

Rosh Hashana Redux

*A Map to Your High
Holiday Journey*

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“prayer is the
service of the heart”
- Taanis 2a

The Rosh Hashana Service

Rosh Hashanah literally translates as “The Head of the Year”.

The Genesis, the Beginning of all that is to come. The day we manifest our future with a strong intention, through our prayer.

Prayer is alignment of our Highest truth, our Highest Selves, the power of the Divine, and our Physical Reality.

It is the connection of our Hearts’ Depths with our Minds’ Thoughts through the Words of our Mouth.

So that we can translate it into action, this upcoming year, and make it our reality.

we begin with GRATITUDE

*Birkat HaShachar -
Dawn Blessings*

*this prayer happens every single day -
whether it's the holiest day of the year
or a cold Tuesday in February.*

*We start with counting our blessings,
for everything we have in life - from the
clothes on our back to the
opportunities we have to improve
ourselves and create a better world.*

*On our prayer journey, gratitude helps
us start with a benchmark: we don't
need to ask for so much if we are
already grateful for what we have.*

Modeh Ani

*what are you
grateful for?*

modeh ani lefanecha melech chai v'kayam
shehechezarta bi nishmati b'chemlah
rabah emunatecha

I acknowledge in gratitude before You,
Living Spirit of Masterful Ongoing
Existence, that You have given me my
Spirit and Soul with the greatest mercy
and truest Faith in my ability to take it
and run with it, real good.

May the Divine be Blessed...

For the way that we live in a world that knows to distinguish between day and light, dark and night

For the way that our eyes can be opened, to see light and truth, as if from blindness

For the way that we release ourselves, from imprisonment, the shackles of our own existence, into freedom

For the way that we stand up straight, take on full posture with pride, and live in a way that is upright and true

For the way we clothe ourselves with our soul's greatest powers, actions and words to make this world better than yesterday

For the way we are given strength even when we're completely sapped

For the way my steps are perfectly directed, beyond human orchestration.

For the way that I am given everything I need, with abundance and kindness

For the way that I am equipped with strength to move forward with power

For the way I am wrapped in Divine deliciousness, compassion and beauty

For the way I was made, created and form by the Divine Creator, exactly as I am

I Call Upon Love

Hareini mekabel alay

Today, I take upon myself to do whatever it takes to live up to the Divine commandment of Love: For Loving my Self, Loving the Divine and Loving another is all the same.

Mah Tovu - How Good Is It!

It's so easy to look at someone else and assume they've got it better.

It's easier for her to pray, she's done a yogi meditator.
It's easier for him to pray, he reads Hebrew.

It's easier for them to pray, they're hippies and I barely know if I believe in God, or Spirit.

She doesn't need to pray for anything, look at her. He doesn't need to ask for anything, he's got it made.

Today, throw something from your life that you might wish was different - and think about how grateful you are to be you. It's not about anyone else.

When the prophet Bilaam came to curse the Hebrews camped in the desert, he was at a loss for words.

His divine intuition left him, and he was stuck blessing the people instead.

He looked at their tents, arranged in a way that each person had no ability to check out the tents of their neighbors. It was a gossip free zone. The courtyards were private, no one knew anyone else's business.

He realized the blessing that there is in being grateful for what you have, without envying or making judgements on the burden or blessing of another.

For that, we are blessed.

we offer SACRIFICES

Korbanot
Offerings & Incense

Prayer was originally a replacement for the sacrifices of the temple. The word “korban” means to sacrifice, to offer or to come close. Through the sacred flames and smoke, we draw near to our Divine essence by creating a channel for connection.

What are you sacrificing on the altar of life, today? What are you willing to give up in order to come close to your highest self?

Create a Sacred Space

You set up your bedroom to sleep, your kitchen to cook and your dining room to eat. Do you set up your prayer space to pray, to connect, to get in touch with inner You?

If you're in the synagogue, come together with a sacred object that has meaning for you. A piece of jewelry, a book of poetry or an artefact from a special experience.

If you're at home, set up a Sacred Space. A Bimah: a raised place of prayer, or an altar of your highest intentions. Furnish it with whatever you need to make this experience a reminder of all you are letting go of from last year, all you are bringing in to this year, and all your existing inner power, power of ancestry and heritage, to help you make it happen.

