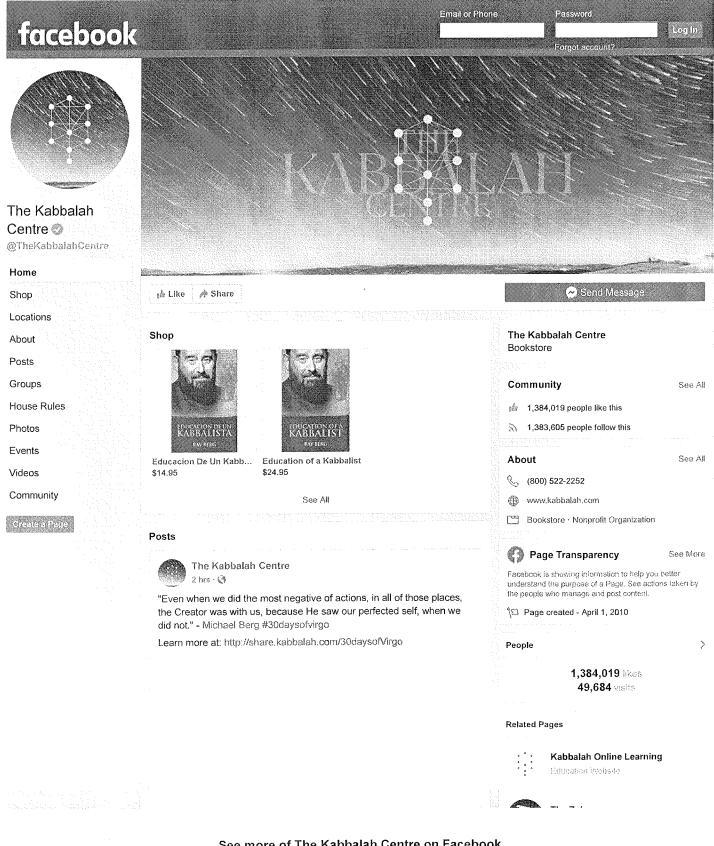
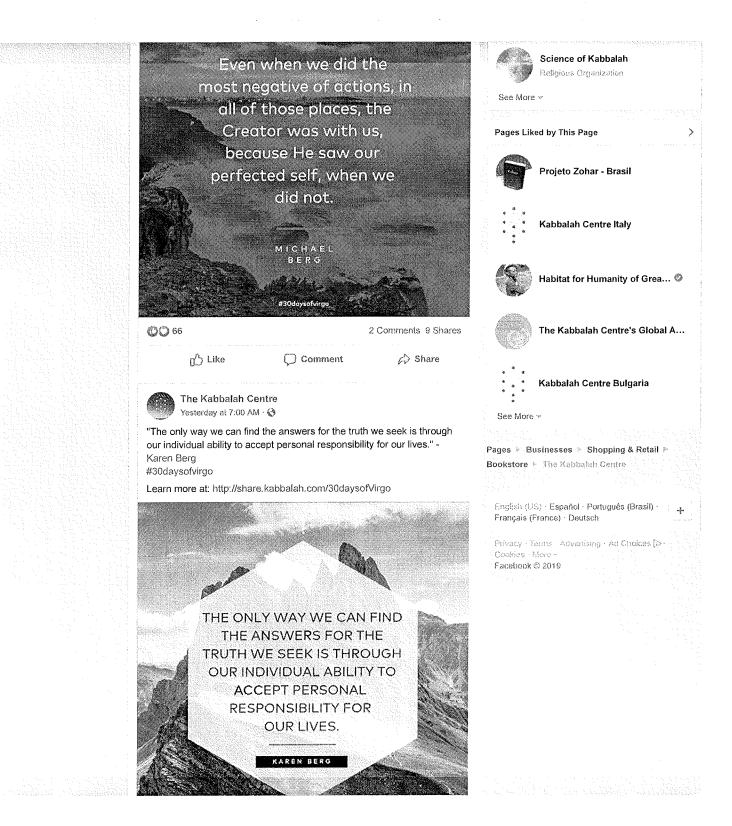
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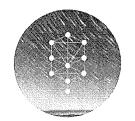
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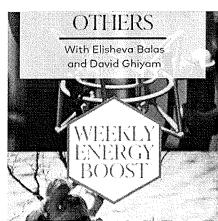
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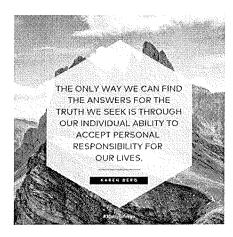
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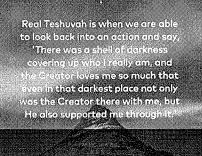
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Virgo is known as the month of change, of restoration. It is our chance to correct the errors of the last year, to decide who we want to be, and to enact that required change within our very nature.

