

Kavana Cards

Rosh Hashana and Yom Kippur. The High Holidays.

When families and communities come together to strengthen our Jewish connection. We've been doing that for thousands of years.

But we have a challenge this year. Shuls aren't functioning as normal. Gatherings are limited. Some of us are homebound.

No one has ever had a High Holidays like this before.

Kavana Cards are here to help.

Kavana means intention, focus, concentration. Kavana Cards are a set of impactful do-it-yourself High Holiday experiences. They present the key prayers and traditions of Rosh Hashana and Yom Kippur in a way that is meaningful and easily doable, for anyone of any background.

You can spend 10 minutes on each, or you can spend an hour. They can be experienced by young and old, alone or in a group, as an inner conversation with yourself or a meaningful discussion with others. The point is to have a soulful moment, connect with the essence of the day and bring it to life.

As Jews, we've seen a lot in our long history. Experience has taught us that every challenge can be turned into an opportunity. Let's make this challenge a catalyst for inner growth and deepening our connection to our Jewish soul. Let's do High Holidays better than ever, and bring down a year of healing and joy to the entire world.

SHANA TOVA

These cards are not a replacement for attending services or reading the prayers.

Yom Kippur

A FASTING MEDITATION

– getting high on an empty stomach

Fasting on Yom Kippur can give you a powerful spiritual experience. Or it can just make you feel hungry.

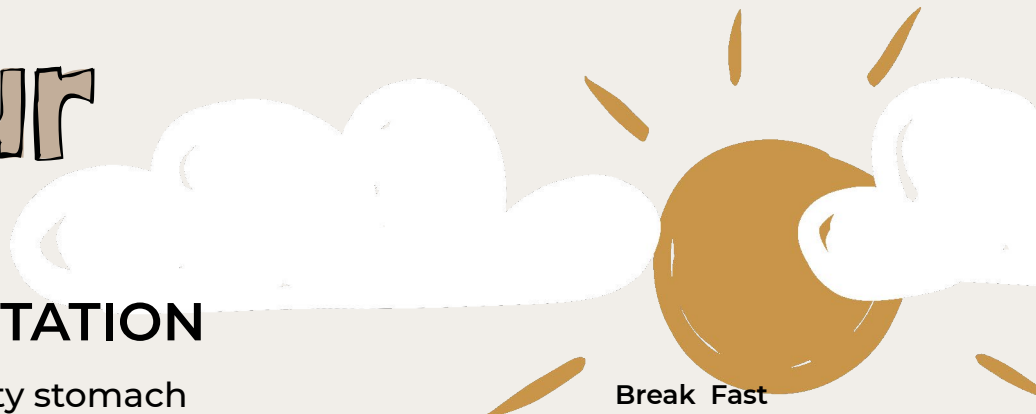
We don't fast to punish ourselves.

We fast to **elevate ourselves above our body**, and align with our soul. If we do Yom Kippur right, we can attain a moment of true transcendence.

We can feel our soul.

Here is a meditation that turns the fasting into a catalyst for introspection. Combined with selected prayers and reflections, this meditation can help you reach a place where you feel energised from *not* eating.

There are **five rungs on the ladder** of Yom Kippur. They correspond to the five prayer services of the day: Kol Nidrei at night, the Morning Service, Musaf Service around noon, the Afternoon Service and the Neilah closing prayers. As we make our way through these prayers, we climb the ladder, one rung at a time, starting all the way at the bottom, until we reach the peak at the end. As the fast intensifies, so does the soul journey. You need to stick with it from start to finish. At each step, check in with your body, and watch as it slowly moves aside to make way for your soul.



