

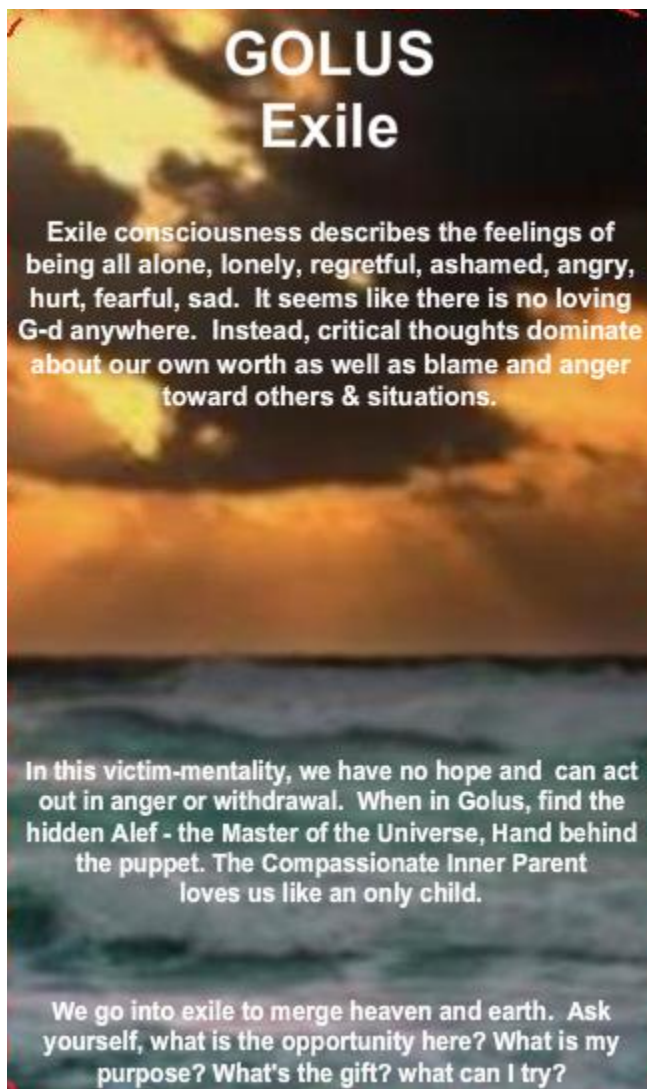
Class on Tishrei – Section 2

Our limitations – The Contract – Being Co-Creators

On Rosh HaShanah we renew our contract with G-d. This is the mission we recommit to each year – to take our mundane lives and make them holy. We were created with certain limitations and given particular experiences that have reinforced our brokenness. This is all part of the plan. We are co-creators with G-d in repairing this world in our own way. Our limitations, our angst, our “tzuris”, and how we transform that, helps that piece of the darkness reveal the Creator. We have to lower ourselves into that darkness in order for it to be transformed, like our courageous ancestors: Adam and Chava.

Exile/Golus

Darkness, the other side of Light is referred to as Exile or “Golus”. We are in a state of Exile, from the Garden of Eden, from G-d, from the Land that we’ve been promised. G-d has also been in exile. We are told that the exile we’re in now will end very soon and that we are the generation that will experience that day of redemption. But’s always really hard during the last stages of the birth process.



Redemption/Geulah

The prophecies in Isaiah describe the redemption. Remember the lion lying down with the lamb? It also says that the very anti-Semites of the day will build the walls of Jerusalem. People will flock to Jerusalem and the Jews will be the

Light unto the Nations that they were supposed to be. The Baal Shem Tov told that one of the signs of the coming redemption will be the widespread dissemination of his teachings. We are told that a leader, the moshiach, messiah will take us out of the final exile.



The Soul

The theme of the High Holy Days is about our taking ourselves out of exile by reconnecting to the part of ourselves that is never wounded. This is the part of the soul that is connected to G-d. Like Eskimos have many different words for snow, Kabbalah has many different words for "soul". There are at least 5 different levels of the soul and the soul is expressed through 10 different aspects in either a G-dly way or an egoistical way. In a Geula way or a Golus way.

Assignment: Take a problem in your life and make a list of the beliefs you have about this problem. Then cross out the beliefs that come from the realm of Golus. Circle the ones that come from Geulah. Write down more beliefs you could have, just as valid, that come from being in a Geulah mindset. During the 10 days between Rosh HaShanah and Yom Kippur, make amends with at least one person you have harmed in the past year. Make amends with yourself as well by listening for Golus mentality and changing it to Geulah by having compassion on yourself.