

# Special Opportunity Starting This Week

written by Yardena Slater

November 20, 2022



***To leverage this time of tremendous opportunity, we need to get ready starting Rosh Chodesh, by activating our inner spiritual powers!***

This Wednesday night is Rosh Chodesh Kislev, which ushers in the wonderful holiday of Chanukah , an auspicious time for thanking Hashem for all that you have as well as for putting in your heartfelt requests. Just as the original Chanukah was a miraculous time, so too every Chanukah brings with it the same energy.

To leverage this time of tremendous opportunity, we need to get ready starting Rosh Chodesh, by activating our inner spiritual powers. Gratitude, focus, positive feelings and

having clarity about what it is you actually WANT, are all spiritual powers.

A practical way to go about activating these powers is to make two lists.

1. List everything you are grateful to Hashem for (if you already have a gratitude list, review it, and see what you can add).
2. List of all your heartfelt requests.

For most effectiveness, make your gratitude list as comprehensive as possible by dividing it into categories. You can begin by thanking Hashem for all of the good that has come out of past challenges you've faced. Usually with 20/20 hindsight, it's easy to see the silver lining. Take it a step further and give thanks to Hashem for the good within the seemingly bad.

Give thanks for the obvious miracles and Divine Providence in your life. We all have them and they are indeed A-mazing.

Give thanks for all the good that Hashem has bestowed on you in the past, present and future. Delve into these three time zones and give thanks in detail for each.

***Just as the original Chanukah was a miraculous time, so too every Chanukah brings with it the same energy!***

Give thanks for your family, friends, spiritual insights, spiritual growth, teachers, and messengers that Hashem has sent out along the way, your health, your livelihood, your body parts, your home, furniture, clothes, books, teachings, information. List it all out. You have from Rosh Chodesh Kislev until Chanukah to complete this list.

Now, review the list and feel the gratitude, joy, relief, and whatever other positive feelings it generates for you. How many times has Hashem saved you, had your back, given you free

gifts, increased your livelihood, sent you help, teachers, information? How many times did He protect you from negative and dangerous situations and people?

STAY with these feelings, they are key.

Next, what do you really want? And why do you want it? Take some time to think this through. You can start by just free-flow writing. Then fine tune your list by getting as focused and specific as possible. Yes, details and thoughtfulness make a difference! Oh, and some heartfelt emotion wouldn't hurt my dear ladies. Your emotions have tremendous power!

Your request list does not have to be a megillah. After giving it thought and focus and fine tuning, you can create an abbreviated list:

I love you Hashem, I just love you! From the bottom of my heart, I ask You to please grant me

- Healthy kids and husband in body, mind and soul
- Joyfulness
- Complete and total Emunah in You
- A clearing of all blockages and negativity
- The courage and will to use my Divine gifts in the world
- Abundance
- Love
- Health
- Self confidence
- Positivity
- The ability to feel deeply
- Fearlessness
- The ability to grow my vessel into one that can hold so much more of your blessing and light
- The ability to go with Your Flow
- The ability to be a co-creator of my life alongside You
- Spiritual growth and Torah insights
- The right teachers and messengers

- The ability to always see Your Divine Providence and to know that You are always with me
- The strength and clarity to stay positive

Now, review this list and KNOW that it is possible for Hashem to grant you all of this and SO MUCH more. Of course, you need to do your part, which is to become a vessel that can hold so much light. But you can easily start doing that by being so grateful for past blessings, knowing that Hashem will continue to bless you, and opening the eye of a needle for Him by taking just a little bit of action – and letting Him take care of the rest.

It's time to break through the negativity, low energy, and lack of Emunah and action by simply getting into the habit of being in a state of gratitude, excitement, relief, and joyfulness. Come Chanukah time, your ability to tune into this holiday's energy of miracles, will be greatly increased. You know what to do. Let's go!