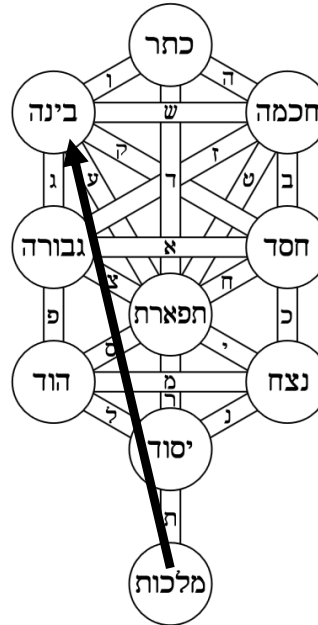




יום כיפור Yom Kippur

By Ramon Yakob Ben Abraham



Leviticus 16:30-31

קיי-ביום הגנה יכפר עליכם לטהר אתכם מפל־חטאתיכם לפני יהוה תטהרו:
For on this day **atonement** shall be made for you to cleanse you
of all your sins; you shall be clean before the LORD.

שבת שבתון היא לכם ועניתם את-נפשתיכם תקת עולם:
It shall be a sabbath of complete rest for you, and you shall
practice self-denial; it is a law for all time.

Leviticus 23:27-28, 31-32

אך בעשור לחדש השביעי הזה יום הכפרים הוא מקרא-קדש יהיה לכם ועניתם
את-נפשתיכם והקרבתם אשה ליהוה:

Mark, the tenth day of this seventh month is the Day of
Atonement. It shall be a sacred occasion for you: you shall
practice self-denial, and you shall bring an offering by fire to
the LORD;

וכל-מלאכה לא תעשו בעצם היום הזה כי יום פריים הוא לכפר עליכם לפני
יהוה אלהיכם:

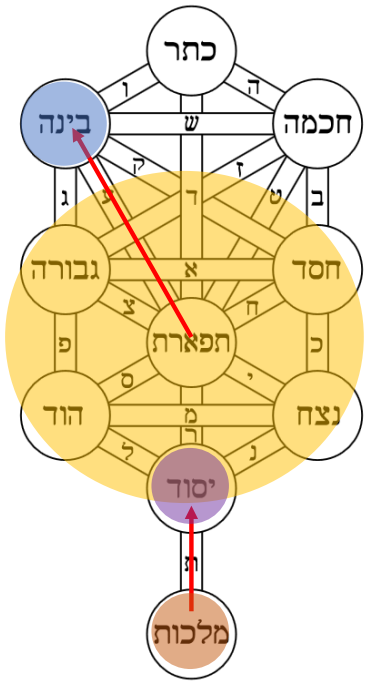
you shall do no work throughout that day. For it is a Day of
Atonement, on which expiation is made on your behalf before
the LORD your God.

Numbers 29:7

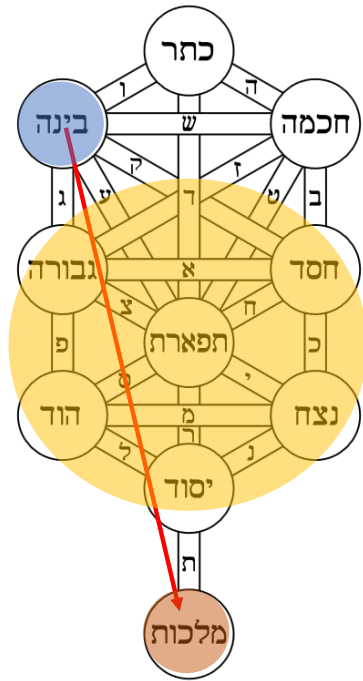
ובעשור לחדש השביעי הזה מקרא-קדש יהיה לכם ועניתם
את-נפשתיכם כל-מלאכה לא תעשו:

On the tenth day of the same seventh month
you shall observe a sacred occasion when you
shall **practice self-denial**. You shall do no work.

