

My Blessing to You for the New Year

written by Yardena Slater
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A heart and mind filled with the light of Hashem is the ultimate blessing. Don't let anyone or anything dim this light!

Stay In the Light! The light of Truth!

This is my blessing to myself and to you for the new year.

A heart and mind filled with the light of Hashem is the ultimate blessing. Don't let anyone or anything dim this light. May you be a light of truth onto yourself, your family, and the world. May you grow closer and closer to Hashem and shine His light forth.

Our sages say that Hashem's signature is emes – truth (Shabbos, 55a). Emes IS reality. Are we striving to live in reality?

What will you need in order to know the truth and emanate its light outward?

Torah, simplifying life, having courage, trusting in Hashem completely, clarity, becoming a truth seeker, becoming devoted to the truth even when it's hard to walk in its path, surrendering to Hashem's will, being you and only you.

There is no greater blessing.

I am committed to life and truth and love. I am committed to connecting to that very quiet and subtle voice within me that knows right from wrong, truth from lies. I am committed to thinking out of the box. I am committing to letting go of certain unhealthy comforts of life. I am committed to move past any person, thing or path that seems untruthful to me and to cultivate a better, healthier, more truthful reality for myself. I am committed to becoming the woman, wife, and mother that Hashem intended for me to be.

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A shift is taking place throughout the world leaving no room for anything but 100% honesty and integrity with everything we are involved in – our health, our relationships, our children's education, our work, everything. It's time to get really honest with ourselves. This is the way to energize yourself and to purify your heart and open yourself up for Divine blessing.



I am committed to life and truth and love!

Can we truly return to Hashem and to our natural state of God-Consciousness? Can we become a nation that is focused on the reverence and preciousness of life and the strengthening of our bodies, minds, and spirit? Can our education institutions be based on love, understanding and respect for all?

Yes! Tap into the Divine knowledge within and follow it with a happy heart. We are in this world at this point in time to choose the higher road and align with the Truth.

As women, wives and mothers, lets inspire our families to do this by showing them how grateful we are to at least have this opportunity, wherever we are on the path. We can start by giving thanks for being a woman, wife and mother and delving into these roles we've been given with our heart and soul. Let's show our family that we believe this is at least possible for us and for them.

Stay in the light of Truth and no matter what happens in the world, your reality will be sweet as honey, Amen.