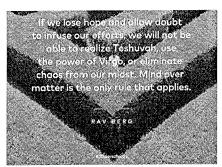


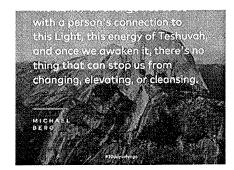
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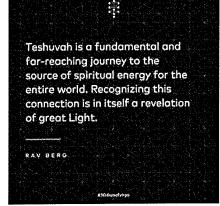
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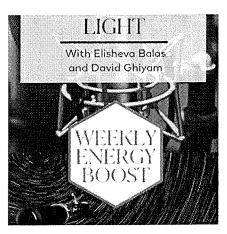


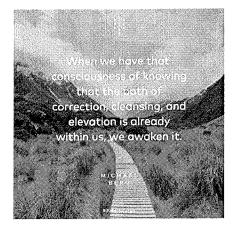


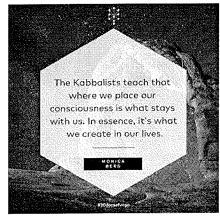


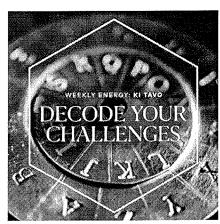


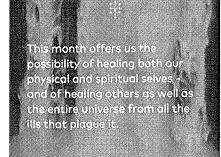












WHEN AN INDIVIDUAL
WANTS TO CLEANSE, HE'S
GIVEN ALL THE ASSISTANCE
THE AWAKENING HAS TO
COME FROM US, BUT WE
ALREADY HAVE THE
CLEANSING WITHIN US.

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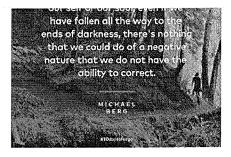


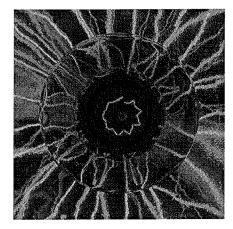


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Through Teshuvah, we can take full responsibility for our life and our circumstance, feeling the pain we have caused, and restoring the energy we lost this year.

SAREN BERG

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KabbalahCentre @kabbalahcentre · Feb 4

This week's energy is calling us to make a contribution to where we draw our spiritual strength from. Instead of focusing where we so often do – at what we're getting – instead, this week focus on what you can give back to the things or people you benefit from.



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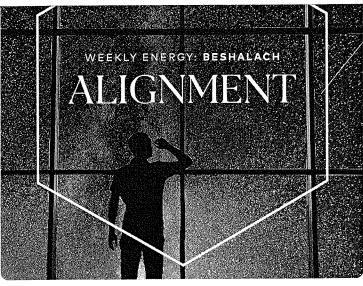
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Our Universe operates at unique energetic frequencies, each tapping us into different levels of consciousness. This week's energy supports us to align with the balanced energy of the Universe. When we're in-line with this energy, we're provided support from the Universe.





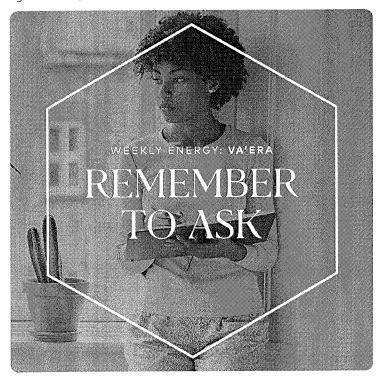
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KabbalahCentre @kabbalahcentre - 31 Dec 2018

What does it mean to be "connected to the Light?" It means to ask, to create the opening. Once we ask, the Light floods in, immediately. What may appear to be problematic would be transformed into a blessing, when we're connected to the Light. This week, remember to ask.



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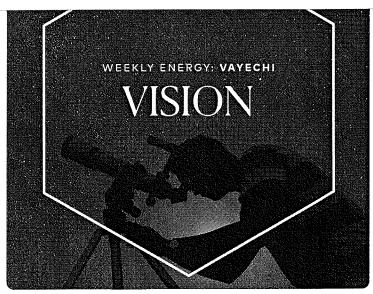
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KabbalahCentre @kabbalahcentre - 17 Dec 2018

Vision entails being in-touch with your soul's voice, creating an opening for such intuition to come-in. This week, utilize the energy of vision to request from the Universe to show you the truth and the strength to be open to hearing it.





