

And since it's almost Yom Kippur: **YOM KIPPUR CHEAT SHEET.**

Yom Kippur is when we get to atone for the mistakes we made during the past year and think about who we want to be in the coming year. Whether you're at services, at home or in the office, fasting or not, or just happy you'll get to wear your skinny jeans tomorrow, use these readings to help you focus on the important stuff – so you don't "cheat" yourself out of all the holiday has to offer. We wish you a meaningful Yom Kippur.

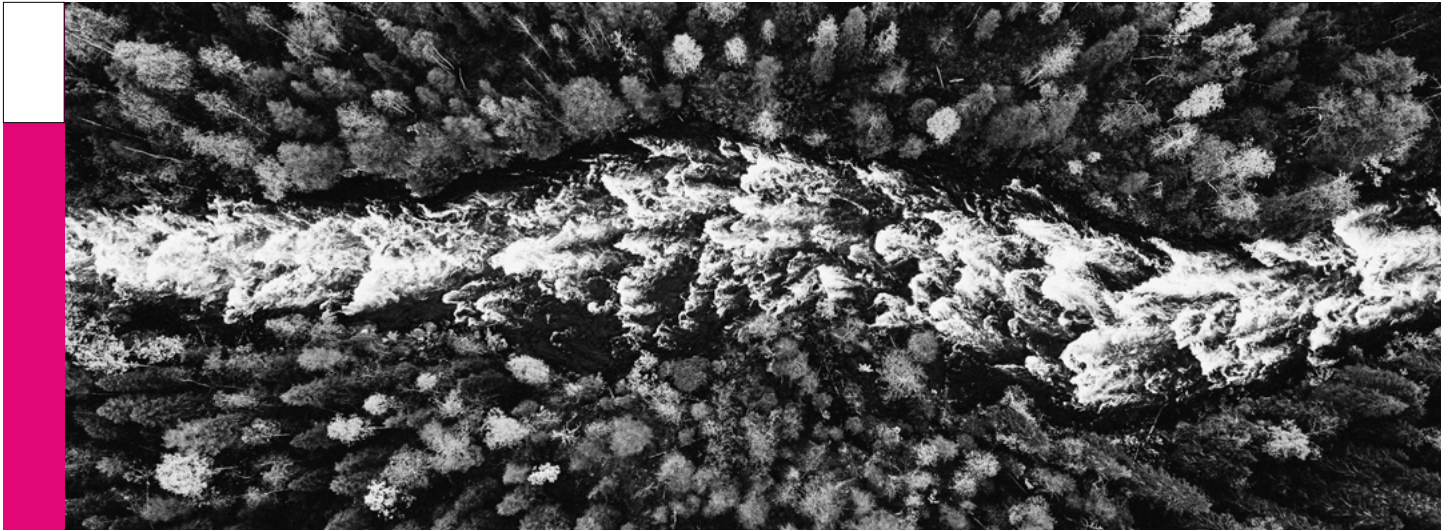


FORGIVE YOURSELF

Dr. Maya Angelou

I don't know if I continue, even today, always liking myself. But what I learned to do many years ago was to forgive myself. It is very important for every human being to forgive herself or himself because if you live, you will make mistakes. It is inevitable. But once you do and you see the mistake, then you forgive yourself and say, "Well, if I'd known better I'd have done better," that's all. So you say to yourself, "I'm sorry."

If we all hold onto the mistake, we can't see our own glory in the mirror because we have the mistake between our faces and the mirror. We can't see what we're capable of being. You can ask forgiveness of others, but in the end the real forgiveness is in one's own self. The real difficulty is to overcome how you think about yourself. If we don't have that we never grow, we never learn, and sure as hell, we should never teach.



THE WORLD DOESN'T NEED MORE PEOPLE BEATING THEMSELVES UP INSIDE

Cristen Rodgers

The world doesn't need more people beating themselves up inside, making a bloody mess of their broken hearts and tattered shreds of their minds. There's quite enough of that and all it brings is more pain. The world needs more beautiful souls like yours who choose to see the beauty in their scars, who dare to forgive, to take their great big hearts and turn them inside out and give themselves the same kind of compassion that they give to others.

“NO MATTER HOW MUCH YOU REVISIT THE PAST, THERE'S NOTHING NEW TO SEE.”

-ROBERT TEW

YOU HAVE A RIGHT TO BE ANGRY

Lori Deschene

You have a right to be angry. It's not negative or wrong. You don't have to condone someone's actions or pretend you're okay with them in order to be a good or spiritual person. Just know that you have the power to move beyond your pain, when you're ready. You have the power to find lessons in your heartache, gains in your losses, and reasons to forgive. It might take time, and it might not be easy, but it is possible to heal and move on.

HURT PEOPLE HURT PEOPLE

Yehuda Berg

Hurt people hurt people. That's how pain patterns get passed on, generation after generation after generation. Break the chain today. Meet anger with sympathy, contempt with compassion, cruelty with kindness. Greet grimaces with smiles. Forgive and forget about finding fault. Love is the weapon of the future.



THIS YOM KIPPUR, TRY CONFESSING THE GOOD THINGS YOU'VE DONE

Andrew Silow-Carroll

Yom Kippur is a time for confession, as Jews flock to synagogues to recite their sins in a lengthy litany known as the "Viduy." Striking their hearts, the congregation chants: "we have trespassed, we have dealt treacherously, we have robbed, we have spoken slander."

The goal of the ritual is to inspire the confessor to do better in the year to come, but what if the opposite is true? What if, as Rabbi Avi Weiss asks, all that confessing leads "to despair, to loss of confidence, even to loss of belief in one's capacity to do good"?

Rabbi Weiss, the founding rabbi of the Hebrew Institute of Riverdale in the Bronx, has proposed an "opposite recitation" of the confession, this one focusing on the good things the speaker has done. His inspiration is Rabbi Abraham Yitzchak HaCohen Kook, the first Ashkenazi chief rabbi of what became Israel, who once wrote that just as there is a confession for the bad, there should be a confession for the good. Like the original, Rabbi Weiss' new confession is an alphabetical acrostic.

"A person should also be joyous concerning the good he or she has done. It follows that just as there is a great benefit to self-improvement through confessing one's sins, so is there great benefit to confessing one's good deeds," Rabbi Weiss writes. Here is the confession of good deeds:

**We have loved, We have blessed, We have grown, We have spoken positively,
We have raised up, We have shown compassion, We have acted enthusiastically,
We have been empathetic, We have cultivated truth.
We have given good advice,
We have respected,
We have learned,
We have forgiven,
We have comforted,
We have been creative,
We have stirred,
We have been spiritual activists,
We have been just,
We have longed for Israel,
We have been merciful,
We have given full effort,
We have supported,
We have contributed,
We have repaired.**