Break Fast
pg 10

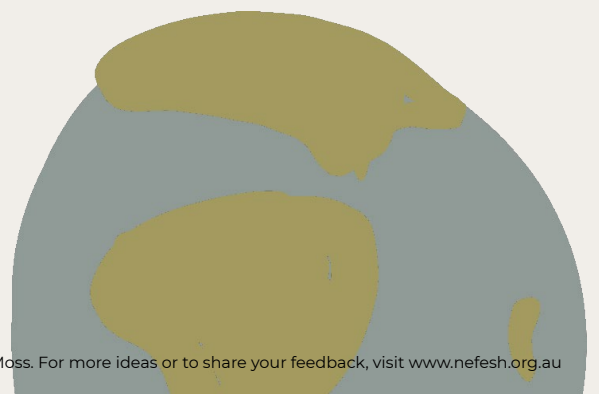
Neilah - The Closing Service
pg 9

The Afternoon Service
pg 7-8

The Musaf Service
pg 6

The Morning Sacrifice
pg 5

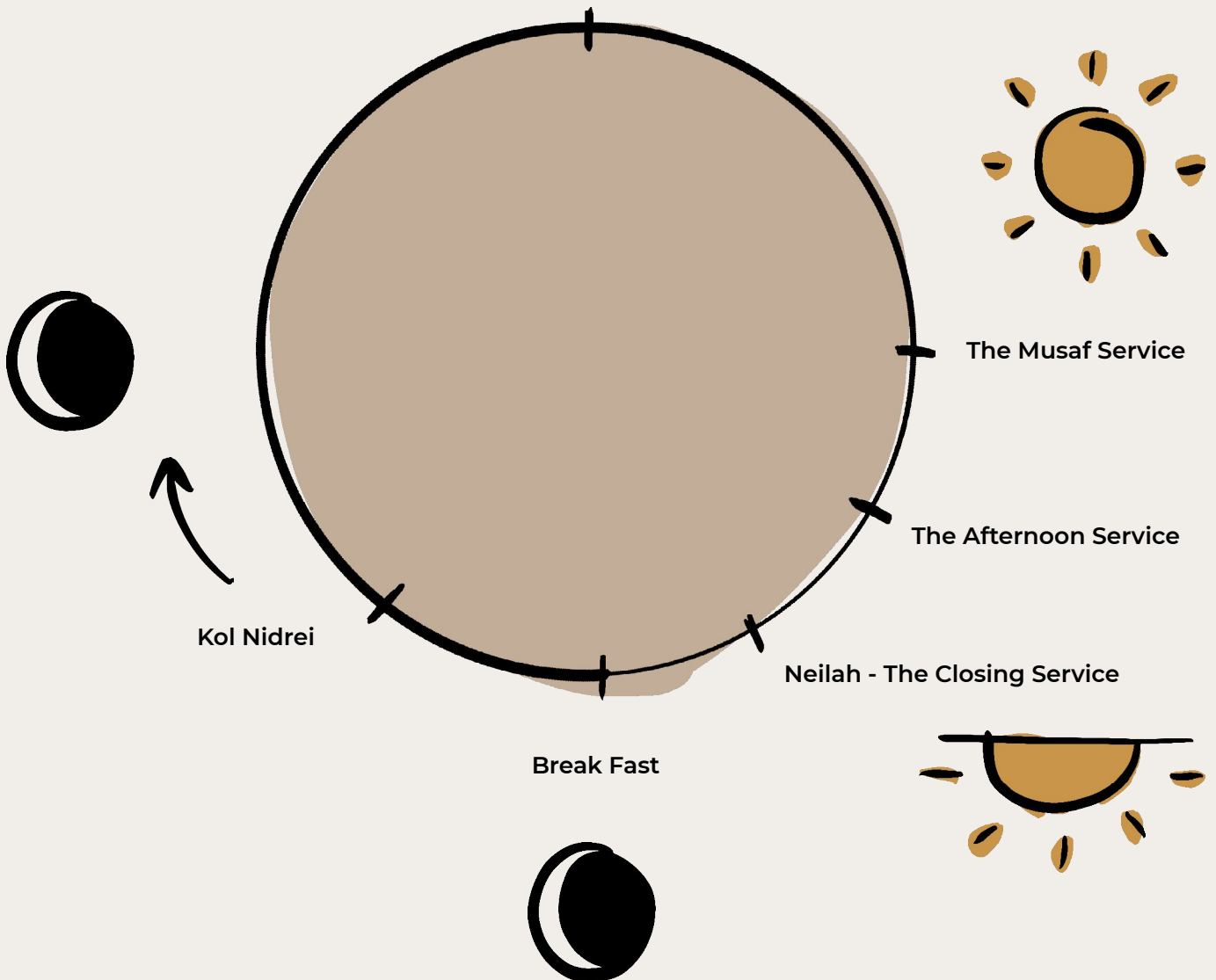
Kol Nidrei
pg 4



Yom Kippur



The Morning Sacrifice



The Musaf Service

The Afternoon Service

Neilah - The Closing Service

Break Fast

Kol Nidrei

KOL NIDREI

Learning to say no



some time during
Yom Kippur night

Sit comfortably, close your eyes and breathe a few deep relaxing breaths.

