



The First 12 Days of Nissan

The first twelve days of the month of Nissan are very special. Each day represents a different month in the Kabbalistic calendar. During these first twelve days, it is important for us to connect to the consciousness of each month and follow the tips so that we can be proactive. Our effort to be proactive on these first twelve days determines our success of being proactive for the whole year. Below you will find the focus/consciousness for each of the first twelve days, as well as a meditation concluded by one of the 72 Names.

Day 1 (March 16) - Aries (Nissan) Look to Complete Things.

Tips for the month of Aries:

- Remember the past to avoid repeating mistakes.
- Before acting - ask for the Light to guide you.
- Decrease ego by remembering we are just a channel for the Light.
- Empathize with others.
- Avoid conflict.

Meditation - No More Ego.

As I look into my soul, I can feel the sore places where I have been wounded by my ego: worry over what people think about me, needing to be right, angry when things don't go my way. As I let it go and reach for Light on a higher plane, those places in my soul open up. I am free, my ego diminishes and I concentrate on what is really important: love, friends, family, spiritual fulfillment, connection.



72 Name For Aries - The Great Escape
(Vav Aleph Lamed)



Day 2 (March 17) - Taurus (Iyar) Avoid Being Comfortable - If It's Uncomfortable, Do It.

Tips for the month of Taurus:

- Listen to others.
- Embrace discomfort.
- Actively share with others.
- Transform complacency to movement.

Meditation - Coming out of the "Comfort Zone".

I clearly see my personal limitations. Looking into the past, I notice all of the instances when ego has kept me imprisoned, holding me back from true joy and fulfillment. As I focus on the Light of the Creator, the transformative energy of the divine washes over me, and I feel free. No more complaining, no more frustration. I will not get caught up in the material world. Instead, I will look beyond into the spiritual realm and let go, freeing myself from the trappings of ego.



72 Name For Taurus - Freedom
(Mem Tzadik Reish)



Day 3 (March 18) - Gemini (Sivan)
Focus and Commit.

Tips for the month of Gemini:

- Focus on details.
- See the big picture.
- Finish what you start.
- Trust the Light, not your mind.

Meditation - Stop putting it off until later...it's now or never.

[Think of an unfinished project that is an obstacle in your life. Decide you are going to finish it and follow through, and begin this meditation.] I see the unfinished project in front of me. I am going to complete [enter project here] as I visualize myself [enter the process necessary for completion here]. I feel frustration and procrastination drifting away. I am getting closer to completing my goal. As I breathe, I get even closer. I feel stronger, more connected to my Light Force. Laziness and doubt are gone, and I see myself fulfilled, creating more space for even greater accomplishments.



72 Name For Gemini - Finish What You Start
(Lamed Kaf Bet)



Day 4 (March 19) - Cancer (Tammuz)
Break False Sense of Security, Let Go of Something That Provides Security.

Tips for the month of Cancer:

- Let go of fears and possessions.

- Take a risk - trust the Light.
- Create a space for the Light.
- Do a sharing action today.
- Count your blessings.
- Live in the present.

Meditation - Let Go...Fear, insecurity, jealousy - Get rid of it all.

I am letting go. Of past pain, regret, trauma. All of it. [If there is a particular theme or moment that you keep coming back to, picture it in your mind. As you do this meditation, go back to that moment, then reverse it, plant a new seed.] I will release past emotions that are dragging me down, replacing old baggage with Light and love. I look forward, not back.



72 Name For Cancer - Letting Go
(Yud Yud Lamed)



Day 5 (March 20) - Leo (Av)

Let Go of Control, Be Willing Not to Be Everyone's Friend.

Tips for the month of Leo:

- Think before speaking.
- Use strength to help others, not to dominate them.
- Be more empathetic; understand others' perspective.
- Be sensitive to another person's feelings.
- Don't be the center of attention.

Meditation - Arrgghhh!

I will purge anger from my heart, free my soul of the burden that comes with reacting to the external. [Envision a recent moment when you lost your temper, and understand what false idol you were worshipping.] As I recall [think of the moment of anger], I see that I was swayed by the darkness. I gave power to the situation instead of taking a moment to pull back, of restricting, and keeping the real power in my own hands. As I invoke this name, I realize that nothing in the physical world can cause me to react with anger.



72 Name For Leo - Dispelling Anger
(Peh Vav Yud)



Day 6 (March 21) - Virgo (Elul)

Beware of Being Critical of Yourself and Others.

Tips for the month of Virgo:

- Let go of the desire to control the physical.
- Be proactive and ask questions.
- Seek to understand, not judge.
- Realize we are not in control.
- Realize the only one solving the problem is the Light.
- Look for the good and positive in everything.

