

## **Yom Kippur – the gift of coming back home Returning to your true essence and attaching to G-d**

Focus for Yom Kippur: This is your ultimate opportunity for renewal, returning to your pure and beautiful essence regardless of anything in the way from the past (mistakes, disappointments, failures, pain). The main work of Yom Kippur is doing sincere Teshuva, **returning to G-d**. (It is better to choose a few major items and sincerely go through the 4 steps of teshuva, than to go over many items superficially).

**“Please help me correct all that needs correction. Please help me transcend anything that is holding me back from attaching to You. Please help me know how to use my blessings, resources and all my life circumstances to fulfill Your incredible vision for me. Please help me restore my relationships with myself, others and You, G-d, to the best of my ability. Please open my heart to turn to You like never before and please help me understand Your loving answers. G-d, You know what I’m facing inside and outside, please help me”.**

Focus for the Neila prayer: *about 2 hours before the conclusion of Yom Kipur, at Neila, literally the locking of the gates of Heaven, we are facing the most crucial time of the entire 10 days – **the sealing of our judgment**. Our prayers and decisions at this time have more impact on our lives than any other time during the year.*

This is when you can make your most sincere declarations of yearning:

1. The Rosh Hashana yearning to live in a world in which G-d is your loving King and He defines what is and isn't possible in your life.

**1. G-D, You have an incredible vision for all of humanity and for me. I want to fulfill Your vision of greatness for me more and more. Please show me what I most need to see gently.**

**2. I want to recognize the gifts in my life and see the totality of the life You gave me, the blessings and the challenges, as an expression of Your love. Please fill my heart with gratitude.**

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3. I want to transcend my greatest obstacles to fulfill Your vision for me. Please help me partner with You and go from a place of constraints to a place of expansiveness.
4. Please bless me with all the resources I need to fulfill Your vision for me. (health, clarity, relationships, a job, place to live etc.)
5. I want to make You King by living myself more according to Your Definition of reality and Your instructions for living. Please guide me.
6. I resolve that I want to be connected to You, G-D, as the source of my wellbeing in life. And not rely on ANYTHING or ANYONE else. Please help me remember that no one else has power.
7. I resolve that this moment is the dawn of a new era in my life. An era of greater attachment to YOU.

2. The Yom Kipur yearning to remove all the choices and obstacles that are in the way of fulfilling G-d's vision.

You can close with this suggested prayer for the final neila prayer:

**"I stand before You, the Creator of the Universe, my loving Father, I look at the Rosh Hashanah prayer and I want to want to be attached to You, to be the beautiful person You created me to be and to fulfil Your great vision for my life; I don't want any of the mistaken choices of the past to stand in the way. Please gently help me repair whatever needs fixing. Not just for my own sake but for the sake of the people in my life, the Jewish nation and humanity.**

**I want today to be the dawn of a new era in my life.**

**G-d, You know what I'm facing inside and outside, please help me. "**

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