We chant SONGS OF PRAISE

PeSuKei D'ZiMRa

There's a reason this next bit happens every day.

If every living creature loves to sing praises to their creator, who are we not to do just that?

I acknowledge

HODU

With gratitude

What's Your Song?

The prayer book is filled with songs, most of them written by the Psalmist: King David and others who always found the perfect words to describe struggling with Life, living in Doubt and Fear, and making our way through the thorns to find Expansion: Beauty, Ecstasy, Delight and Magic in living consciously.

The Psalms were sung daily in the ancient holy temple in Jerusalem by the Levites, with musical instruments and the voices of thousands raised in song.

But today, it's time to raise our voices in a new song. To find our heart's inner voice, and let it ring. To sing the songs of the ages and add in our own flavor. So choose your favorite song, and belt it out. Make a sound, and improvise with others.

It's time to Sing a New Song. Shiru Lo Shir Chadash.

... Because Everything is Love // Ki L'Olam Chasdo

Praise the Goodness of the Divine...

Praise the God of even the most powerful... praise the Master of even the most authoritative

Wondrous things happen by Divinity alone... and everything that's out of our comprehension is made with deep understanding and precision

Everything that we see in front of us is a magic miracle of life... the sun and moon and stars, and their ability to govern time, to create night and day... We can see outside the darkness and know the light is ahead...

We can exit our deepest places of slavery... And even when we feel like we're completely held back, we can be redeemed...

We can find our Inner strength and draw on higher power to exit from our own habits and destructive thoughts, to come to the other side...

We can wander the deserts of life and still find all our needs provided for... We can face up to our greatest enemies and stand them down with our own inner strength

This earth is our birth right, and living a Divine life is our natural ability...

We have food and sustenance...

**We Set an
Intention
To Unify
*L'Sheim Yichud***

To Unite the Holy One, Blessed Be with
the Divine Presence

Sacred Masculine with Divine Feminine

The Infinite Name of the Divine with its
Earthly Manifestation

That which is Above, and that which is
Below

That which is felt around us, day to day

And that which we strive to touch, on a
day like today

Song of Praise: Hallelujah!

Every animal

Every creature

Every plant

Every pore in our bodies

All call out to the Divine

In Praise

**We can arouse ourselves out of our
own self-imposed imprisonment**

**We are blessed by the Divine with
strength to move forward**

We invite AWE & LOVE

Birkat HaSHeMA

Every other day, we talk about “The King That Sits on the Throne”.
Divinity is just a faroff object to us.

Today, it’s palpable.

The King is Sitting.

Right Here.

The Royal Being
DWELLS, SEATED,
Covering the universe
High, Exalted, Lofty
Yet Present, right here
Hamelech hayoshev al kisei ram v'nisah

... with the mouths of those who do their best to
walk the straight and narrow, You are lifted high
... with the lips of those who do what is right, You
are blessed
... with the tongues of those who Live with Love,
You are sanctified with holiness
... and from the inside guts, the parts of us that
clenches and cries out but still wants to be holy,
You are praised

When we do our best, we are blessed

Let's Bless this Universe, the Cosmic Creator

We live in a magical universe that's lit up with stars and suns and moons and all kinds of beautiful creations.

We live in a universe that's governed by time, where every day is renewed thanks to the movements of the cosmos and constellations.

We live in a world that is illuminated by the benevolence of the sun's rays and the gravity of the moon's movements.

We ask and we pray for nature to continue its course, for every being to acknowledge the Divine current that runs through it all.

We ask for a world where earth is respected for her bounty, and where the Divine light is not intervened with through unnatural means.

Where the sun and moon take their rightful places and where the climate stays steady without human destruction.

Where the waters, trees and rivers stay pure.
Where every angel has jurisdiction over their part of creation, and where Man acknowledges with respect the Creator of heaven and earth.

Ahavat Olam: What is Love?

Love is trust

Love is compassion

Love is rational faith

That we will do what we have contracted to do, as our Highest Selves, with the Creator whose Essence shines within us

And so, we offer

Ahavat Olam

Eternal Love

What Do You LOVE?

