

THE POWER OF MANIFESTING – HOW TO CREATE THE LIFE YOU WANT

Many people believe that thoughts can have an influence on life. When they wish for something – be it a material or a spiritual wish – they often see the reason for the fulfilment of these wishes in manifestation. Manifesting stands for thought and belief processes through which we manifest things into our lives, possibly even unconsciously.

HOW EXACTLY DOES MANIFESTING WORK?

Manifestations are based on the [law of attraction](#). The law states that what resembles each other attracts each other. Thoughts should therefore realise themselves. You can understand this law of attraction in such a way that when you begin to remember and perceive the evidence of it more and more clearly in your surroundings, you can recognise that your own thoughts correspond exactly to what has become your experience. In this way it should be possible to create one's own reality and to wish for more and more things. As long as we firmly believe this, we may be able to influence our whole life.

The process of manifesting has not been scientifically proven, but many people believe in its effectiveness and report things they have wished for that have actually come true.

There are various techniques to help you do this: You have to believe that you deserve the things you want, that they can become reality and that this happens through the right thoughts, which you have to repeat over and over again. So it all starts with an idea or a wish. This wish is then talked

about more, shared with others and thought about more. Eventually it should be realised.

METHODS OF MANIFESTING

There are various methods of manifesting: for example, you can present your wishes in the form of pictures and motivating sayings on a so-called “vision board” to support your own power of thought through visualisation. You can also keep a diary and describe your life as you would like it to be. You should write as if the desired life were already a reality. You can also write wish letters and ask the “universe” for help or use positive affirmations to increase the likelihood that your wishes will be fulfilled. Showing gratitude and living in the now play an important role in the process of manifesting.

According to hypnotherapist and mental coach Josef Kryenbuehl, the best time to manifest is just before going to sleep and just after waking up, as the subconscious is particularly receptive at these times. You should use sentences such as “I am sure that...” or “I have...” and then imagine the desired reality. You should also use sentences such as “That’s mine!” to make it clear that you already have what you want. Finally, it is particularly important to have a positive outlook on life and to be grateful in order to strengthen the process of manifesting even more. You should see, feel and live your wish.

If you want to strengthen the effect of manifesting even more, you can also work with the power of gemstones, perform full moon rituals, work with colours or meditate to find inner peace and make space for new things in your life.

THE INTERPLAY BETWEEN MANIFESTATION AND FAITH

Manifestation does not succeed without belief in it. Although it is possible to perceive when wishes have become reality, the manifestation process itself cannot be proven. Our thoughts play a large part in how our lives look, how we feel and what changes or new things are added. But can we make things happen purely with the power of our thoughts? If we believe that we are capable of doing so and that we are constantly manifesting new things, there is a greater chance that we will succeed. Because the attitudes we have, whether positive or negative, influence our lives. If someone is constantly thinking negatively, positive things are less likely to happen in their life.

MISTAKES WHEN MANIFESTING

You can make a lot of things really happen through manifestation, but it can also happen that the manifestation does not have the desired success. You can also make mistakes. If you want to ask for the realisation of a wish, you must pay attention to the correct wording. If you formulate something negatively, i.e. the way you do not want it, this negative can also become reality. If you lack patience and trust, the manifestation process cannot materialise in the desired way. In addition, negative thoughts weaken the potential to manifest thoughts. When manifesting, it is therefore very important to pay attention to the correct execution and to avoid any mistakes.

There are no limits to manifesting, but you should make sure that everyone involved in the wish benefits from it and that no one suffers as a result. You should not use your wish power to harm someone else or to make something bad happen, as this could backfire on you.

Manifestations are very powerful and can make a big difference

in a person's life. Of course, the belief in manifesting still plays a role. Even if the process of manifesting cannot be proven, it is still possible that we can shape reality with our thoughts, and those who firmly believe in it will also realise that their thoughts can turn into reality.

The Real Meaning of Easter



The best way to understand the real meaning of Easter would be from Jesus. The real meaning is a three word answer ... **the new covenant**.

The New Covenant

Jesus had come in town for the Passover celebration and was getting ready to be betrayed by one of the disciples, publicly humiliated and mocked, beaten beyond recognition, and hung on a cross to die, when he made his special request for his followers to remember that He gave his body for us and poured out his blood as a sacrifice for us. The heart of Easter lies in his words, "the new covenant between God and his people."

In Luke 22 we get a picture of the night before his death:

When the time came, Jesus and the apostles sat down together at the table. Jesus said, "I have been very eager to eat this Passover meal with you before my suffering begins. For I tell you now that I won't eat this meal again until its meaning is fulfilled in the Kingdom of God." Then he took a cup of wine and gave thanks to God for it. Then

he said, "Take this and share it among yourselves. For I will not drink wine again until the Kingdom of God has come." He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this to remember me." After supper he took another cup of wine and said, "This cup is the new covenant between God and his people—an agreement confirmed with my blood, which is poured out as a sacrifice for you. Luke 22:14-20

Passover and the New Covenant

Since the fall of mankind in the Garden of Eden, people were destined to be separated from God because of their sin. God's Spirit rested on the Patriarchs of our faith, but was not poured out on the masses. The Holy of Holies was the innermost and most sacred part of the tabernacle and ordinary people of faith would never get to have access to this place where God's Presence could be found. We were hopeless in our sins and distanced from God.