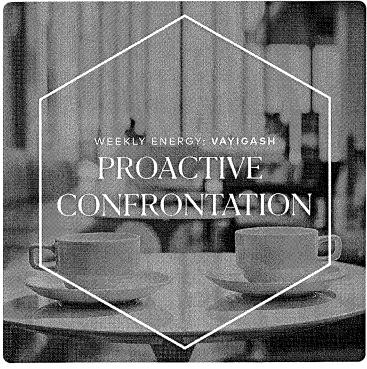
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KabbalahCentre @kabbalahcentre - 13 Dec 2018

Proactive confrontation is a spiritual concept. The energy of Vayigash this week will bring up things you may have put onto your spiritual work back burner, giving you the opportunity to accept responsibility for your portion in them and to take proactive action to address them.



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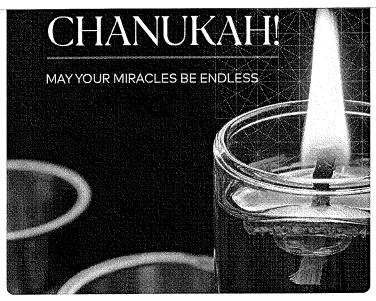
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KabbalahCentre @kabbalahcentre + 3 Dec 2018

The energy of Chanukah opens our hearts to realize the miraculous nature of our own souls, allowing us to see the simple light of each Chanukah candle as the same simple Light of the Creator that burns within us.





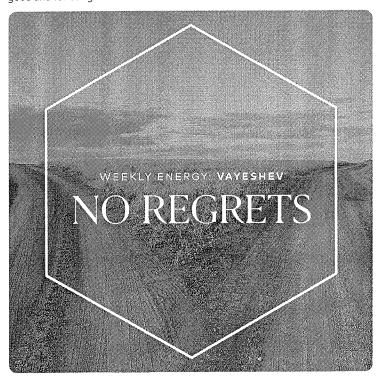
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KabbalahCentre @kabbalahcentre - 26 Nov 2018

Have you ever gone through a time of difficulty, totally judging it as 'bad' only to see years later it was truly a blessing? Our inability to see the big picture is what causes us to regret or judge, when in reality everything that comes to us is all for good and for our growth.



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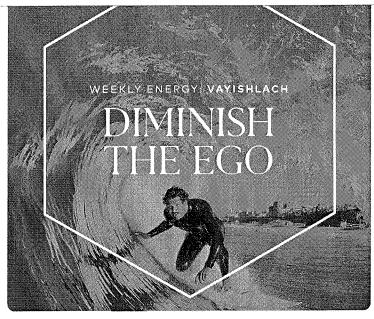
KabbalahCentre @kabbalahcentre - 19 Nov 2018

Ego is when we believe we are the ultimate cause of our own success. Through this week's energy, we can transform into seeing ourselves as partners with The Creator, our actual ultimate cause, thereby inviting Light and blessings to stay in our lives.



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KabbalahCentre @kabbalahcentre · 5 Nov 2018

When we do a completely selfless action of sharing, we can create an opening for miracles. This week teaches us the power of praying for others. When we selflessly pray for others, not only can we open the gates for them but we too can experience the Light our prayers reveal.



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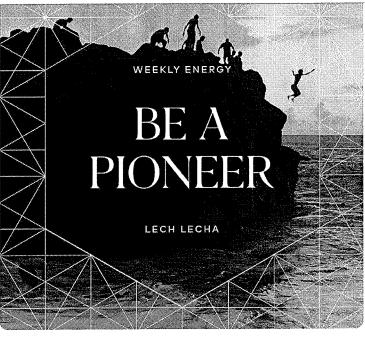
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KabbalahCentre @kabbalahcentre - 15 Oct 2018

Being a pioneer means to follow your soul's calling and break down barriers that no one has before, despite what the establishment or those around you are doing. It takes strength, conviction and perseverance and through this portion, we are infused with that energy.

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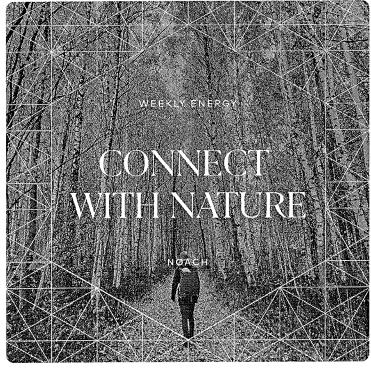
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 $\textbf{KabbalahCentre} @ kabbalahcentre + 8 \ Oct \ 2018$

Nature has a duality to it - its serene beauty can also become harsh & destructive. Which side of nature we connect to is a reflection of how we treat our environment, one another & ourselves. This week's energy offers us the opportunity to reflect on how we interact with nature.