What would you never GIVE UP?

What would you GIVE UP for the sake of an unconditional Love?

How do you act with love every day - towards God, your highest self, those you love around you?

Today, we agree to live with Love.

Listen! Shema!

Shema, Yisrael!

Listen, You! You who Struggle with God.

Adonai

The God of the Storybooks, the Great Supernal Being of the Heavens, the Divine Light you sometimes struggle to connect with

Eloheinu

Is the same God that you call out to when you jam your finger, the God you curse in traffic, the God who helps squeeze through another part of your day with what seems to be a miracle.

Adonai

Is the same God as the miracle magical God of our prayers, that sense of wonder when seeing the stars or the mountains or a tiny baby being born

Echad

Is One and The Same

Real and True

Present and Infinite

we meditate IN SILENCE

*AMiDaH - Standing Prayer
Of SHaCHaRiT*

Ask for your heart's desires.

Now is the time.

we petition in COMMUNITY

*Repetition of Amidah -
Of SHaCHaRiT*

Gear up. Stand up. Fasten your intention for today and zipline it into the words of the Prayer Leader. If you're alone, connect with the others praying all over the world, today.

And let's deliver that prayer, together, into the uppermost channels On High.

Invoking Our Ancestors

Sometimes it's hard to approach God with a request, when we know we don't have that much to stand on. We haven't always been perfect.

Luckily, God looks upon us favorably when we remember those who came before us. Who taught us how to pray.

Avraham, Lover of People, embodiment of Chesed and Effusive Benevolence, initiator of the morning Shacharit prayer

Yitzchak, contained Power and embodiment of Gevurah and Strength, initiator of the afternoon Mincha Prayer

Yaakov, who breaks through with harmonized beauty, balance and compassion, embodiment of **Tiferet** and initiator of the evening Maariv Prayer

And our matriarchs..

Sarah, who trusted her instincts even when her husband didn't pay attention to her advice

Rivkah, who took matters in her own hands to fulfil the will of the Divine

Rachel, who sacrificed everything she had and advocates for her people as only a mother can

Leah, who preferred a life without love in order to fulfil her destiny as mother of our people

Supplicating with Song

From the secret wisdom of those who understand; and from the teachings of knowledge from those who comprehend, I open my mouth with prayer and supplications, to beseech, to implore,

To stand in front of the utmost Royal Being of this universe and ask for all the things, with compassion and love.

Who are we?

Nothing.

But who are You?

Everything.

Love and Kindness.

Don't judge us too harshly.

Love us for who we are.

Accept our prayer.

The Royal Refresh

Rosh Hashanah is represented by “Malchut”

The final of the 10 Sefirot, Malchut is expression.

It is manifestation of Divinity in this earthly realm. The acknowledgement that everything that goes on is governed by the Divine power.

It is the expression and communication of Divine lights into a physical being.

It is royalty, power, supremacy, and the compassion to reduce a royal being into concern for every living thing down to an insect or stone.

The Supernal King

Will Reign

For Ever

And

Ever

Divinity Reigns Over This Earth. That's it.

The Rosh Hashanah Amidah consists of prayers that speak to Divine Oneness, Supremacy and Power. They are recited in a “nusach” tune that represents how the liturgy has been sung for centuries.

- Sanctify the Name of God upon the world.
- May all Creation know the Awe that is God
- May God bring blessing to all who Seek
- May Evil be removed from this earth for the sake of those who do what is right and just
- May Divinity reign over this Earth, alone
- Divinity is Holy and there is No Other
- We have been Chosen among the nations to nations

Divine Infinite Source, You have given us this Day to Sanctify as the Day of Rosh Hashanah. May we ascend in our prayers, may you remember us for the good, and may we receive only deliverance and compassion on this day of Rosh Hashanah.

Rule over this earth, take on the corporations and dynasties and politics and nations that think they can control us and take over with Divine compassion, blessing and goodness. May we receive salvation through the Torah and through embodying its teachings with good deeds. Blessed is the Royalty of the Divine, King of the earth, who sanctifies the people and this holy Day of Remembrance.