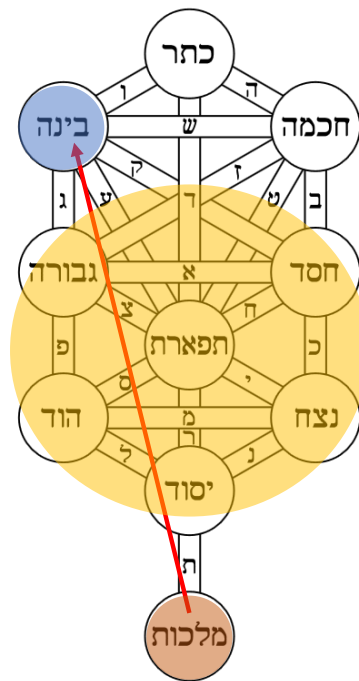
Shabbat



Rosh HaShanah



Yom Kippur



- 1.No eating and drinking → Arvit
- 2.No wearing of leather shoes → Sacharit
- 3.No bathing or washing → Musaf
- 4.No anointing oneself with perfumes or
lotions → Minchah
- 5.No marital relations → Neilah

סליחות

Forgiveness Prayer

סלח = 98 = Forgive

98 = צה = Pure

- 1.No eating and drinking → Arvit
- 2.No wearing of leather shoes → Sacharit
- 3.No bathing or washing → Musaf
- 4.No anointing oneself with perfumes or lotions → Minchah
- 5.No marital relations → Neilah

כפרות

Kapparot = Atonement

No chicken?

Use money = Yesod

This is my exchange, this is my substitute, this is my atonement. This money will go to charity, while I will enter and proceed to a good long life and to peace.

The seven days symbolize seven levels during which one ascends to the upper part of the system: to *GAR* (*Garon Rishonim*, three upper ones, *Keter*, *Hochmah*, *Binah*).

Hesed, *Gevurah*, *Tifferet*, *Netzach*, *Hod*, *Yesod*, and *Malchut* descend to us from Above.

We have to rise from the bottom, from *Malchut* to the upper level of *Hesed*.

כל נְדָרִי Kol Nidre

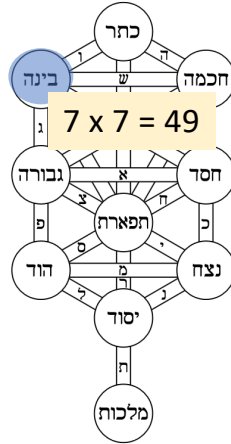
- *Eliminates the negative decrees by emptiness of the Light in our lives.
- *Eliminates the decrees that were to manifest through out the year.

VOW = נְדָר

50 = נ

204 = דָר

204 = עֲאָר Gate



1 of 1

כָּל נְדָרִי,

ואסרי, ושבועי, ונדויי, וחרמי,
 וקונמי, וקונחי, וקונסי, די נדרנא,
 ודי ננדר, ודי אשתבענא, ודי נשתבע, ודי נדינא,
 ודי ננדי, ודי חרמנא, ודי נחרים, ודי אסרנא
 על נפשתנא ודי נאסר מיום הכפרים שעבר
 עד יום הכפרים הזה שכא עלינו לשלום.

נְדָרְנָא לֹא נְדָרִי,

ושבוענא לא שבועי, ונדוננא לא נדויי.
 וחרמנא לא חרמי, ואסרנא לא אסרי.
 כלהון אתחרטנא בהון.
 יהא רעוא די יהון שבייתין ושביקין.
 לא שרירין ולא קמין.

וְדוּי

Vudui = Confesion = Revelation of Evil

Leviticus 16:21

וְסָמַךְ אֶהָרֵן אֶת-שְׁתֵּי יָדָיו, עַל רֹאשׁ הַשָּׁעִיר הַחַי, וְהִתְוַדָּה עָלָיו אֶת-כָּל-
עֲוֹנוֹת בְּנֵי יִשְׂרָאֵל, וְאֶת-כָּל-פְּשָׁעֵיהֶם לְכָל-חַטָּאתָם; וְנָתַן אֹתָם עַל-רֹאשׁ
הַשָּׁעִיר, וְשָׁלַח בְּיַד-אִישׁ עֵתִי הַמִּדְבָּרָה."

And Aaron shall lay both his hands upon the head of the living goat, and confess upon it all the iniquities of the children of Israel, and all their transgressions, for all their sins; and he shall put them upon the head of the goat, and shall send it away by the hand of an appointed man into the wilderness."

- we consider our state as totally evil
- We trick the evil inclination
- We want to be similar to the Creator
- We cross the machson (barrier) and
- enter the spiritual world

נְעִילָה

Ne'ilah = Locking

- *The most elevated moment of the year
- *The gates of heaven are open
- *A moment to close and guard the energy obtained, so we can use it through out the year.

What next?

Use tools such as:

- *Hitbodedut –Meditation (Spontaneous)
- *Devekut – Connection to the Creator
- *Tefillah - Prayer
- *Gratefulness

🌟 גַּמַּר חַתִּימָה טוֹבָה 🌟 Gmar Chatimah Tovah 🌟

May you be sealed for goodness!



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