



APPLIED JEWISH SPIRITUALITY

Torah, Kabbalah & Meditation for Our Daily Lives: Course Overview

Hebrew Month	Gregorian Month	Modalities or Techniques of Practice	Subjects of Study
Shevat	Jan – Feb	Eating and drinking	Tu B'Shvat; why the Torah equates people with trees; sacred ecology; our interconnection with all life; inner renewal; setting intentions for the coming months; spiritual service through uplifting the physical (Avodah beGashmiut); mindful and healing eating.
Adar I	Feb – Mar	Laughter Meditation	The meaning of a leap year and two Adar's; the hidden nature of Adar; the cosmic and gender context of Purim; the exile of the feminine and restoring the feminine to its rightful place; the origins of Amalek; the meaning of evil; our responsibility to confront evil; the roles of truthfulness; joy; mindfulness and community in overcoming evil.

Adar II	Mar – Apr	Dance and movement	Purim; beginner's mind; not-knowing; joy; laughter; surprise; depression; equanimity and wholeness; perseverance and humility; integrity; responsibility; action and activism; dance and movement.
Nisan	Apr – May	Narrative therapy	Pesach; renewal; self-acceptance; self-love; freedom from vs freedom to; connection to community and beyond; imagination; creativity; intimacy; the Omer and the Sefirot; Chesed (Loving-Oneness) and Gevurah (severity and boundaries); speech; song and liberation.
Iyar	May – Jun	Breathing	Counting the Omer; Lag B'Omer; R' Shimon Bar Yochai; the Zohar; spiritual vs material pursuits; The Sefirot and the Tree of Life; Tikkun HaMiddot/fixing our character traits; Tiferet (harmony and beauty); Netzach (perseverance); Hod (humility and gratitude); Yesod (integrity and leadership); breathing meditation in Judaism.
Sivan	Jun – Jul	Cultivating love and compassion	Shavuot; Malchut (Sovereignty and Integration); harmony between feminine and masculine forces; spiritual and societal repair; universalism vs particularism i.e. how Judaism relates to Jews; converts and all peoples; humility; opening to receive the Torah; love for the Divine; ourselves and each other.

Tammuz	Jul – Aug	Hitbodedut (speaking to the Divine in our own words)	The Three Weeks; converting shadow to light; sight; seeing things as they really are; acknowledging and owning our strengths and achievements as well as our failings; exile and return; growth through heartfelt speech.
Av	Aug	Deep listening	Tisha B'Av and Tu B'Av; turning from grief; loss and mourning to love; consolation and joy; redemption and rebirth; re-opening our hearts; baseless love; societal unity; music and dance; listening deeply to ourselves and others.
Ellul	Sept	Spiritual Accounting (Cheshbon HaNefesh), repairing what we can through action	Teshuvah (return to our best selves); motivating ourselves lovingly; self-acceptance as an engine of self-change; setting intentions for the coming year; humor; humility; resilience; self-examination; fixing as much as possible through action.
Tishrei	Sept – Oct	Radical forgiveness of ourselves and others	Rosh Hashanah; Yom Kippur; Sukkot; Teshuvah; returning to our highest selves; intimate relationships and sacred sexuality; re-creating ourselves anew; repairing ourselves and the entire world; judging kindly; guilt; love and radical forgiveness.

Cheshvan	Oct – Nov	Spiritual writing	Shabbat and the six days of the week; routine; activity and rest; resilience; intuition; listening to our inner voice; scent/smell; rain and our eco-system; prayer; redeeming our consciousness; the messianic age; spiritual journaling.
Kislev	Nov – Dec	Visualization	Chanukah; wonder; humility; dedication; purification; vulnerability; manifesting our own unique potential; surrender; gratitude; spiritual activism; renewal; hope; perseverance and determination; sleep; dreams; visualization techniques in traditional Jewish texts.
Tevet	Dec – Jan	Prayer	Concentration; routine; spontaneity; boredom; distracting thoughts; anger; tensions and harmony between Jewish and other peoples/philosophies; the power of language; setting and maintaining intentions during prayer.