Forewarned is forearmed.

The 16th century kabbalist Rav Isaac Luria (the Ari) teaches that each of the first 12 days of Aries corresponds to and directly influences each of the 12 months of the year.

For example, day one of Aries corresponds to the month of Aries, day two to Taurus, day three to Gemini, and so on. Why is this important to know? Because how you think and act on these 12 days affects the shape and future of the upcoming months.

Each of the first 12 days of Aries presents you with an opportunity to overcome whatever it is that normally blocks you from receiving the fulfillment you desire – and deserve.

How you respond to the tests of the first 12 days affects the outcome of how you will experience the coming year. In general, be as proactive as possible, and familiarize yourself with the types of challenges you’ll be facing – forewarned is forearmed.

This guide has been created to steer you through the challenges and so you can create an incredible start to your year.

This is the meditations and explanations for each day. Make the most of your first 12 days of Aries!
ARIES
SATURDAY, MARCH 24

COMPLETE YOUR TASKS
• Remember the past to avoid repeating mistakes
• Before acting – ask for the Light to guide you
• Decrease ego by remembering we are just a channel for Light
• Empathize with others
• Avoid conflict

It’s time to break the “me, me, me” syndrome

Meditate on the letters.
As I look into my soul, I can feel the sore places where I have been wounded by my ego: worry over what people think about me, needing to be right, angry when things don’t go my way. As I let it go and reach for Light on a higher plane, those places in my soul open up. I am free, my ego diminishes and I concentrate on what is really important: love.
TAURUS
SUNDAY, MARCH 25

AVOID BEING COMFORtable.
IF IT’S UNcomfortable, DO IT.

• Listen to others
• Embrace discomfort
• Actively share with others
• Transform complacency to movement

Coming out of the “Comfort Zone”

מ. צ. ר.

Meditate on the letters.
I clearly see my personal limitations. Looking into the past, I notice all of the instances when ego has kept me imprisoned, holding me back from true joy and fulfillment. As I focus on the Light of the Creator, the transformative energy of the divine washes over me, and I feel free. No more complaining, no more frustration. I will not get caught up in the material world. Instead, I will look beyond into the spiritual realm and let go, freeing myself from the trappings of ego.
FOCUS AND COMMIT

• Focus on details
• See the big picture
• Finish what you start
• Trust the Light, not your mind

Stop putting it off until later...it's now or never.

Meditate on the letters.
Think of an unfinished project that is an obstacle in your life.
Decide you are going to finish it and follow through, and begin this meditation. I see the unfinished project in front of me. I am going to complete [enter project here] as I visualize myself [enter the process necessary for completion here]. I feel frustration and procrastination drifting away. I am getting closer to completing my goal. As I breathe, I get even closer. I feel stronger, more connected to my Light Force. Laziness and doubt are gone, and I see myself fulfilled, creating more space for even greater accomplishments.
CANCER
TUESDAY, MARCH 27

TAKE RISKS
• Let go of fears and possessions
• Take a risk – Trust the Light
• Realize that all the money in the world can’t give you a sense of security – only connection to the Light can
• Do a sharing action daily
• Count your blessings
• Live in the present

Let Go…Fear, insecurity -Get rid of it all.

Meditate on the letters.
I am letting go of past pain, regret, trauma. All of it. [If there is a particular theme or moment that you keep coming back to, picture it in your mind. As you do this meditation, go back to that moment, then reverse it, plant a new seed.] I will release past emotions that are dragging me down, replacing old baggage with Light and love.
I look forward, not back.
YOU DON’T HAVE TO BE EVERYONE’S FRIEND

- Think before speaking
- Use strength to help others, not to dominate them
- Be more empathetic; understand others perspective
- Be sensitive to another person’s feelings
- Don’t be the center of attention

Arrgghhh!

