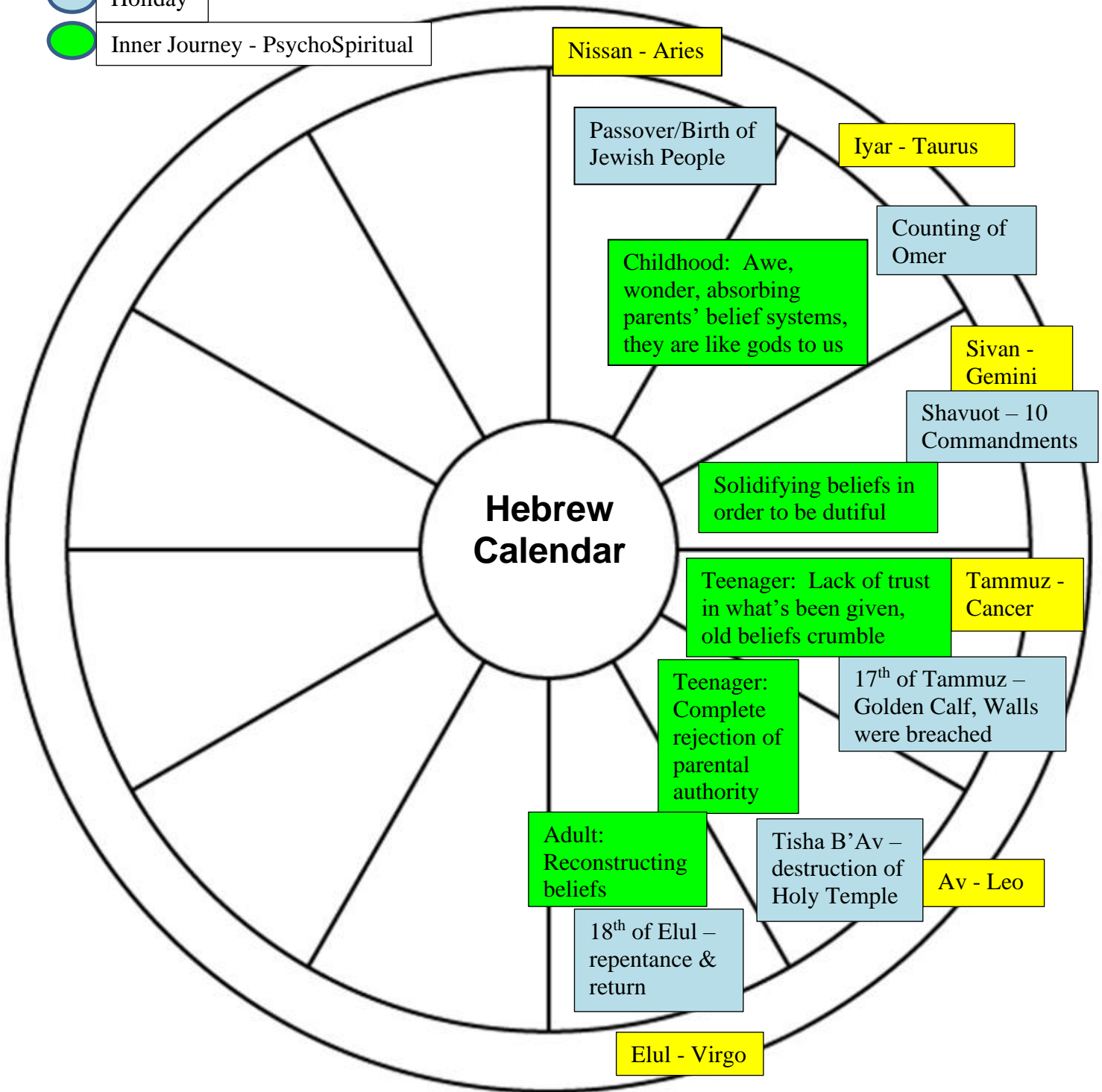


**Elul – 40 days of forgiveness.
Diagram of the Inner Journey of Life**

- Month & Star Sign
- Holiday
- Inner Journey - PsychoSpiritual



We have to reject parental authority in order to make our lives our own. Very often the very beliefs that we internalized as youth aren't accurate anyway. Mostly as youth we've internalized a very big "Inner Critic" in order to protect us from fear of loss of love. The constructed inner life story is of a very angry "parent" who you need to keep you in line. This is a very immature way of looking at G-d and yourself. G-d/Inner Parent is the angry, judgmental, punishing person in your inner world. As you mature, you can strengthen the "Nurturing Inner Parent" who is eternally compassionate, understanding and forgiving.