Zone in to your body. Become aware of your hunger. Don't react to it, just be aware of it. At this point, you probably don't really need to eat. The fast only just started. And yet, your mind easily wanders to think about food.

This is more of a psychological craving: you know you can't eat, so you want to. Be okay with that. You can want to do something and not do it. When you do that, you have begun to fast.

REFLECTION: *I don't need to give in to every impulse. I can say no. I am asserting control over myself.*

THE KOL NIDREI PRAYER is a cancellation of vows. On a deeper level, it is cancelling all those things we swear we must do, but in truth, we can live without them.

As you recite Kol Nidrei, think of an unnecessary behaviour you sometimes feel compelled to do: checking your phone too often, opening the fridge between meals, shopping for another bargain you don't really need. Give yourself permission to say no. You don't have to be bound by those habits.

The Kol Nidrei Prayer

All vows, self-imposed prohibitions, oaths, consecrations, restrictions, interdictions or any other equivalent expressions of vows, which I may vow, swear, dedicate, or make forbidden upon myself or others; from this Yom Kippur until next Yom Kippur— may it come to us for good— from now we regret them all; may they all be hereby permitted, forgiven, cancelled and nullified, not in force or in effect. Let our vows not be considered vows, and our selfimposed prohibitions not be considered prohibitions, and let our oaths not be considered oaths.

כל נדרִי וְאָסְרִי וְשָׁבוּעֵי וְחַרְמֵי וְקוֹנָמֵי וְכַנּוּיִי
וְקִנּוּסֵי דְנִדְרָנָא וְדִאֲשְׁתַּבְּעָנָא וְדִאֲחַרְיִמְנָא
וְדִאֲסָרְנָא עַל נַפְשֵׁתָנָא מִזִּמְם כְּפוּרִים זֶה
עַד יוֹם כְּפוּרִים הִבָּא עֲלֵינוּ לְטוֹבָה בְּכֻלְהוֹן
אֲחַרְטָנָא בְּהוֹן כְּלָהוֹן יְהוֹן שְׁרֵן שְׁבִיקוּן, שְׁבִיתִין
בְּטָלִין וּמְבַטְלִין לֹא שְׁרִירִין וְלֹא קַיָּמִין נִדְרָנָא
לֹא נְדָרִי וְאֲסָרְנָא לֹא אָסְרִי וְשָׁבוּעֵתָנָא לֹא
שָׁבוּעוֹת

Kol Nidrei

The Morning
Sacrifice

The Musaf
Service

The Afternoon
Service

Neilah - The
Closing Service

Break Fast

THE MORNING SACRIFICE

Giving up comforts



some time on Yom
Kippur morning

Zone in on your body as you did last night.

Sit, relax and breathe. Tune in to your hunger now.

Again, don't react ("I wish I could have a coffee"), just observe ("there's my caffeine craving").

The hunger is not just psychological now. You really feel the need to eat. By not eating, you are consciously choosing meaning over meals.

You are connecting with your tradition, your people, your G-d and your soul, even if it means going hungry. The fast is serious now.

You are making a sacrifice.

REFLECTION: My body has needs, but so does my soul.

I can put aside my hunger for food so I can feed my hunger for connection.

THE MORNING PRAYER takes the place of the sacrificial service in the Temple. Back then they took their foodstuffs – wheat, wine, livestock – and gave it up as an offering to G-d. Today we do the same by fasting - giving up our meals for a day of spiritual connection. Say the Shema prayer, and think how you could sacrifice some of your daily needs for the sake of doing good. Use your money to support a charity, or your time to volunteer for a communal cause, or your expertise to help someone in need. Not just your spare time or your spare change. Make a sacrifice.

The Morning Shema

Listen, Israel, the Lord is our G-d, the Lord is One.

