,
Who by his lady's command, who by his own hand,
Who in mortal chains, who in power,
And who shall I say is calling?**

B'rosh Hashsnah Yikah tay voo
Oo'be-Yom Tzom Kippur ye-Cha-tay-moo

Leonard Cohen; Who By Fire



Reish: Leadership

The first responsibility of a leader is to define reality.

Max de Pree

The smallest of actions is always better than the noblest of intentions.

Robin Sharma

**I alone cannot change the world,
but I can cast a stone across the waters to create many
ripples.**

Mother Teresa

**Never believe that a few caring people can't change the
world.**

For, indeed, that's all who ever have.

Margaret Mead



Shin: Climate Change

**THIS ROSH HASHANAH, LET'S LOOK
PAST OUR LABELS AND WORK
TOGETHER AS **ONE PEOPLE** FOR A
TRULY SWEET NEW YEAR.**



So here is the first message for unifying people who identify as Jewish:
In order to stop looking past labels you need to stop using labels.

The second message:

The door must be left ajar.

The largest jar is missing. It is an ever growing honey pot.

It is what label makers call the unaffiliated.

In it are Jews who have no religion.

In it are families with Jews and non-Jews.

Proud to be a part of the Jewish people.

Let go of labels.

One people: A people flowing like honey.
Experience that sweetness.



Tav: Despair to Hope

My dearest Eva and Isabel:

You are part of the rainbow children. It is about seeing all the colors, liking some more than others while knowing that one color is not better than another. Eva, your favorite colors when you were 3 years old were yellow and red. Isabel, your favorite colors were green and blue. What colors will you find in your new world?

Today is another day like so many others here. Your Mom is not feeling well so I am preparing your lunches for school; croissants and cheese, raspberries, a banana, quinoa salad and water in your canteens. Tomorrow is the big day. We say goodbye to you. Letting you leave us is an intolerable decision, yet letting you stay here with us is more intolerable.

You are the joys of your Mom's and my life. You are our future and the future of all of us. You are a part of a total of 11 people. You are the only identical twins selected. There is also one set of multiples, a girl and a boy. Imagine, there are 11 billion of us now on this planet and so many twins.

Be kind to each other, look out for each other and above all be smarter and more aware than we were even when things were clearly in need of change. Treat the planet and all that you find there with wisdom and care. Preserve the life you find there. Defend your life only when absolutely necessary. Make decisions that strengthen all together. Be leaders, you were both leaders already here. Don't shy away from showing your true colors.

I know you will have to work hard just to make it through each day. You have an awesome opportunity and responsibility. Amidst all the needed

things to be done set aside, in a routine way, to just be. Sit still and breathe. Nothing more than just sitting quietly and breathing. Be thankful for the life you have and the life you are creating. And make a habit of writing down your dreams and telling each other what they were about.

Know that you were loved and not abandoned by us. That is why we chose for you to go. We hug you every night, every morning. Hug each other every day my precious little ones.

Your Dad, David





www.kabbalahexperience.com