

Class on Tishrei – Section 1

Everyone Goes

Tishrei is a month packed full of spiritual energies. The entire month is filled with holidays. Nearly every Jew – even those who never go to synagogue, never celebrate any other holidays, and even those who don't believe in G-d, will attend a service and or simply fast on what's called the holiest day on the Jewish calendar - the 10th day of this month – on Yom Kippur. Aside from the Passover seder, this time of year will find a huge participation from Jews all over the world. Through the years, attending Chabad services, I have really appreciated the prayer work-out all day on the High Holy Days.

Shofar

<https://www.youtube.com/watch?v=awATvJ9LK9o>

Every day during the past month of Elul, the Shofar is blown. Made of a Ram's horn, it is the traditional instrument that has been used for millennia calling Jews to awaken and repent. It is blown many times during the High Holiday services. If you are like me, you will find its sound both haunting as well as centering, touching deep into your soul. Listen to the [Youtube](#) and you will experience it for yourself. Ashkenazi Jews use a short horn while the Sefardi use a long, twisting, dramatic one like the shofar in the video.

Rosh Hashanah, the head, the mission

RH is the first day of Tishrei – the new moon. The name means “Head of the Year” and so the energy of this day is similar to the energy associated with the brain, meaning as the brain controls the body, this day controls the rest of the year. On this day we receive the support to recommit to our purpose and mission on this earth.



Creation of Mankind

This day commemorates the creation of man, so it's helpful to understand the story of Adam & Eve from the perspective of our mission on earth. Adam and Eve were created on the 6th day of creation. If they had waited 2 hours and not eaten the "apple", it would have been the 7th day – the Sabbath - and they would have stayed in the Garden of Eden forever. We are told that Adam & Eve were very lofty beings who wouldn't make a bad choice, so why did they eat the apple? (It really wasn't an apple but that is another story.)

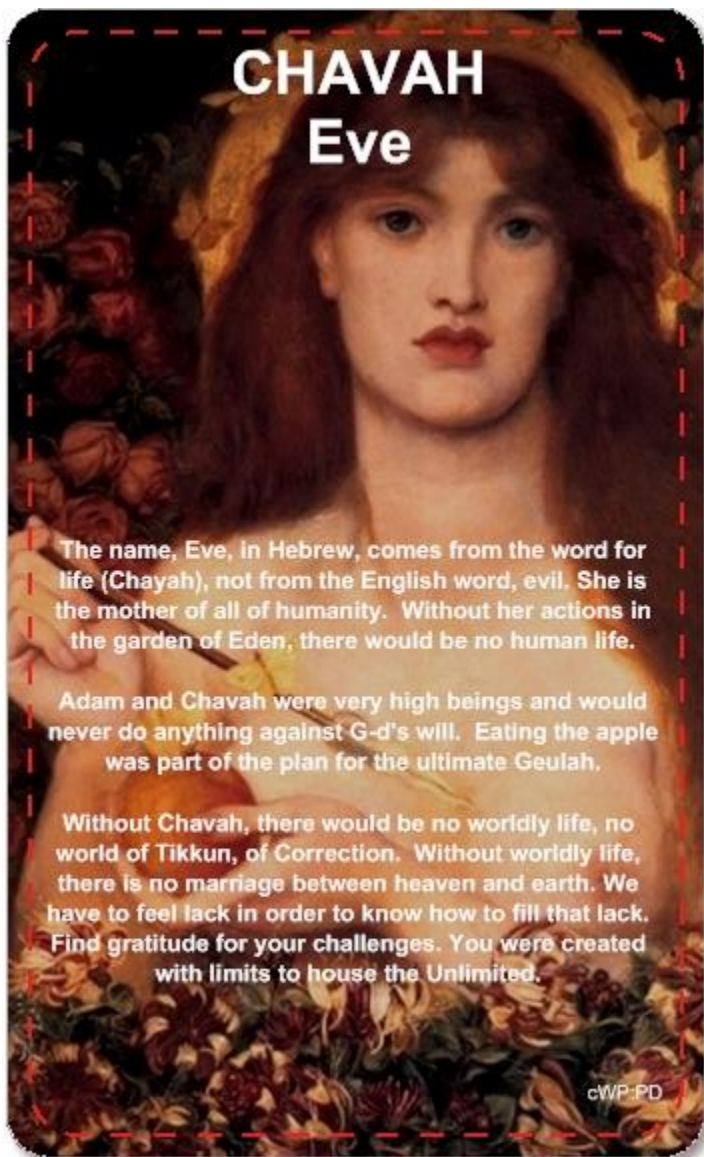
First, what does The Apple represent

In Hasidic Kabbalistic teaching, their act unleashed the potential for evil. The idea of evil in Kabbalah is called, "Sitra Achra", "The Other Side". The other side exists when G-d is hidden and we sense a separation from G-d and G-dliness. This world hides G-d, which makes us forget that G-d is its Source. The act of eating the apple from the Tree of Good and Evil incorporated into mankind the forgetfulness that leads to acting as if G-d is not present. One of my Kabbalah teachers, Shimona Tzukernik calls this, "cosmic forgetfulness". This then, enables free choice.

Dirah bi Tachtonim – Lower World

So why would those lofty, created beings, make such a choice? Hasidic Kabbalah answers that it was G-d's plan to "find a dwelling place in the lowest of all worlds", a "Dirah bi'Tachtonim". Does Eve get her English name from the word, "evil"? If so, that comes from a misunderstanding and lack of knowledge of Judaism because her Hebrew name is "Chava" which means, "Life". Without Eve, there would be no worldly life, no world of Tikkun, of Correction. Without worldly life, the world of Correction/Rectification, there is no marriage between heaven and earth. There would be no relationship between a human and G-d.





Adam and Chava knew that Hashem (G-d) expected them to eat from the Tree of Knowledge because he says, “WHEN you eat from it, then...” He doesn’t say, “IF you eat from it, then...” Without knowing Hebrew, you can’t possibly understand the Bible and I believe that for people to truly understand the Book that came from the Jews, they need to learn from a Jew about THEIR book. It’s not an OLD Testament to Jews, it is a Living, breathing, document that lays out the entire blueprint for creation. The entire meaning of Life – which to Jews is more precious than the afterlife.

And God יהוה commanded the Human, saying, “Of every tree of the garden you are free to eat;

וּמֵעֵץ הַדְּעִית טוֹב וְרָע לֹא תֹאכַל מִמֶּנּוּ כִּי בַיּוֹם אֲכָלְתָּ מִמֶּנּוּ מוֹת תָּמוּת׃ but as for the tree of knowledge of good and bad, you must not eat of it; for as soon as you eat of it, you shall die.” <https://www.sefaria.org/Genesis.2.16-18?lang=bi&aliyot=0> Genesis Ch. 2:6,7

Assignment: Listen to the Shofar. Attend a High Holiday Service. Make or attend a holiday meal. Celebrate on Rosh Hashanah – it’s the birthday of the creation of mankind!! Listen to this audio class on the alternate story about Chavah: https://www.chabadbythesea.com/multimedia/audio_cdo/aid/470789/jewish/Old-Story-New-Twist.htm