People of faith offered up animal sacrifices according to the laws given to Moses to ask God to forgive their sins and have mercy on them. Bulls, goats, and lambs each had their significance. But the lamb had special meaning because it was lamb's blood the Israelites painted on their doorposts to avoid death on the night of Passover. (Exodus 12:11-13)

God gave Moses and Aaron specific instructions on how to honor God with annual Passover celebrations. Lamb is the pinnacle of the Passover meal. The lambs were to be spotless and even lived with the families for several days before they were sacrificed, adding to the understanding that the ultimate sacrifice was close to the hearts of those whose sins were atoned for. All of the many interesting details of celebrating Passover have significant meaning that point to the ultimate Passover lamb – Jesus Christ – a sinless God-man who lived among the people for a season.

What is the real meaning of Easter? In John 1:29, as he sees Jesus approaching, John the Baptist announces to the crowd around him,

“Look! The Lamb of God who takes away the sin of the world!”

He knew that Jesus was the son of God, the long awaited Messiah, the one whom God’s prophets had promised to save mankind from their sins and to give them a deep heartfelt relationship with God the Father. The new covenant would be an everlasting covenant. (Jeremiah 31:31-34, Jeremiah 32:39-42, Isaiah 55:3) Jesus, our sacrificial lamb, our Savior, our God, our Redeemer – he laid down his life as our sacrificial lamb to pay for our sins. When he rose from the dead three days later, he gave victory over eternal separation from God (death) to all who put their faith and trust in him. That is the new covenant – everlasting life spent with God through faith in all that Jesus Christ has done and continues to do.

Bible Verses

All who believe in the Son of God know in their hearts that this testimony is true. Those who don’t believe this are actually calling God a liar because they don’t believe what God has testified about his Son. And this is what God has testified: He has given us eternal life, and this life is in his Son. Whoever has the Son has life; whoever does not have God’s Son does not have life. (1 John 5:10-12, NLT)

“Christ died for our sins according to the Scriptures, and that He was buried, and that He rose again the third day according to the Scriptures” (1 Corinthians 15:3b-4, KJV)

“If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.” (Romans 10:9, NLT)

Prayer

Father God, there is sometimes controversy about how, when, and what to call the remembrance of the greatest day in history – the day Jesus Christ, your beloved son, rose from the dead and brought the gift of your forgiveness and eternal life to all who would like to receive it – the new covenant. Please pour out your Holy Spirit on all who believe in the resurrection of Jesus Christ and put us on our knees

before you with thankful hearts for your great love for us. You, oh God, have given us victory over sin and death, and the promise of never leaving us or forsaking us for eternity. Help us to be the body of Christ, the church, united in awe of how you saved our unworthy souls ... your body and your blood as a sacrifice for us. Help us to bring this message to all who will listen. Help us to love like you love. Thank you forever! Amen.

What the Jewish Passover and the Christian Easter have in common

Not Christmas, but Easter is the highest festival of Christianity. But how is the date of Easter actually calculated? Why do the Jewish Passover and Easter take place at around the same time? And why exactly then does Orthodox Christendom always leave a common date for Easter? A stroll through the intricate history of the Easter calendar.

As “Christmas Christianity” the Munich Protestant theologian and journalist Matthias Morgenroth has aptly described how in Germany and other western secular countries “the current shape of the Christian religion is revealed”. But that for Protestants in truth Good Friday and for Catholics Easter Sunday is the highest church holiday – this rumour persists to this day. It is true that the Easter cycle beginning with Maundy Thursday is the real high point in the Christian festive circle.

Whether Danish (Påske), Turkish (Paskalya), French (Pâques), Italian (Pasqua), Dutch (Pasen) or Finnish (Pääsiäinen) – most European languages still carry the memory of the Jewish

Passover or Passover celebration within them. The [German “Easter”](#) we probably have to owe to missionary Iro-Scottish monks. As in the English “Easter”, the word contains either an old Germanic word for dawn (which could be related to Eos, the Greek goddess) or the name of an Anglo-Saxon goddess of light (“Ostara”).

Light symbolism, then, but nothing certain is known – just as it is not certain why Maundy Thursday is called what it is called. That its “green” is supposed to come from the Grienen or Greinen der Büsser is not very plausible, since the day had already been a day of church joy since the 4th century, on which the previously excommunicated were admitted to Communion again after repentance and forgiveness.

Crucifixion on a holiday?