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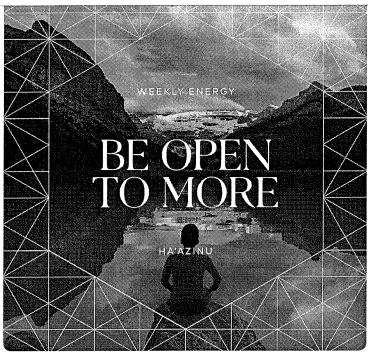
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KabbalahCentre @kabbalahcentre - 17 Sep 2018

The Light is a pure, sharing, merciful force. Its desire is for us is to receive of Its Light, more than we could ever imagine or think we deserve. This week's energy brings us back to that pure state our soul had in the Endless, of the Light simply

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KabbalahCentre @kabbalahcentre - 9 Sep 2018

During this week between Rosh Hashanah & Yom Kippur, the energy of the portion of Vayelech invites us to let go of any grudges or judgement & instead, exude forgiveness. We can use this week to remove these weights & move on, letting our souls soar to our next level.

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KabbalahCentre @kabbalahcentre - 4 Sep 2018

We each have a narrative about ourselves, what we need to work on versus what our gifts are. This week's energy supports us to change how we perceive our seemingly negative traits. We can transform what we saw as limitations into pathways that benefit ourselves & those around us.



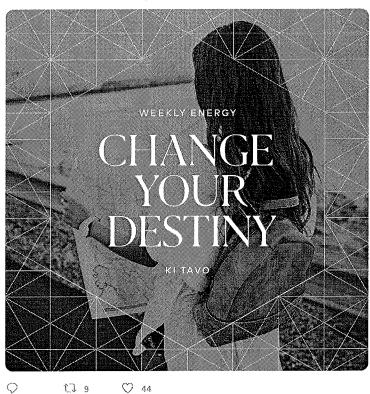
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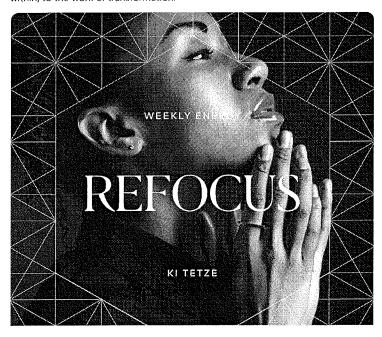
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KabbalahCentre @kabbalahcentre - 27 Aug 2018

We each have the power to change the unchangeable, to access other realities simply by exercising our free will. This week we receive an immunization that helps to strengthen our free will – to make choices proactively, from our soul & rooted in what's best for us long term.



KabbalahCentre @kabbalahcentre · 20 Aug 2018
Kabbalists teach, each day of our lives is a battle; not with others, but with our ego. Our ego is not who we are, it's a compilation of our selfish & limiting tendencies. We can use this week's energy of Ki Tetze to refocus our attention within, to the work of transformation.



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KabbalahCentre @kabbalahcentre - 13 Aug 2018

The Universe acts as a mirror showing us what we need to work on. This week's energy may tempt us to judge others, but we have the opportunity to sweeten any judgement that may be coming our way by sweetening the judgement we may have toward others.

KabbalahCentre @kabbalahcentre - 6 Aug 2018

This week's energy, Seeing Beyond, provides the strength to think past your limitations. Think of the times you believed you "couldn't" do something because it was "impossible." This week, harness the energy of Re'eh to shift the "impossible" to possible.

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KabbalahCentre @kabbalahcentre · 30 Jul 2018

As the kabbalists teach, the Light is the source of every gift we receive. All of our abundance, prosperity, sustenance and blessings originate from the Light's endless sharing force. This week's energy of Ekev supports us to appreciate the source of our sustenance.



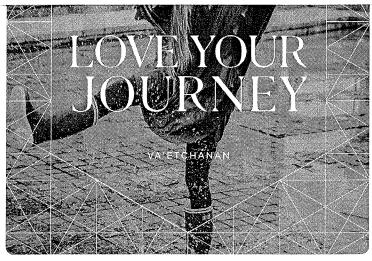
KabbalahCentre @kabbalahcentre + 24 Jul 2018

How would your life be different if you realized that every difficulty & blessing comes from the Creator? This week, we're supported to see our lives from this perspective. Your journey is uniquely yours. Every high & low is directed from the Light to serve your spiritual growth.



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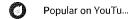
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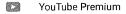








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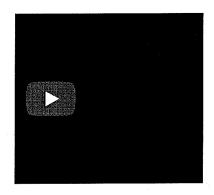




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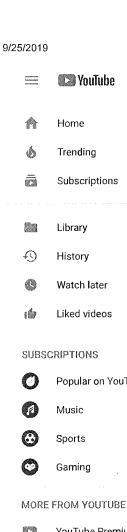
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