Avinu Malkeinu: Our Parent, Our Ruler

What does a parent represent?

A father, a mother:

- Nurturing
- Compassionate
- Disciplines with love
- Flesh and blood
- All-forgiving
- Desperate to see their children return to their highest selves

What does it mean to you?

What does a royal ruler represent?

A king, a queen:

- Regal
- Removed yet caring for every one
- All-powerful
- Capable of changing all decrees
- Benevolent and kind
- Generous and giving

What does it mean to you?

we remember TEACHINGS

Torah Service

The Torah service on Rosh Hashanah is a complex portion as we explore the underlying events that set up the dynamics of the Jewish people with one another and with God: Abraham, the birth of his son Isaac, the binding of Isaac and the concept of true sacrifice to God.

Day 1: The Birth of Isaac

The first day of Rosh Hashanah, we read of the birth of Isaac.

The utmost in faith experienced by Abraham, an old man and his wife Sarah, told she would bear children at the age of ninety.

We see the journey of the Jewish people through the experience of their Patriarch and Matriarch: Who grappled and struggled with the idea of God, even as God is appearing to them face to face.

We see the great sacrifices they underwent in order to connect with the Divine.

Haftorah:

The Haftorah of the first day of Rosh Hashanah tells the heart-breaking story of Hannah, a childless woman praying with a broken spirit.

Eli, the priest in the temple, asks her to remove herself for she is drunk. Drunk on her own prayer, drunk on her own need for salvation.

But we learn from Hannah how focusing on our own prayer is how we fulfill our ultimate destiny. That praying with a broken heart is a feminine energy that the world emulates on Rosh Hashanah.

Day 2: The Binding of Isaac

What would compel someone to take all they've wished for, all they've prayed for and hoped for in life, and give it up?

What would it take to reach deep into ourselves, identify our highest hopes and dreams, and throw them into the fire of an altar, offering them up to God?

It's knowing that this is the Divine Will

And the next thing that's been planned for you is infinitely greater.

This isn't an easy passage of Torah to understand or comprehend, but it's read every year on this day so we can start to feel, even if we don't know.

To feel what it is to wish for something and pray for it with all our might.

To feel what it is to receive that blessing, and then give it up for God.

To feel what it is to know that the Divine path is even greater than anything you could have orchestrated for yourself. When you Trust.

we are called WITH SOUND

*The Blowing of The ShoFar - Ram's
Horn*

The Shofar is sounded a total of 100 times on Rosh Hashanah. The first 30 happen now, as we meditate on our doings and allow the shofar to call us to prayer.

The sound of a cry, the sound of battle, the sound of reaching deep into our souls on this day.

Tekiah: The long, mournful cry

Shevarim: The broken heart

Teruah: The battle call of triumph.

The Pre-Shofar Meditation & Blessing

A Psalm, recited 7 times with meditation:

For the choirmaster. All the nations clap their hands, the shofar sound is one of joy! For God is great and the King of all the lands.

Sing, O Sing to God, O Sing
to our King!

Sing!

Call & Response by the Baal Tokeyah:

From the depths, I called to You, You answered me with expansion. Hear my voice with Love, God, grant me Life according to your just ways. The beginning of Your word is truth, and forever all justice is righteous. Bring your servant to goodness, don't let me be thrown to the wicked. I rejoiced in your words like someone who landed on major loot. Teach me the goodness and meaning of Your Knowledge, because I believe in Your commandments. Open and receive the offerings of my lips, God, and teach me Your ways of justice.

Elokim - God of earthly presence ascends with the Teruah, *Adonai* - Spiritual Being of Divinity - with the sound of the shofar.

we offer an
ADDED PRAYER

MuSaF - the extra holiday prayer



The Musaf Prayer: A Silent Amidah

Musaf Amidah

The Musaf of Rosh Hashanah is uniquely structured with three sections:

Malchiyot - Royalty

Zichronot - Remembrance

Shofarot - Triumph

The Silent Prayer

In the silent prayer, each section is filled with references from the Torah, the Prophets and the Writings that reference each of these sections.

In some communities, between each section the Shofar is sounded with thirty sounds.