Meditate on the letters.
I will purge anger from my heart, free my soul of the burden that comes with reacting to the external.
As I recall, I see that I was swayed by the darkness.
I gave power to the situation instead of taking a moment to pull back, of restricting, and keeping the real power in my own hands.
As I invoke this name, I realize that nothing in the physical world can cause me to react with anger.
BEWARE OF BEING TOO CRITICAL OF OTHERS - AND YOURSELF

- Let go of the desire to control the physical
- Be proactive and ask questions
- Seek to understand, not judge
- Realize we are not in control
- Realize the only one solving the problem is the Light
- Look for the good and positive in everything

This might sound crazy, but maybe you're wrong? Maybe?

Meditate on the letters.
I will spread love for no reason.
I will resist my tendencies toward judgment.
As I look back on negative words or deeds from my past, I replace them with Light and compassion, sending positive forces out into the universe to replace the negative ones.
I will look upon others with compassion, sweetening the judgments as they come my way.
LIBRA
FRIDAY, MARCH 30

MAKE DECISIONS WITH CERTAINTY
• Make decisions and be certain about them
• Don't question past decisions
• Share for the right reasons

You just got to have faith.

Meditate on the letters.
I have absolute certainty that what is right will happen through pro-active behavior.
I take complete responsibility for my life and know that I am getting what I need right now.
And as I continue to allow more Light and certainty into my life, I will get even more.
SCORPIO
SATURDAY, MARCH 31

LOVE YOURSELF MORE (AND BE JEALOUS OF OTHERS LESS)
• Stay calm; don’t create crises
• Be proactive
• Think of consequences on self and others
• Invite the Light in
• Achieve fulfillment through self-control
• Don’t control

The only thing more destructive than hating others is hating yourself.

Meditate on the letters.
God is within. I connect to the divine power in my soul and awaken an incredible source.
My confidence is fortified so that I am empowered to solve my problems, to eradicate the chaos and confusion in my life.
I am aware of the good within and the good that I can do, if I choose to take responsibility for the Light in me.
It has always been there--now I see it.
SAGITTARIUS
SUNDAY, APRIL 1

STAND UP FOR SOMETHING YOU BELIEVE IN
• Practice forgiveness
• Look out for details
• Make a commitment and stick to it
• Analyze the whole situation before making a decision
• Be more sensitive to others; watch what you say

Open Up...That’s it, a little more, good, a little more...

Meditate on the letters.
As I focus on unconditional love, for all people around me, the dark forces within are cast out.
In the past, I have felt hatred for certain people. Now, as I picture those people in my mind, I feel only love.
Light washes over them, and me, and I recognize the common thread that we share—the spark of the Creator.
My heart opens as I wish them joy and fulfillment, peace and greater understanding.
TRUST WHEN IT ISN’T EASY. BREAK SOME OF YOUR RULES

• Rely on the 99%, not the physical world
• Realize everything is from the Light
• Express emotions
• Realize things are tool, not a purpose

Loosen the chains around your heart

Meditate on the letters.
I want to bring all future and existing relationships to the level of Soul Mate.
I want to relate to all those around me on this heightened spiritual plane, and bring greater Light into my life.
WORLD PEACE STARTS WITH TREATING THE PERSON IN FRONT OF YOU WITH DIGNITY

- Don't be unique
- Be a team player
- Practice compassion
- Make dependability a habit
- Transform ego into humility
- Create win/win situations through sharing
- Build relationships; care about others
- There's no “I” in team (cliché but true)

Meditate on the letters.
I am going to get out of the way and allow the Light to guide me. In the past, I have been stubborn, set in my ways, and I will let go. Instead of clinging to my beliefs, I will open up, and allow the Light of the Upper Dimensions to shine down into my realm and transform my life. I have real desire, not for myself alone, but to connect to something greater.
DON’T WORRY, BE HAPPY

- Be a leader
- Initiate action
- Balance logic and emotion
- Handle pressure with certainty
- Go the extra mile
- Feel other people’s pain, not your own

Repeat after me: “I am not a victim.”

Meditate on the letters.
I am not a victim.
All of my feelings of self-pity and my hopes of retaliation are vanishing, as I accept the consequences of my own actions.
I take responsibility for where I am, and know that if I want to change my circumstances, it is within my control.
I will be proactive, and achieve my own fulfillment. I am letting go of pain, and regaining control over my life.