

The 12 Days of Aries

The 16th century kabbalist Rav Isaac Luria (the Ari) teaches that each of the first 12 days of Aries corresponds to and directly influences each of the 12 months of the year.

For example, day one of Aries corresponds to the month of Aries, day two to Taurus, day three to Gemini, and so on. Why is this important to know? This is one of those rare windows in time when we have the ability to carve out our destiny. Our actions and reactions during the first 12 days of Aries can play a huge part in determining what follows in the next 12 months.

"How you respond to the tests of the first 12 days affects the outcome of how you will experience the coming year."

Each of the first 12 days of Aries presents you with an opportunity to overcome whatever it is that normally blocks you from receiving the fulfillment you desire – and deserve. How you respond to the tests of the first 12 days affects the outcome of how you will experience the coming year. In general, be as proactive as possible, and familiarize yourself with the types of challenges you might be facing – after all, forewarned is forearmed.

Here are some mantras, tips, and meditations to help you make the most of your first 12 days of Aries!

Have a happy virus free Passover Wed April 8th

I bought 5 boxes of Matzah – hopefully – if anyone knows of an online seder

DAY 1: ARIES

Sundown Wed, March 25, 2020 – Sundown Thurs, March 26, 2020

COMPLETE YOUR TASKS

- Remember the past to avoid repeating mistakes.
- Before acting, ask the Light to guide you.
- Decrease ego by remembering you are just a channel for the Light.
- Empathize with others.
- Avoid conflict.

VAV ALEPH LAMED



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17. GREAT ESCAPE

Meditate on the letters.

As I look into my soul, I can feel the sore places where I have been wounded by my ego: worry over what people think about me, needing to be right, angry when things don't go my way. As I let it go and reach for Light on a higher plane, those places in my soul open up. I am free, my ego diminishes and I concentrate on what is really important: love.

DAY 2: TAURUS

Sundown Thurs, March 26, 2020– Sundown Friday, March 27 2020

AVOID BEING COMFORTABLE

- Listen to others.
- Embrace discomfort.
- Actively share with others.
- Transform complacency to movements.

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60. FREEDOM

Meditate on the letters.

I clearly see my personal limitations. Looking into the past, I notice all of the instances when ego has kept me imprisoned, holding me back from true joy and fulfillment. As I focus on the Light of the Creator, the transformative energy of the divine washes over me, and I feel free. No more complaining, no more frustration. I will not get caught up in the material world. Instead, I will look beyond into the spiritual realm and let go, freeing myself from the trappings of ego.

DAY 3: GEMINI

Sundown Friday, March 27 2020– Sundown Saturday, March 28 2020

FOCUS AND COMMIT

- Focus on details.
- See the big picture.
- Finish what you start.
- Trust the Light, not your mind.



31. FINISH WHAT YOU START

Meditate on the letters.

Think of an unfinished project that is an obstacle in your life. Decide you are going to finish it and follow through, and begin this meditation. I see the unfinished project in front of me. I am going to complete [enter project here] as I visualize myself [enter the process necessary for completion here]. I feel frustration and procrastination drifting away. I am getting closer to completing my goal. As I breathe, I get even closer. I feel stronger, more connected to my Light Force. Laziness and doubt are gone, and I see myself fulfilled, creating more space for even greater accomplishments.

DAY 4: CANCER

Sundown Sat, March 28 2020– Sundown, Sun, March 29 2020

TAKE RISKS

- Let go of fears.
- Take a risk. Trust the Light.
- Realize that all the money in the world can't give you a sense of security – only connection to the Light can.
- Do a sharing action.
- Count your blessings.
- Live in the present.

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58. LETTING GO

Meditate on the letters.

I am letting go of past pain, regret, trauma. All of it. [If there is a particular theme or moment that you keep coming back to, picture it in your mind. As you do this meditation, go back to that moment, then reverse it, plant a new seed.] I will release past emotions that are dragging me down, replacing old baggage with Light and love. I look forward, not back.

DAY 5: LEO

Sundown, Sun, March 29 2020– Sundown Mon, March 30 2020

YOU DON'T HAVE TO BE EVERYONE'S FRIEND.

- Think before speaking.
- Use strength to help others, not to dominate them.
- Be more empathetic; try to understand another's perspective.
- Be sensitive to another's feelings.
- Don't be the center of attention.



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Dispelling Anger

Meditate on the letters.

I will purge anger from my heart, free my soul of the burden that comes with reacting to the external. As I recall, I see that I was swayed by the darkness. I gave power to the situation instead of taking a moment to pull back, of restricting, and keeping the real power in my own hands. As I invoke this name, I realize that nothing in the physical world can cause me to react with anger.

DAY 6: VIRGO

Sundown Mon, March 30 2020– Sundown Tues, March 31 2020

BEWARE OF BEING OVERLY CRITICAL OF OTHERS – AND YOURSELF.

- Let go of the desire to control.
- Be proactive and ask questions.
- Seek to understand, not to judge.
- Realize we are not in control. The only one solving the problem is the Light.
- Look for the good and positive in everything.



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44. SWEETENING JUDGEMENT

Meditate on the letters.

I will spread love for no reason. I will resist my tendencies toward judgment. As I look back on negative words or deeds from my past, I replace them with Light and compassion, sending positive forces out into the universe to replace the negative ones. I will look upon others with compassion, sweetening the judgments as they come my way.