Blessed be the name of the glory of His kingdom forever and ever.

You shall love the L-rd your G-d with all your heart, with all your soul, and with all your might. And these words which I command you today shall be upon your heart. You shall teach them thoroughly to your children, and you shall speak of them when you sit in your house and when you walk on the road, when you lie down and when you rise. You shall bind them as a sign upon your hand, and they shall be for a reminder between your eyes. And you shall writethem upon the doorposts of your house and upon your gates.

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד

בְּרוּךְ שֵׁם כְבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

וְאֶהְבֵּת אֶת ה' אֱלֹהֶיךָ בְּכָל-לְבָבְךָ וּבְכָל-
נַפְשְׁךָ וּבְכָל-מְאֹדְךָ וְהָיוּ הַדְּבָרִים הָאֵלֶּה
אֲשֶׁר אֲנֹכִי מְצַוְּךָ הַיּוֹם עַל-לְבָבְךָ וּשְׁנַנְתָּם
לְבִנְיֶיךָ וְדַבַּרְתָּ בָּם בְּשִׁבְתְּךָ בְּבֵיתְךָ וּבְלִקְחֶיךָ
בְּדֶרֶךְ וּבְשֹׁכְבְּךָ וּבְקוּמְךָ וְקִשְׁרָתָם לְאוֹת
עַל-יָדְךָ וְהָיוּ לְטֹטְפֹת בֵּין עֵינֶיךָ וְכִתְבָתָם
עַל-מַזְזוֹת בֵּיתְךָ וּבְשַׁעְרֶיךָ

Kol Nidrei

The Morning
Sacrifice

The Musaf
Service

The Afternoon
Service

Neilah - The
Closing Service

Break Fast

THE MUSAF SERVICE



around midday

Becoming a spiritual being

When you zone in now, you should be starting to really feel the lack of food. You've missed breakfast, it's now lunchtime, and there are still many hours of fasting left.

Observe the pangs of hunger calling from the emptiness of your stomach. Contemplate: why would anyone do this? It makes no sense for a healthy person to deny themselves food for a day. It is not rational. It's a soul thing. You are choosing to ignore your natural urges, in order to ascend to a higher place. A higher place. Let that sink in. This is the turning point. Feel the centre of your gravity move from the physical to the spiritual, from body to soul.

REFLECTION: *Until now I was a body that has a soul.
Now I am a soul that has a body.*

DURING THE MUSAF PRAYER

we read about Rabbi Akiva, who defied the Roman ban on teaching Torah and was executed for it.

He smiled as the Romans tortured him to death. He was ready to give up his flesh to stay true to his soul. What ideals do you believe in that are bigger than life itself?

What lasting impact would you like to make on the world? Identify an ideal you wish to be remembered for. And think how your daily life reflects can reflect that ideal.

The Musaf Prayer

THE BOOK OF LIFE

On Rosh Hashana their decree is inscribed, and on Yom Kippur it is sealed, how many will pass away and how many will be created, who will live and who will die; who will come to his timely end, and who to an untimely end; who will perish by fire and who by water; who by the sword and who by beast; who by hunger and who by thirst; who by earthquake and who by the plague; who by strangling and who by stoning; who will be at rest and who will wander about; who will have serenity and who will be confused; who will be tranquil and who will be tormented; who will become poor and who will become wealthy; who will be brought to a low state and who will be uplifted. **But repentance and prayer and charity annul the evil decree.**

בראש השנה יכתבון וביום צום כפור
יחתמון כמה יעברון וכמה יבראון מי
יחיה ומי ימות מי בקצו ומי לא בקצו
מי במים ומי באש מי בחרב ומי בחיה
מי ברעב ומי בצמא מי ברעש ומי
במגפה מי בחניקה ומי בסקילה מי
ינוח ומי ינוע מי ישקט ומי יטרף מי
ישלו ומי יתיסר מי יעני ומי יעשר מי
ישפל ומי ירום
ותשובה ותפלה וצדקה מעבירין את
רוח הגזרה

Kol Nidrei

The Morning
Sacrifice

The Musaf
Service

The Afternoon
Service

Neilah - The
Closing Service

Break Fast

THE AFTERNOON SERVICE

Being forgiven



You are well into this fast now.

