

# The Inner Flame

SHOFAR



# The Inner Flame

ROSH HASHANAH

An Experiential Guide to  
Diving Beneath the Surface and Internalizing  
the Inner Flame of the New Year



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## ROSH HASHANAH

### ☉ The Outer Action

We enter Rosh Hashanah — The Day of Judgement

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On Rosh Hashanah, man was created. Man's soul was originally **fully enveloped in the Infinite Light of the Ein Sof**. But when he was created, he was no longer enveloped in this light and, for the first time, experienced himself as an independent entity. This is now the natural state of man. To feel that we are independent entities. And while Hashem lets us feel this way, we are left feeling disconnected from Him. All year, but particularly on Rosh Hashanah, Hashem gives us the opportunity to break through this mask and to re-enter His light.

On the day we were created, we are faced with the ultimate challenge: Will we stay separate from Hashem or will we re-unite ourselves with Him?

*Rosh Hashanah is not a day of repentance*, at least not in the normal sense of repenting for our sins. That is Yom Kippur. **Rosh Hashanah is a day when we re-dedicate ourselves fully to our life mission of being One with Hashem in all that we do.** We call it the Day of Judgment because we are being judged on whether or not we want to make Hashem the priority in our lives. Declaring the we want to make Hashem the priority in our lives is what it means when we say **Hashem is our King**.

### ☉ A Moment of Mindfulness

Think to yourself what really gives you Joy in your life. See how it all goes back to feeding your soul and expressing and intensifying your connection with Hashem. Recognize that nothing else in your life brings you lasting joy, only your connection with Hashem doing His will.

### A *spark* of Holiness

"Hashem, You are my King. You are my #1. All the joy and pleasure I experience in my life comes only from You and from my relationship with You."

## SHOFAR

### ☉ The Outer Action

We blow the Shofar

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**Shofar is the Melody of the Jewish Soul**, the song of the Jewish Soul craving for Hashem. The sound of the Shofar is the sound that your Soul is making and it is crying out: "Hashem, I want You. I want to come home to You."

During the Shofar blowing, Hashem responds to us. When we draw close to Him, He draws close to us. It is our job to make the first move. The Shofar helps us make this first move. The shofar is a cry that we want Hashem and the revelation of His Oneness and we don't want the lies of the *Yetzer Harah*/evil inclination.

When the Shofar is blown it is like an x-ray of our souls. **Do we want to be close to Hashem right now?**

When we do this, **Hashem gazes down from the Heavens, and says** "Look at my beloved children, they never give up, they never stop wanting to be close to Me. They always trust in My mercy and My love for them and they continue to return to Me, **because they love Me** from the depths of their hearts and souls."

### ☉ A Moment of Mindfulness

As you are listening to the Shofar think:

"Hashem, even though I have been distant in the past, right now, I want to return fully to You. I want You, Hashem and I don't want the lies of the *Yetzer Harah*/evil inclination in my head anymore. Right now, I am fully righteous and I am surrounded by fully righteous people, because in this moment, I am awake to who I really am, a righteous soul who only wants to be close to You."

### A *holy* Challenge

For just one Shofar blast try to fully believe, feel and internalize:  
"I am a Righteous Soul who only wants to be close to You."