

# *The Daily Portion* *Sivan Rahav-Meir*



## **ELUL SUGGESTIONS**

Here is an idea that I heard on Shabbat: all the Portions that we read during the month of Elul serve as reminders as to how we can fix and improve our lives before the coming new year. The title of each of these Portions is like a pointer to the direction in which we should proceed:

**R'EI ANOCHI NOTEIN LIFNEICHEM B'RACHA UKLALA** "Behold, I set before you this day a blessing and a curse" - we started Elul with the most basic and important idea for these days: free choice. There is a blessing and a curse in the world, and every day we can choose anew between good and bad.

**SHO-F'TIM V'SHO-T'RIM TITEN L'CHA B'CHOL SH'ARECHA** "Judges and officers shalt thou make thee in all thy gates" - one must carefully watch the "gates" of the body (eyes, ears, mouth) and place "judges and officers" in them. That is, one must pay attention to what one hears, sees and says, to check who one's friends are in life and in the Feed, to filter-out contents that one is exposed to and to think before one speaks.

**KI TEITZEI LAMILCHAMA AL O-Y'VECHA** "When thou goest forth to battle against thine enemies" - there is a struggle here. In the framework of the soul searching that we do on Elul, one must mark one's enemies (laziness, selfishness, anger, routine) and think how to prevail over them.

"And it shall be, when thou art come in unto the land which the LORD thy God giveth thee for an inheritance, and dost possess it, and dwell therein" - this is the new Weekly Portion, which begins today, and tells us about "a land flowing with milk and honey". That is, all these beautiful ideas must be turned into reality through our eternal connection to this place, to Eretz Israel.

Sivan Rahav-Meir is the author of #PARASHA • To receive "The Daily Portion" straight to your mobile phone, SMS your name to 058-679-9000

