

Elul Visual Rainbow Contemplation
Meditation by Rabbi Debra Orenstein

Below is a graphic you can use for contemplation and meditation this month. The words follow the colors and shape of a rainbow.

The Psalm for this month begins, "Adonai is my *Light* and my salvation." - "Rainbows," *National Geographic* reminds me, "are the result of the refraction and reflection of light. Both refraction and reflection are phenomena that involve change in a wave's direction." During Elul, we seek the Light and the entire spectrum of Its beauty. We bend. We take a new angle of approach. We see the world through the prism of Torah and Teshuvah (repentance). We seek a change in direction.

Words of Elul