DAY 7: LIBRA

Sundown Tues, March 31 2020– Sundown Wed, April 1st 2020

MAKE DECISIONS WITH CERTAINTY.

- Have certainty in the decisions you've made in the past. They have brought you to where you are today, and that is exactly where you need to be.
- Have certainty in the decisions you're making in the present. Don't second guess yourself.
- Share because you care, not because you want love, approval, or anything else in return.

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46. ABSOLUTE CERTAINTY

Meditate on the letters.

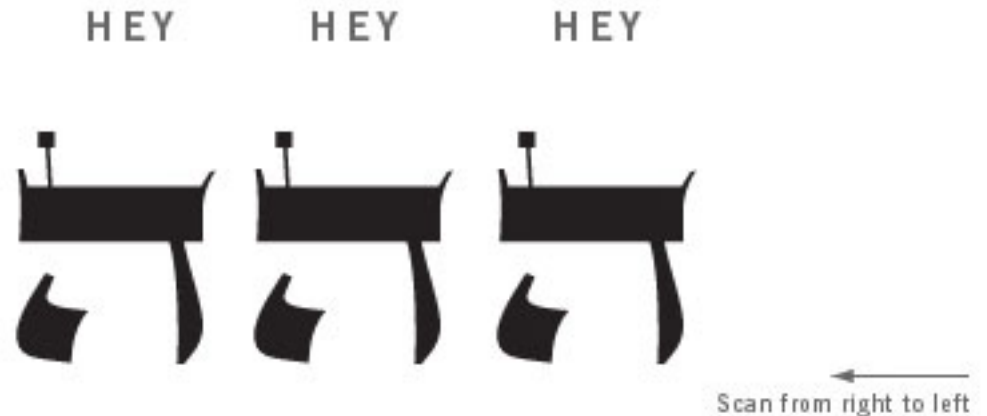
I have absolute certainty that what is right will happen through proactive behavior. I take complete responsibility for my life and know that I am getting what I need right now. And as I continue to allow more Light and certainty into my life, I will get even more.

DAY 8: SCORPIO

Sundown Wed, April 1st 2020– Sundown Thurs, April 2nd 2020

LOVE YOURSELF MORE (AND BE JEALOUS OF OTHERS LESS.)

- Stay calm, no matter what.
- Do not blame your distress on others.
- Channel your intense energy into helping (not hurting) others.
- Beware of your appetite for destruction and revenge.



41. SELF ESTEEM

Meditate on the letters.

God is within. I connect to the divine power in my soul and awaken an incredible source. My confidence is fortified so that I am empowered to solve my problems, to eradicate the chaos and confusion in my life. I am aware of the good within and the good that I can do, if I choose to take responsibility for the Light in me. It has always been there--now I see it.

DAY 9: SAGITTARIUS

Sundown Thurs, April 2nd 2020– Sundown Friday, April 3rd 2020

STAND UP FOR SOMETHING YOU BELIEVE IN.

- Practice forgiveness.
- Pay attention to the details.
- Make a commitment and stick to it.
- Analyze the whole situation before making a decision.
- Be more sensitive to others; watch what you say.

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12. UNCONDITIONAL LOVE

Meditate on the letters.

As I focus on unconditional love, for all people around me, the dark forces within are cast out. In the past, I have felt hatred for certain people. Now, as I picture those people in my mind, I feel only love. Light washes over them, and me, and I recognize the common thread that we share—the spark of the Creator. My heart opens as I wish them joy and fulfillment, peace and greater understanding.

DAY 10: CAPRICORN

Sundown Friday, April 3rd 2020– Sundown Saturday, April 4th 2020

TRUST WHEN IT ISN'T EASY. BREAK SOME OF YOUR OWN RULES.

- Express your emotions.
- Realize it's not the physical things you want but the Light within them.
- Appreciate what you have.
- Activate your enormous spiritual potential by realizing possessions are ephemeral.

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28. SOUL MATE

Meditate on the letters.

I want to bring all future and existing relationships to the level of soul mate. I want to relate to all those around me on this heightened spiritual plane, and bring greater Light into my life.

DAY 11: AQUARIUS

Sundown Saturday, April 4th 2020– Sundown Sunday, April 5th 2020

BE A TEAM PLAYER.

- Don't be so stubborn.
- Try to understand another's situation and feel their pain.
- Realize that if you want to change the world, you must first change yourself.
- Allow people to love you.

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34. FORGET THYSELF

Meditate on the letters.

I am going to get out of the way and allow the Light to guide me. In the past, I have been stubborn, set in my ways, and I will let go. Instead of clinging to my beliefs, I will open up, and allow the Light of the Upper Dimensions to shine down into my realm and transform my life. I have real desire, not for myself alone, but to connect to something greater.

DAY 12: PISCES

Sundown Sunday, April 5th 2020– Sundown Monday, April 6th 2020

DON'T WORRY, BE HAPPY.

- Be a leader.
- Initiate action.
- Balance logic and emotion.
- Handle pressure with certainty.
- Go the extra mile.
- Feel another's pain as opposed to focusing too much on your own.



66. ACCOUNTABILITY

Meditate on the letters.

I am not a victim. All of my feelings of self-pity and my hopes of retaliation are vanishing, as I accept the consequences of my own actions. I take responsibility for where I am, and know that if I want to change my circumstances, it is within my control. I will be proactive, and achieve my own fulfillment. I am letting go of pain, and regaining control over my life.