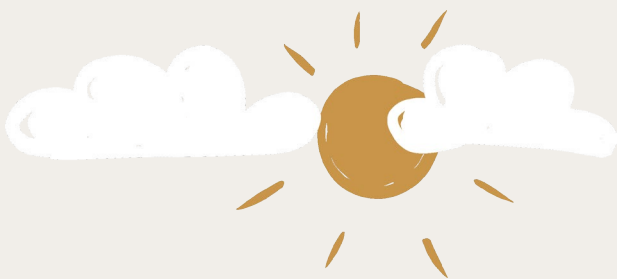
Your body is losing strength, but your soul is stronger than ever. You have become a more spiritual being. As you breathe in deeply this time, allow the air itself to quench your thirst. Breathe in purity, breathe out negativity.

You are detoxing now. Any wrongdoings are the makings of the body. The purity of your soul is shining through. You are being cleansed. You are being forgiven.

REFLECTION: My soul is my goodness. As my bodily strength fades, my goodness comes to the fore. At my core, I am all good. And I want to stay that way.

MINCHA is the afternoon service, when we read the story of Jonah the prophet. He was sent to inspire an entire city to improve its ways, but he tried to run away. Jonah represents our soul, sent on a mission to fix the world. Are you running away from your soul's mission? What positive influence could you have that you are holding back?

Think of one person for whom you can make a change for the better, and decide to do it now.



PRAYER >



- Kol Nidrei
- The Morning Sacrifice
- The Musaf Service
- The Afternoon Service
- Neilah - The Closing Service
- Break Fast

Being forgiven

VIDUY – CONFESSION

Detox from negative behaviour

Our G-d and G-d of our ancestors, let our prayer come before you and do not ignore our supplication. For we are not so brazen-faced and stiff-necked to say to you, Lord, our G-d, and G-d of our ancestors, “We are righteous and have not sinned.” But, indeed, we and our fathers have sinned.

Gently strike your heart with the mention of each transgression, to release the negativity from your heart:

We have trespassed; We have betrayed; We have stolen; We have slandered. We have caused others to sin; We have caused others to be called wicked; We have sinned with malicious intent; We have forcibly taken others' possessions; We have added falsehood upon falsehood; We have joined with evil individuals or groups; We have given harmful advice; We have deceived; We have mocked; We have rebelled against G-d and His Torah; We have caused G-d to be angry with us; We have turned away from G-d's Torah; We have sinned deliberately; We have been negligent in our performance of the commandments; We have caused our friends grief; We have been stubborn; We have become evil; We have been morally corrupt; We have behaved abominably; We have gone astray; We have led others astray. We have turned away from Your commandments and from Your good laws, and we have gained nothing from it. And You are just in all that has come upon us; it is we who have acted wickedly.

אֶלְקֵינוּ וְאֶלְקֵי אֲבוֹתֵינוּ תְּבֹא לְפָנֶיךָ תְּפִלָּתֵנוּ וְאַל
תִּתְעַלֵּם מִתְחִנַּתֵּנוּ שְׂאִין אֲנַחְנוּ עֵזִי פָּנִים וְקִשִׁי
עָרַף לֹאמֹר לְפָנֶיךָ ה' אֶלְקֵינוּ וְאֶלְקֵי אֲבוֹתֵינוּ
צְדִיקִים אֲנַחְנוּ וְלֹא חַטָּאנוּ אֲבָל אֲנַחְנוּ וְאֲבוֹתֵינוּ
חַטָּאנוּ

Gently strike your heart
with the mention of each
transgression, to release the
negativity from your heart:

אֲשַׁמְנוּ בְּגִדְנוּ גִזְלָנוּ דָּבַרְנוּ דְּפִי הָעֵינִי וְהִרְשַׁעְנוּ
זָדְנוּ חִמְסְנוּ טָפְלָנוּ שָׁקַר יַעֲצָנוּ רַע כָּזַבְנוּ לָצָנוּ
מִרְדְּנוּ נֹאצָנוּ סָרְרָנוּ עֵוִינוּ פִּשְׁעָנוּ צָרְרָנוּ קִשִׁינוּ
עָרַף רִשְׁעָנוּ שְׁחַתְנוּ תַעֲבָנוּ תַעֲוִינוּ תַעֲתַעְנוּ