Use this time for quiet contemplation on how Divinity is the supreme power in your life; on how you have gratitude to the Divine for your life and your family's life until now through remembrance; and how you will triumphantly move forward into a brighter time, this year, through the strength of the Infinite.

we repeat it, TOGETHER

MuSaF - the extra holiday prayer

The repetition of the Amidah, though long and sometimes confusing with much call and response, is a time for the community to unite and create a collective prayer that powerfully shatters any boundaries and creates real shifts in the universe on this powerful day.

Invoking Our Ancestors

Sometimes it's hard to approach God with a request, when we know we don't have that much to stand on. We haven't always been perfect.

Luckily, God looks upon us favorably when we remember those who came before us. Who taught us how to pray.

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And our matriarchs..

Sarah, who trusted her instincts even when her husband didn't pay attention to her advice

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Rachel, who sacrificed everything she had and advocates for her people as only a mother can

Leah, who preferred a life without love in order to fulfil her destiny as mother of our people

The Awe of This Day: Unesaneh Tokef

The linchpin of the prayer is the Unesaneh Tokef prayer. We recognize the awe-inspiring nature of this day. A Day when we can align ourselves with our prayer to manifest the most incredible new year, or suffer as a result. Because the choice is all Divine.

On this day, all living creatures pass before God and decisions are made. Who will live, who will die. Who will live out their time and who will be gone before they have a chance. Who will perish, and in what way they will depart. Who will have sustenance, who will struggle. Who will be tranquil and who will have strife. Who will be diminished, and who will be exalted?

***When we RETURN to our highest self
with TESHUVAH***

***When we PRAY and create alignment
with TEFILAH***

***When we ACT RIGHTEOUSLY and
CHARITABLY with TZEDAKAH***

We can eradicate the decrees

WE CAN CHANGE OUR DESTINY

For What is Man?

Listen, God. We know what You are, as an all-encompassing Divine Light and Source of all. It takes a while to get You angry. You don't want us to suffer or struggle or die for our sins, you want us to come back into the way of living in light and go for it.

You know who we are. We are people. Humans. We are dust, we come from dust. We're a fleeting thought in the Divine scheme of things. A passing shadow. A vanishing cloud. Spreading dust. A fleeting dream.

But You Are the Everlasting, Living Royal Being

There's no end to your days, and you wait for us to return to our highest selves.

To be those Divine beings that you created us to be, acting with the Love you instilled within us rather than fear and resistance.

And so, we CROWN DIVINITY today.

WE ALIGN WITH THE HIGHEST.

Divinity Reigns Over This Earth. That's it.

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- Sanctify the Name of God upon the world.
- May all Creation know the Awe that is God
- May God bring blessing to all who Seek
- May Evil be removed from this earth for the sake of those who do what is right and just
- May Divinity reign over this Earth, alone
- Divinity is Holy and there is No Other
- We have been Chosen among the nations to nations

Divine Infinite Source, You have given us this Day to Sanctify as the Day of Rosh Hashanah. May we ascend in our prayers, may you remember us for the good, and may we receive only deliverance and compassion on this day of Rosh Hashanah.

Rule over this earth, take on the corporations and dynasties and politics and nations that think they can control us and take over with Divine compassion, blessing and goodness. May we receive salvation through the Torah and through embodying its teachings with good deeds. Blessed is the Royalty of the Divine, King of the earth, who sanctifies the people and this holy Day of Remembrance.

we crown the DIVINE GLORY

*Malchiyot -
royal divine expression*

After each section, we blow another 30 sounds on the Shofar. In each case, we make a blessing requesting this energy to be more present in our lives.

Malchiyot is the order of the day: Pressing Refresh on our relationship with the Divine to acknowledge its full capacity to own our lives - in the best way possible!

Aleinu. It's Something We Just Gotta Do.

We open the **Malchiyot** section creating another Royal Refresh. Acknowledging that this universe is ruled by only one Power and that power is Divine.

So we recite the Aleinu prayer and bow down, prostrate on our knees, in acknowledgement of our miniscule status in comparison to the Infinite Power that Rules over this earth.

