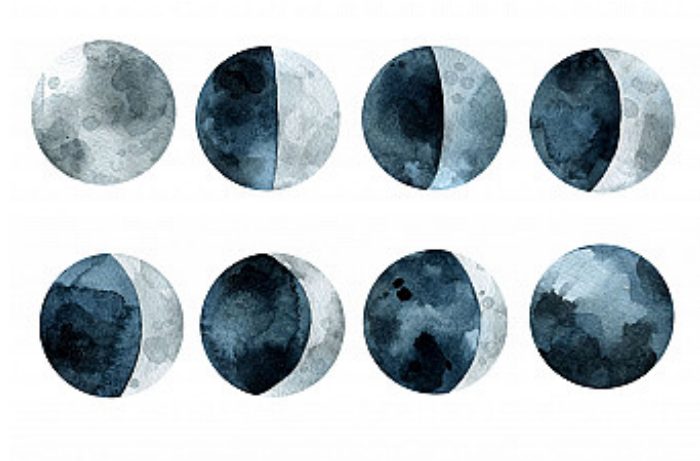


# Rosh Hodesh Meditations & Reflections

By Custom & Craft



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## Song for a New Month

Contributed by [Deanna Neil](#)

**Source:** Deanna Neil

Music by Deanna Neil

I will send peace flowing over her like a river (x3). Amen (x3)

I will comfort you as a mother comforts her child (x3). Amen (x3)

I will send peace flowing over her like a river (x3). Amen (x3)

**Source:** Isaiah 66:12-13

## Iyar

Contributed by [Tasman Center for Jewish Creativity](#)

Source:

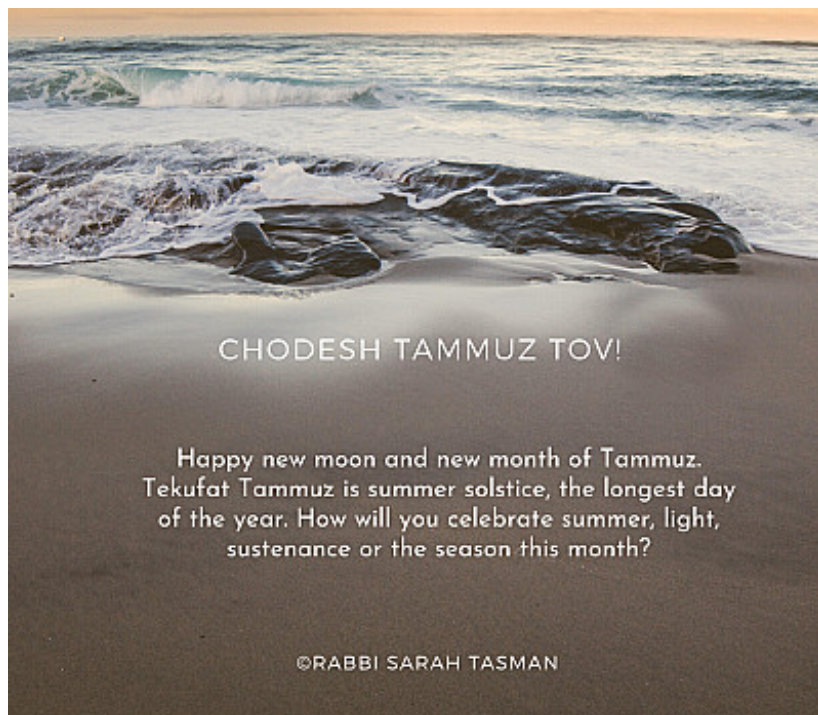


Iyar

## Tammuz

Contributed by [Tasman Center for Jewish Creativity](#)

Source: Tasman Center for Jewish Creativity

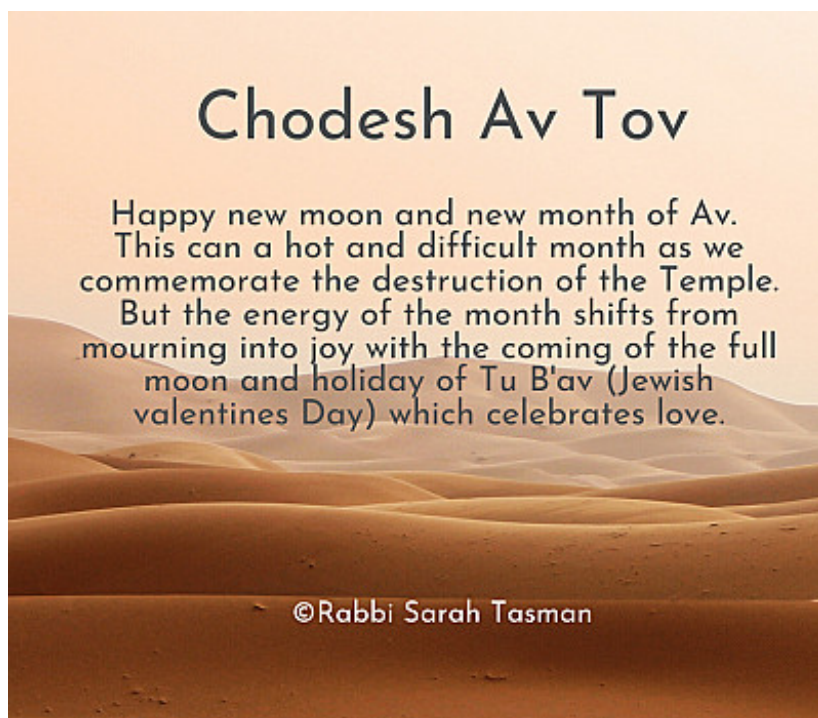


Tammuz

## Av

Contributed by [Tasman Center for Jewish Creativity](#)

