

Rosh Hashanah and the Shofar : (taken from the Clarity Seminar spiritual business plan)

These 48 hours form the spiritual seed of your potential for the year. If you have an apple seed, you won't get a banana from it. How you conduct yourself during these hours profoundly impacts your year. Try to be the most noble you can be especially with the people around you. The more compassionate and understanding you are with yourself and others, the more compassion you will experience this year.

When the shofar blows your personal judgment takes place and your seed for the year is created. What you think about is especially important!!

Following are some suggestions of what to focus on (without speaking) when hearing the actual shofar Blow. (you can say this any other time during Rosh Hashanah)

1. G-D, You have an incredible vision for all of humanity and for me. I want to fulfill Your vision of greatness for me more and more. Please show me what I most need to see gently.
2. I want to recognize the blessings in my life and see the totality of the life You gave me, the pain and the joy, as an expression of Your love. Please fill my heart with gratitude.
3. I want to transcend my greatest obstacles to fulfill Your vision for me. Please help me partner with You and go from a place of constraints to a place of expansiveness.
4. Please bless me with all the resources I need to fulfill Your vision for me. (health, clarity, relationships, a job, place to live etc.)
5. I want to make You King by living myself more according to Your Definition of reality and Your instructions for living. Please guide me.
6. I resolve that I want to be connected to You, G-D, as the source of my wellbeing in life. And not rely on ANYTHING or ANYONE else. Please help me remember that no one else has power.
7. I resolve that this moment is the dawn of a new era in my life.

The shape of the shofar starts narrow and becomes much wider.

When ANYTHING goes wrong during Rosh Hashanah, (and if G-d loves you He will give you a chance to wire into the coming year powerful choices like how you will react to a headache, not feeling inspired or anything upsetting, instead of thinking: "how could this happen on Rosh Hashanah?", you can think about the shofar and say:

"Please G-d, let me partner with You and go beyond my constrictions to a place of expansiveness. Everything that happens is part of Your perfect training & development program for me. Help me respond in the most noble way- help me judge favorably, have compassion, let go of having to be in control and give it over to You, G-d. Please bless me with an amazing year of walking with YOU."

The sound of the shofar expresses the yearning of our pure soul. It is such a pure call that is beyond words. "Please help me this year to be able to express the purity of my spirit. Help me discover & express more of Your vision for me without anything in the way."