

Practical guide and Segulot for Rosh Hashanah

SPECIAL PREPARATIONS FOR ROSH HASHANA:

- It's vital everyday not to get angry, but in particular on the first day of Rosh Hashanah, this is the day the Jewish people are judged, the gentiles are judged on the second day. On this day there is strict judgment in Shamayim and it is a must not to get angry at all, not even to think in an angry way. Don't invite guests that you know will 'push your buttons' that you will not be able to control, wait to host on the second day. Don't get stuck in worry, anger and definitely not in sadness. The way the year begins, is the way it will flow the coming year. Don't allow yourself to speak badly.
- Before sitting down at the Seder look at everyone's eyes and bless them each individually, feel forgiveness for everyone around you. Allow love and peace to enter your heart. Everyone should say a 'L'Chaim' out loud and bless each other with complete simcha.
- The Rosh Hashanah table should be filled with abundance of colors, different types of foods.
- Apples and honey: use red apples, it is a segula for a zivug, to find one's soul mate/shalom bayit and for getting pregnant. It is an et ratzon, special holy time, before eating the apple, smell the apple and ask for whatever you want. It was at this time that Ya'akov received the blessing from his father Yitzchak. When he smelled Ya'akov he smelled the fragrance of Gan Eden, of the apple, and even though he was undeserving of the bracha, due to the fact that it was supposed to go to Esav, he still received it. Ask for anything you wish.
- Pomegranate and rubia: ask Hashem to bring out your potential. We all have never ending potential, do we use it all? Ask Hashem for help.. just like it's hard to take apart the seeds, please Hashem help us realize our potential and be who we are meant to be.
- Leeks, beets, dates: ask Hashem to take away any feelings of resentment, anger, bitterness towards anyone. Ask Hashem to help us throw these feelings away from ourselves and remove them from our heart. Ask Hashem to enable you to be able to rebuild your feelings and relationship with these people.
- Fish head: ask Hashem that you should lead your household and not anyone else (like our children who tend to control us...) when looking at the fish, ask Hashem to protect you from the evil eye.
- All throughout the seder, ask Hashem to make your home a palace: your wife the queen and you the

king, your children the prince/princesses. Ask Hashem to make you all children of the King, this requires us to act like children of the King, meaning again: DO NOT GET ANGRY, WORRIED, DISTRESSED, be royal.

- Get up early on Rosh Hashanah; this blesses the coming year with ease. A year that your wishes will be fulfilled quickly. Try to postpone your afternoon rest until after 1:00 pm.
- It is vital to daven for parnassah on Rosh Hashanah, according to Rav Dessler ztk'l. This proclaims that we trust in Hashem and know that everything is from Him. Ask to be a giver of tzadakah.
- Very important to dress festively, even wear white and be HAPPY!!
- Before hearing the shofar accept upon yourself: v'Ahavta L'Reiacha Kamocha (Love your neighbour as you love yourself). If you hold a grudge towards someone in the shul, the shofar will not be able to ascend and sweeten the judgments.
- During the shofar: think of the following: resurrection of the dead, that Hashem can revive anything that has 'died out' in you be it physically and spiritually. Don't talk during the shofar blowing. Think about all that you want to be. We are being reborn!
- Very important to shed a tear during the shofar and to wipe the tear over your forehead (to wipe away transgressions {AriZal zt'l}). This serves as a shield for the entire year against any bad things i.e. illness. Whoever is able to shed a tear then can be rest assured that he or she is being judged at that moment and if he or she comes back to teshuvah at that point, she will be blessed with a good year.
- During the first blow of shofar, take one particular transgression that you did and ask for forgiveness. During the second blows of the shofar, the shevarim, hurt/cry for those who are in pain and in sorrow, i.e. the families of terror victims, the families that lost their loved ones, those who are ill....
- During the next set of blows accept upon yourself a new mitzvah: learning Torah, tefillah, tzedakah... The intention should be in your heart without uttering a word.
- During Mussaf prayer when the chazzan says the word: ayeh, each time you can ask for one of three things, whisper to yourself:

1) Parnassah 2) Ruach Hakodesh 3) Righteous Children

- Once we hear the shofar on the first day of Rosh Hashanah, the judgments are lessened and

sweetened and there is less stringency in Shamayim.

- Don't eat anything sour or spicy on Rosh Hashanah, only sweet foods. Everything that you do makes an impact on the entire year. Don't use walnuts or black grapes.

Other segulos:

- 1) Prepare the seder table early in the afternoon, it is a segula that no troubles will come upon you the entire year, B'H.
- 2) Try to do ta'anit dibur, not to speak, the morning of erev Rosh Hashanah (speak only words of Torah). If possible fast as well; this way 1/3 of your transgressions will be wiped away. This comes out on Sunday morning!!!
- 3) Candles for Rosh Hashanah: before lighting give 18 of 'something (coins, bills) to tzedakah: 18 cents, 18 dollars, etc.. This serves as a pidyon nefesh. Ask Hashem that if something bad c'v is supposed to happen, let the tzedakah stand as a protector against it.
- 4) Buy a new knife and use it on Rosh Hashanah eve to cut open the challah and apple. It is a segula for a long life and for parnassah.
- 5) Women bake challahs: they should bake it in the shapes of a circle.
- 6) Birkat Hamazon: the first one said on Erev Rosh Hashanah say it with enthusiasm and joy, it is a segula for an abundance of parnassah.
- 7) Recite the following perakim of Tehillim Alef, Beit, Gimmel and Daled before sleeping on both nights to prevent bad dreams.
- 8) Buy a new clothing for Rosh Hashanah. Intend on this new article when reciting the bracha of She'hechyanu

ALSO IT IS THE YAHARZEIT OF SARAH IMEINU ON THE FIRST DAY OF ROSH HASHANAH, HAVE YOUR WIFE LIGHT A CANDLE AND PRAY IN HER ZECHUT THAT WOMEN SHOULD ALL BE ZOCHES TO BE WONDERFUL WIVES AND MOTHERS AS SHE WAS A TRUE TZADEKES...

: ויהי רצון מלפני אדון כל הנשמות ריבון כל המעשים שתתחדש בחסד וברחמים ברכת רבי ישמעאל בן אלישע כהן גדול
יהי רצון מלפניך שיכבשו רחמך את כעסך ויגולו רחמך על מידותיך ותתנהג עמנו לפנים משורת הדין

HAVE A WONDERFUL CHAG AND
GEULAH BEKAROV TO AM YISRAEL!!

bebirkat HaTorah