

The Mishkan (Tabernacle) was inaugurated on the first day of the month of Nissan. On the first twelve days, the nasi (tribal leader) of each of the twelve tribes of Israel brought inaugural offerings as representative of his tribe. Each tribe corresponds to a month in the Kabbalistic calendar. During these first twelve days it is important for us to connect to the consciousness of each month, follow the tips and meditate on that month's energy. We finish by connecting to the Divine Name permutation for that particular month.



Day 1 (March 17, 2018) - Nissan (Aries)
Tribe: Yehudah

Tips for the month of Nissan:

- Connect yourself to the Creator's Light.
- Be mindful of your speech.
- Affirm the Divine Presence, the Shechinah.
- Feed the hungry.

Energy of Nissan: Freedom From The Slavery of Ego.

The month of Nissan is about the newness of life and newness is likened to freedom. Meditate on the parts of your ego which make you feel enslaved.

יהודה

Divine Name Permutation for Nissan



Day 2 (March 18, 2018) - Iyar (Taurus)
Tribe: Issachar

Tips for the month of Iyar:

- Purify and heal yourself.
- Deepen your connection to the Creator's Light.
- Be with your feelings, without blaming yourself, others or the Creator.
- Be willing to discover and accept the truth.
- Develop a wider range of emotional capacity.
- Guard against negative behaviors, and relationships that are familiar but limiting.

Energy of Iyar: Healing of Body, Heart, and Soul

Iyar is about healing on all levels: body, heart, and soul. For healing to truly take place, we must be able to identify our true self. Meditate on a few occasions when you were your true self. Also meditate on moments when your ego took over and you acted selfishly. Allow healing to take place.

י.ה.ה.ר

Divine Name Permutation for Iyar



Day 3 (March 19, 2018) - Sivan (Gemini)
Tribe: Zevulun

Tips for the month of Sivan:

- Be creative.
- Realize your personal relationship with the Creator: nurture it and strengthen it.
- Be with your feelings, without blaming yourself, others, or the Creator.
- Study and learn Torah.
- Deepen your relationship with loved ones.
- Meditate.

Energy of Sivan: The Art of Receiving

Sivan gives us the opportunity to be creative and bring out what is deep within us. The Torah was given in the desert and we have to become like a desert in order to receive the Creator's gift to us. Meditate on how you can open up and receive the Creator's love in new ways.

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Divine Name Permutation for Sivan



Day 4 (March 20, 2018) - Tammuz (Cancer)
Tribe: Reuven

Tips for the month of Tammuz:

- Open to see things as they are and not how you want them to be.
- Be flexible.
- Become aware of your negative traits.
- Feel your feelings rather than blaming others for them.

Energy of Tammuz: Seeing Life As It Is

Tammuz is the first of three negative months. It is a dark and heavy month, but we can get through if we can be flexible and see life for what it is. Meditate on how you see life: your relationships, your friends and family, your situations, and even those you may not hold dear. Remember that behind it all is the Creator's Light and even those things which may seem difficult can bring about blessings in your life.

הוהי

Divine Name Permutation for Tammuz



Day 5 (March 21, 2018) - Av (Leo)
Tribe: Shimon

Tips for the month of Leo:

- Listen to what is said and what is not said.
- Create opportunities for deep listening and sharing with others.
- Guard against judging yourself and others.
- Be mindful of your speech, avoid gossip.
- Become a more giving person. Love unconditionally and without reason.
- Meditate and open to the Shechinah (Divine Presence) in your life.

Energy of Av: The Wholeness of Brokenness

The second negative month of the year, the month of Av is particularly difficult in the beginning; but towards the end of the month sadness is turned into joy. Meditate on a time when you have felt broken. Crying is good for the soul and brings healing and helps us to see emet (truth). Allow yourself to feel whole from that experience.

הויה

Divine Name Permutation for Av



Day 6 (March 22, 2018) - Elul (Virgo)
Tribe: Gad

Tips for the month of Elul:

- Complete unfinished business and plan for the future.
- Do the work of Teshuvah (return to self, repentance).
- Forgive, forgive, forgive (both others and yourself).

- Replace the inner critic with the inner caretaker.
- Deepen your relationship with Creator.

Energy of Elul: Returning to The Inner Stillness Within Change

The energy of Elul is summed up in the Hebrew word "teshuvah", which means to return. We often use the word repentance to describe teshuvah. However, Kabbalah teaches us that it is more; it is about returning to inner wholeness. Meditate on how you can return to your inner self by accepting your own faults and limitations and trying to rise above them.