**Source:** Tasman Center for Jewish Creativity



Av

## Holy on My Own

Contributed by [Caroline Rothstein](#)

Source: [www.carolinerothstein.com](http://www.carolinerothstein.com)



<https://www.youtube.com/embed/CmNNclhvOqs>

Caroline Rothstein performs Holy On My Own

<https://www.carolinerothstein.com/video/holy-on-my-own-by-caroline-rothstein-live/>

## Elul

Contributed by [Tasman Center for Jewish Creativity](#)

Source: Tasman Center for Jewish Creativity



Elul



## Cheshvan

Contributed by [Tasman Center for Jewish Creativity](#)

**Source:** Tasman Center for Jewish Creativity



Cheshvan

## The Beginning

Contributed by [Rachel Kann](#)

Source: Rachel Kann: <https://realizeparadise.com/>

### The Beginning

By Rachel Kann

If you can find stillness,  
the jasmine will night-bloom in your direction  
and the breeze  
will carry its sacred exhalation of perfume  
toward you.

Breathe,  
the moon will cascade waves of radiance  
downward,  
drop her silver robes,  
glow.

You will awaken,  
overtaken by a love  
that asks no permission,

golden particles rising  
beneath your skin.

all of existence  
longs to be an offering.  
eternity is a constant whisper  
wishing to be listened to.

This is the beginning.  
This is only the beginning.  
Let it in.

## Tevet

Contributed by [Tasman Center for Jewish Creativity](#)

**Source:** Tasman Center for Jewish Creativity



Tevet

## Shevat

Contributed by [Tasman Center for Jewish Creativity](#)

**Source:** Tasman Center for Jewish Creativity

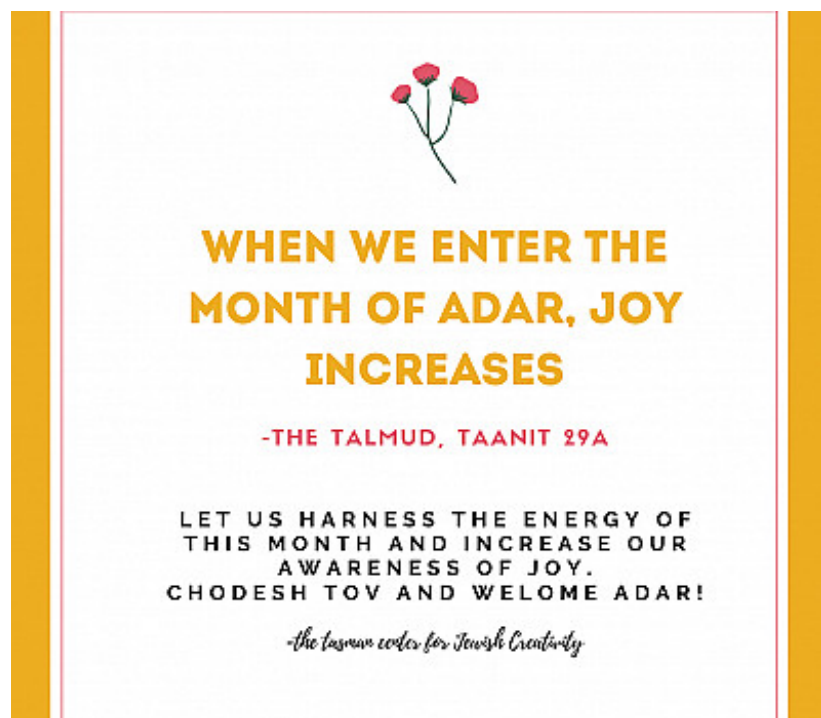


Shevat

## Adar

Contributed by [Tasman Center for Jewish Creativity](#)

Source: Tasman Center for Jewish Creativity



Adar

## How to Bless the New Moon

Contributed by [Rachel Kann](#)

Source: Rachel Kann: <https://realizeparadise.com/>

### How to Bless the New Moon

By Rachel Kann

Back before the journey began,  
before traversing  
the massive desert expanse,  
before the sea had even split,  
way way back in Egypt,  
the first collective gift-transmission was given:

With transcendental gentleness, the  
Indwelling/Ever-Presence/All-That-Is/Infinite  
lifted your chin;  
directed your attention  
toward the heavens,  
said,

*Let the moon's cyclic and fluid beauty  
hew you to the rhythm  
of time's unending spiral,  
use this precise present  
as your very beginning.*

*Sanctify every recursive moment of holiness  
over objects.*

*Follow the mystery hidden in shadow.  
Seek beneath the surface.*

*Let others bask in the surety of sunlight.  
You were born of the moonlight tribe.*

*Let others be about answers.  
You be about questions.*

*Live in the liminal.*

*Listen for the subtle metal-scrape:  
these are keys unlocking each restraint.*

*Listen for the whisper:  
this is the giving over  
of the calling forth  
of the new moon  
to you.*

*Listen, for  
this is your liberation.*