סָרְנוּ מִמִּצְוֹתֶיךָ וּמִמְשַׁפְּטֶיךָ הַטּוֹבִים וְלֹא שׁוּחֵ לָנוּ
וְאַתָּה צְדִיק עַל כָּל הַבָּא עֲלֵינוּ כִּי אָמַת עֲשִׂיתָ
וְאֲנַחְנוּ הִרְשַׁעְנוּ

NEILAH - THE CLOSING SERVICE



Feeling full from fasting

You have come to the last hour of the fast.

No morsel has passed your lips for an entire day. Zone in now and measure your hunger. Something incredible happens.

At this point, when you should be at your weakest, the opposite is true. You aren't hungry. You aren't weak. A surge of energy and strength flows through your entire being. You are not fuelled by food. You are fuelled by soul power. Your soul is so full, your body even feels it. You are light. Your soul is singing, and your body is dancing along. You are having a spiritual experience.

REFLECTION: *I can feel a high without anything external. It comes from within. I don't need any stimulants, thrills or escapes to find transcendence. I just need to return to my soul.*

NEILAH means closing of the gates.

It is the final prayer and highest point of Yom Kippur. The gates of heaven have been open all day, and now they close. But as the gates close, we are not left on the outside. We are inside.

G-d invites us into the highest heavens for a moment of intimacy. The gates close and we are one with G-d. Say the final Shema and declaration of faith. It's just you standing alone before G-d.

Make one promise, one specific good deed you will fulfil in the coming year.

The Neilah Prayer

At the very end of Yom Kippur, we proclaim loudly:

שְׁמַע יִשְׂרָאֵל ה' אֱלֹהֵינוּ ה' אֶחָד

Listen Israel, the Lord is our G-d, the Lord is one!

Then say three times:

בְּרוּךְ שֵׁם כְּבוֹד מְלְכוּתוֹ לְעוֹלָם וָעֶד

Blessed be the name of the glory of

His kingdom forever and ever!

And say seven times:

ה' הוא האֱלֹהִים

G-d is the only power!

Then proclaim:

לְשָׁנָה הַבָּאָה בִּירוּשָׁלַיִם

Next year in Jerusalem!

Kol Nidrei

The Morning
Sacrifice

The Musaf
Service

The Afternoon
Service

Neilah - The
Closing Service

Break Fast

BREAK FAST

Bringing it home

What you do immediately after a spiritual experience is as important as the experience itself. This is when you capture the energy and take it with you. When you break the fast, do it calmly and with intention.

You are not just eating because you haven't eaten all day. You are eating to bring the lofty soul experience you just had down into your body. You are inviting back your physical self, but you are not the same person as you were before the fast.

You are cleansed. You are spiritualised.
You've touched your soul and been touched.

REFLECTION: *My hunger disappears very quickly after I eat. But the inspiration remains. How can I hold on to my Yom Kippur experience? Now that my soul is cleansed and my body detoxed, how will my approach be different towards:*

- eating
- dealing with difficult people
- accumulating material wealth
- myself, my abilities and my purpose on this earth

As Yom Kippur ends, a heavenly voice announces: "Go home, eat your bread with joy, and drink your wine with a happy heart; for G-d has already accepted your efforts."

If you listen hard, you will hear this heavenly voice. G-d has forgiven you. It's time you forgave yourself. Think of a mistake you have made that you already apologised for. Accept it as a part of your story.

You have been forgiven by man, and you have been forgiven by G-d. Now forgive yourself and move forward, all the wiser for it.

CHECKLIST

The test of a good Yom Kippur is how you behave the day after.
You just met G-d face to face. You can never be the same.

YOUR POST YOM KIPPUR CHECKLIST:

- Which unnecessary behaviour am I saying no to?
- What sacrifice am I making to do more good?
- What ideal do I wish to be remembered for, and what am I doing about it?
- Who can I positively influence today?
- What is my new good deed for the coming year?
- For what mistake can I forgive myself?

Kol Nidrei

The Morning Sacrifice

The Musaf Service

The Afternoon Service

Neilah - The Closing Service

Break Fast