Divine Name Permutation for Elul



Day 7 (March 23, 2018) - Tishrei (Libra)
Tribe: Ephraim

Tips for the month of Tishrei:

- Set a vision for the new year.
- Affirm yourself and what you want in life.
- Heal your relationships with friends and family.
- Try to maintain silence, don't judge others through our words.
- Make an effort to be happy, even if you feel sad.

Energy of Tishrei: Opening to Newness

Tishrei is the month of rebirth and renewal. It is the month of balance. The word Tishrei permutes to the Hebrew word "reishit", which means "beginning." Rosh Hashanah begins the month of Tishrei and gives us a new year. Meditate on how it feels to open to newness and to a fresh outlook on life. Spiritual transformation allows us to feel new each time we make progress.



Divine Name Permutation for Tishrei



Day 8 (March 24, 2018) - Cheshvan (Scorpio)
Tribe: Menashah

Tips for the month of Cheshvan:

- Engage in self-inquiry.
- Own your own projections.
- Develop greater faith and trust.
- Love yourself unconditionally.

Energy of Cheshvan: The Inner Work of Personal Transformation

Chesed means “mercy” or “sharing” and water is the element of Chesed. During Cheshvan we take the energy from the previous month of Tishrei and now use it to go inward and work on ourselves. Meditate on sharing and how that can remove chaos and negativity from our lives.



Divine Name Permutation for Cheshvan



Day 9 (March 25, 2018) - Kislev (Sagittarius)
Tribe: Binyamin

Tips for the month of Kislev:

- Give yourself time to dream your dreams.
- Meditate on Divine Light.
- Seek how to go forward in your life rather than understanding why you can't.
- Strengthen a “can do” attitude within yourself.
- Rededicate your own holy temple within.
- Practice gratitude.

Energy of Kislev: Rekindling Dreams

The month of Kislev allows us to rekindle our deepest dreams, to embrace all the possibilities, and to go for what we want. Meditate on your dreams. What is needed to make them a reality? Be thankful for the blessings you already have and the blessing of being able to dream.



Divine Name Permutation for Kislev



Day 10 (March 26, 2018) - Tevet (Capricorn)
Tribe: Dan

Tips for the month of Tevet:

- Explore the nature of your anger.
- Assume responsibility for your feelings.
- Practice humility.
- See the good in everyone and everything.

Energy of Tevet: Purification and Transformation of Negative Emotions

Tevet is the darkest month of the year and the third of the three negative months. During this month we focus on healing our anger. There are two types of anger: holy anger and ego anger. The first type of anger is holy because we become angry at the injustice committed against people, etc. The second anger is not holy because it stems from our selfishness. Meditate on what makes you angry. Is your anger holy or unholy? How can you rise above and become a beacon of the Creator's Light in this world?

והיה

Divine Name Permutation for Tevet



Day 11 (March 27, 2018) - Shevat (Aquarius)
Tribe: Asher

Tips for the month of Aquarius:

- Open to newness.
- Eat consciously to support your greatest well-being.
- Identify those things that support and nurture you and develop a plan to include them in your life.
- Guard the environment.

Energy of Shevat: Inner Renewal

Shevat is a time of inner renewal and the area of healing for this month is eating. Eating relates to our well-being and part of our inner renewal can be to examine how we eat. Meditate on your diet. Do you eat food that is good for you? Think about how you can make changes to your diet to allow for a more healthy lifestyle.

היה

Divine Name Permutation for Shevat



Day 12 (March 28, 2018) - Adar (Pisces)
Tribe: Naftali

Tips for the month of Adar:

- Commit to increasing joy in your life.
- Eliminate or reduce what does not generate joy in your life and open to what does.
- Serve Creator with joy.
- Transform your own negative impulses (Amalek).
- There are no coincidences.
- Give charity.

Energy of Adar: The Joy of Oneness

Adar is the month of joy and the increase of joy in Adar comes from the Upper Worlds. Rabbi Nachman of Breslov said, "sickness comes from a lack of joy and healing come from joy." People who have true joy in their lives rarely become ill. Meditate on the things that bring you joy. Is that joy lasting or does it go away? The things that bring us true joy, like love of neighbor, sharing are essential to our overall happiness.



Divine Name Permutation for Adar