It is our duty to praise the Master of all, to give greatness to the Creator of all existence, that we haven't been made like other peoples who don't recognize the Divinity within, who worship irrelevance and emptiness, and instead

We bend our knees, we bow down, and we acknowledge with gratitude the King of All Kings, the Holy One, Blessed be He

For crafting heaven and earth as an abode for Divinity, from above to below, from beyond to within, there is no Other, aside from God.

Malchiyot

What is Kingship? What is Royalty?

Pride. Exaltation. Glory. Might. Power.
Strength. Victory. Creation. Honor.

And it is said:

“God will be King over the entire earth, on that day God will be One and his Name One.”

God and God of our Parents

Reign over us with your honor and glory

Let the entire universe see your power

Let everyone know that this is Divine doing

Sanctify us on this day, for Your words are everlasting and true

Blessed are You, God, King of the Earth, who sanctifies Israel and the Day of Remembrance.

we recall the DIVINE MERCY

*Zichronot -
Memories of past benevolence by
the Divine*

Rosh Hashanah is also called Yom HaZikaron. The day of remembrance.

We remember our past deeds and ask for forgiveness.

We remember past benevolence of the Divine to ourselves and our ancestors, and ask for that again.

And we remember our Highest Selves and pledge to go back to that state for a better, brighter future.

Zichronot

What is the Past? What do we recall?

Creation. Our deeds, both good and less-than-desirable. The benevolence of the Creator who saves us more often than we'd like to think. The way our parents and grandparents have always been blessed, and so we shall be blessed.

We remember who we truly are, and resolve to return to that state.

God and God of our Parents

Remember us with good memories, and save us favorably. Help us remember who we are as our true selves so we become One with You and your Will.

Remember all good deeds done by ourselves, our ancestors, and give us compassion.

Remember the contract we made to live as Divine beings and know we do our best at it.

Blessed are You, God, King of the Earth, who remembers the Covenant.

we call ourselves TO VICTORY

Shofarot -

*Sound the triumphant horns
of our personal prayer battle*

The Shofar is the sound of a broken heart, a mournful cry.

But it's also the sound of triumph in battle. Of the victories of war.

Of the Divine presence at Mount Sinai, and the future redemption when the Divine presence will rest here.

The Shofar is here to stir us into action, not shame us into tears.

Shofarot

God is here, with us. Let's raise the battle cry!

The Shofar is the sound of triumph. The sound of battle. The sound of revelation on Mount Sinai. The sound of the future redemption. The sound of Praise for the Divine.

Let us Sound the Great Shofar, with triumph and victory!

God and God of our Parents

Sound that great Shofar that will indicate freedom, unification, and gathering of all beings together into one state of Divine consciousness.

Create the sound of joy as we all convene into sacred space and celebrate joyous occasions with the sounds of trumpets and cymbals.

For you hear the Shofar we sound today, and answer us like no other.

Blessed are You, God, King of the Earth, who hears the cry and sound of the Shofar with mercy and compassion.

we receive ABUNDANCE

*Birkat Kohanim -
The Priestly Blessing*

The Priestly blessing is recited by the “Kohanim” and repeated, call and response, with the Prayer Leader.

During the last three words of the blessing, we pray for clarification and redemption from our innermost fears and dreams.

May God Bless you and Protect You.
May God Shine His countenance upon you,
and be gracious to you.
May God turn His face upon you, and
Grant you Peace.

we are
CONFIDENT

In the success of our prayer

As we come to the end of the prayer, we are grateful for being heard. For this journey that we've been on, and the way we are confident we will take it forward.

TODAY. Strengthen us! AMEN

TODAY. Bless us! AMEN

TODAY. Make us great! AMEN

TODAY. Seek us out for good. AMEN

TODAY. Hear our cry. AMEN

TODAY. Receive our prayers with mercy. AMEN

TODAY. Sustain us with your right hand. AMEN.

THANK YOU
For your heart,
soul, words
and prayers
For coming on this
journey

SHANA TOVA TO A SWEET NEW YEAR!

THIS IS A PROJECT OF THE GENE-SIS.

FOR EVENTS, TORAH, PRAYERS AND MORE
VISIT WWW.THEGENE-SIS.COM
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