

# Rosh Hashana: What you can have in mind during the shofar

On Rosh Hashana the first man and woman were created. Wired into the spiritual potential of the 48 hours of Rosh Hashanah for all time is the opportunity for a new future for every individual and all of humanity. *When the shofar blows your personal judgment takes place and your potential for the year is decided based on what you truly yearn for in your heart, (see list below,) your behavior DURING these 48 hours and your overall mission in life.*

The more compassionate and understanding you are with yourself and others on these 2 days, the more compassion and protection you will experience this year.

Following are some suggestions of **what to focus on (without speaking) when hearing the actual shofar Blow.** (you can SAY this any other time during Rosh Hashanah)

1. **G-d, You have an incredible vision for all of humanity and for me. I want to fulfill Your loving vision of greatness for me more and more. Please show me what I most need to see gently.**
2. **Please help me realize how intrinsically worthy and uniquely beloved I am to You. G-d, please help me recognize the exalted divine essence within me and be able to express it in my life.**
3. **I want to recognize Your infinite, everlasting, over-the-top LOVE in every moment of my life till now. Everything, from the painful challenges to the revealed blessings, and everything in between are all expressions of Your incredible unconditional love for me. Please fill my heart with gratitude and trust in Your GREAT love for me.**
4. **I want to transcend any obstacles to fulfill Your vision for me. Please help me partner with You and go from a place of constraints to a place of expansiveness.**
5. **Please bless me with all the resources I need to fulfill Your vision for me abundantly. (health, healing, clarity, harmonious relationships, a job, place to live etc.)**
6. **I want to make You King by living myself more according to Your Definition of reality and Your instructions for living. Please guide me.**
7. **I resolve that I want to be connected to You, G-d, as the source of my wellbeing in life. And not rely on ANYTHING or ANYONE else. Please help me remember that there is no other power. Please draw me closer to You gently.**
8. **I resolve that this moment is the dawn of a new era in my life.**

4) The **shape** of the shofar starts narrow and becomes much wider. When considering your challenges in life or when ANYTHING goes wrong during Rosh Hashanah, (and if G-d loves you He will give you a chance to wire into the coming year powerful choices like how you will react to a headache, not feeling inspired, an upsetting person or anything else upsetting) you can think about the shofar and say:

**“Please G-d, let me partner with You and go beyond my constrictions to a place of expansiveness. Everything that happens is part of Your loving and perfect training & development program for me. Help me remember Your great love for me and respond in the most noble way- help me have compassion, judge favorably, try to let go of having to be in control and give it over to You, G-d. Please bless me with an amazing year of walking with YOU.”**

The **sound** of the shofar expresses the yearning of our pure soul. It is such a pure call that is beyond words. **“Please help me this year to be able to express the purity of my spirit. Help me discover & express more of Your loving vision for me without anything in the way.”**