Meditation - This might sound crazy, but maybe you're wrong? Maybe?

I will spread love for no reason. I will resist my tendencies toward judgment. As I look back on negative words or deeds from my past, I replace them with Light and compassion, sending positive forces out into the universe to replace the negative ones. I will look upon others with compassion, sweetening the judgments as they come my way.



72 Name For Virgo - Sweetening Judgement
(Yud Lamed Hei)



Day 7 (March 22) - Libra (Tishrei)

Decide Without Fear. Decide With Certainty.

Tips for the month of Libra:

- Make decisions and be certain about them.
- Don't question past decisions.
- Share for the right reasons.

Meditation - You Just Got to Have Faith.

I have absolute certainty that what is right will happen through proactive behavior. I take complete responsibility for my life and know that I am getting what I need right now. And as I continue to allow more Light and certainty into my life, I will get even more.



72 Name For Libra - Absolute Certainty
(Ayin Reish Yud)



Day 8 (March 23) - Scorpio (Mar Cheshvan)

Don't Hate Yourself, Don't Judge or Be Jealous of Others.

Tips for the month of Scorpio:

- Stay calm, don't create crises.
- Be proactive.
- Think of consequences on self and others.
- Invite the Light in.
- Achieve fulfillment through self-control and restraint.
- Don't control.

Meditation - The only thing more destructive than hating others is hating yourself.

The Light is within. I connect to the divine power in my soul and awaken an incredible source. My confidence is fortified so that I am empowered to solve my problems, to eradicate the chaos and confusion in my life. I am aware of the good within and the good that I can do, if I choose to take responsibility for the Light in me. It has always been there--now I see it.



72 Name For Scorpio - Self-Esteem
(Hei Hei Hei)



Day 9 (March 24) - Sagittarius (Kislev)

Stand Up For Something You Believe In, Don't Be Complacent.

Tips for the month of Sagittarius:

- Practice forgiveness.
- Look out for details.
- Make a commitment and stick to it.
- Analyze the whole situation before making a decision.
- Be more sensitive to others; watch what you say.

Meditation - Open Up...That's it, a little more, good, a little more.

As I focus on unconditional love, for all people around me, the dark forces within are cast out. In the past, I have felt hatred for certain people. Now, as I picture those people in my mind, I feel only love. Light washes over them, and me, and I recognize the common thread that we share—the spark of the Creator. My heart opens as I wish them joy and fulfillment, peace and greater understanding.



72 Name For Sagittarius - Unconditional Love
(Hei Hei Ayin)



Day 10 (March 25) - Capricorn (Tevet)

Trust Where It Is Not Easy. Break Some of Your Rules.

Tips for the month of Capricorn:

- Rely on the 99%, not the physical world.
- Realize everything is from the Light.
- Express emotions.
- Realize things are tools, not purposes.

Meditation - Loosen the chains around your heart.

I want to bring all future and existing relationships to the level of Soul Mate. I want to relate to all those around me on this heightened spiritual plane, and bring greater Light into my life.



72 Name For Capricorn - Soul Mate
(Shin Aleph Hei)



Day 11 (March 26) - Aquarius (Shevat)

Try To Conform. Do What Someone Else Does.

Tips for the month of Aquarius:

- Don't be unique.
- Be a team player.
- Practice compassion.
- Make dependability a habit.
- Transform ego into humility.
- Create win/win situations through sharing.
- Build relationships; care about others.

Meditation - There's no "I" in team (cliché but true).

I am going to get out of the way and allow the Light to guide me. In the past, I have been stubborn, set in my ways, and I will let go. Instead of clinging to my beliefs, I will open up, and allow the Light of the Upper Dimensions to shine down into my realm and transform my life. I have real desire, not for myself alone, but to connect to something greater.



72 Name For Aquarius - Forget Yourself
(Lamed Hei Chet)



Day 12 (March 27) - Pisces (Adar)

Show Caring To Another Person Without Feeling Sorry For Yourself.

Tips for the month of Pisces:

- Be a leader.
- Initiate action.
- Balance logic and emotion.
- Handle pressure with certainty.
- Go the extra mile.
- Feel other people's pain, not your own.

Meditation - Repeat after me: "I am not a victim."

I am not a victim. All of my feelings of self-pity and my hopes of retaliation are vanishing, as I accept the consequences of my own actions. I take responsibility for where I am, and know that if I want to change my circumstances, it is within my control. I will be proactive, and achieve my own fulfillment. I am letting go of pain, and regaining control over my life.



72 Name For Pisces - Accountability
(Mem Nun Kuf)