If the roots of Easter lie in the feast of Passover – why do Christians and Jews rarely celebrate at the same time? Rarely is it the case that – as was last seen in 2019 – the eve of Passover (the 14th Nisan or Erew Passover) coincides with Good Friday – just as the evangelist John describes it.

Pesach reminds of the Exodus from Egypt, the liberation of Israel from Egyptian slavery. After the biblical institution (Exodus 12, 1-27), the feast is celebrated in the Jewish spring month of Nisan, which in biblical times was considered the first month of the year. Today, the Jewish year begins in autumn with the Tishri (always 163 days after the first day of the Passover feast), because this is the month in which mankind was created, according to Jewish understanding: Almost parallel to Easter 2020, Jews celebrate the Passover in the year 5780 after the creation of the world. On April 8th (14th Nisan) the feast days begin with the “Erew Pessach”, the eve of the Pessach, and the traditional Seder meal, which is celebrated in the family.

Unlike our solar calendar, in which the months are only a

vague reminder of the lunar cycles, the Jewish calendar as a “lunisolar calendar” (or “bound lunar calendar”) follows the lunar months very precisely. At the same time, it also follows the seasons, i.e. the solar year.

Because twelve lunar months correspond on average to only 354.37 days, but a solar year lasts 365.24 days on average, the Jewish calendar must regularly insert leap months so that the seasons and the months assigned to them do not fall apart. For when spring begins depends on the sun, which on a day between March 19 and 21 shines for as long as it is night. This equinox marks the beginning of spring.

This also makes it clear that the [spring full moon](#) – and thus Passover – can fall on any day of the week. At the Council of Nicaea in the year 325, however, Christianity decided on a dispute about the date of Easter that has been going on since the time of the Original Christians, and determined that Easter is to be celebrated on a Sunday.

Graphic overview of the date of Easter in John and the Synoptics (Matthew, Mark, Luke).

Crucifixion on a major Jewish holiday? The evangelists present the date of Jesus’ crucifixion in different ways. However, the gospels agree on the weekdays of Easter: crucifixion on the day before the Sabbath (“Friday”), burial rest on the Sabbath, resurrection on the following day (“Sunday”). How the evangelist John dates the Easter event is considered historically more likely. The 14th Nisan (or Erew Pessach) and Good Friday fell on a common date last in the year 2019.

The tradition of the Gospel writings about the exact date of Jesus’ death is contradictory. The synoptists – the evangelists Matthew, Mark and Luke – understand the Lord’s Supper as a ritual banquet on the eve of Pesach – that is, on the 14th of Nisan. The crucifixion would accordingly have taken place on the afternoon of the main Jewish holiday of Passover (15 Nisan) – which is regarded as rather improbable.

More plausible are the statements of John, who drops the Passover feast in the year of Jesus' death on a Sabbath. Thus the last meal of Jesus with his disciples would not have been a Pessach-Sedermahl, but an execution could have taken place the day before the feast. Modern historians therefore favor the statements of John.

Passover: From Computus to Computer

Actually, since Nicaea, it seems quite simple to determine the date of Easter: It is simply the first Sunday after the first full moon after the spring equinox. However, if you want to calculate the date of Easter in advance, there are highly complex difficulties – at least without a computer. Before mathematics became a free science, in the Middle Ages it worked almost exclusively on the “Computus paschalis”, the calculation of the date of Easter. It was only in 1800 that the mathematical genius Carl Friedrich Gauss (1777-1855) succeeded in packing the problem into a complex but clear set of algebraic formulae.

Strictly speaking, these are two different sets of formulas that Gauss had to develop. For as if the matter was not already difficult enough, since the calendar reform of Pope Gregory there have been two different Easter dates in Christendom, because the Orthodox churches (except in Finland) used the Julian calendar to calculate the date of Easter. The Orthodox churches refer to the Jewish Passover in their determination of dates – but in a negative way, as the Council of Nicaea wanted it: Easter must always take place after the Jewish Passover.

Like the Latin churches of the West, to celebrate Easter exactly when the Jews also celebrate Passover (as was the case this year) – this is therefore out of the question in the Orthodox churches. In extreme cases, therefore, it may even be that the Orthodox celebrate five weeks later than the churches

of the West. Joint Easter dates like in 2017 are possible, but the exception.

A new Council that would help to establish a common date for Easter for all of Christendom is not in sight. In 2020 the Orthodox will celebrate in the week after us – when the Jewish Passover period is already over.



**England's senior Reform
rabbi, Laura Janner-Klausner,**

is stepping down

([JTA](#)) – England's senior Reform movement rabbi, Laura Janner-Klausner, has led the movement in supporting refugees, fighting anti-Semitism, working for LGBT rights and making the progressive case for Israel.

Now Janner-Klausner, who has led Reform Judaism since 2012, is leaving that post. She will step down on Oct. 1, the movement announced.

Reform Chair Geoffrey Marx said she “has made Britain better.”

Janner-Klausner will begin working on a doctorate in digital theology at Durham University at the start of the coming academic year, according to a statement posted on Reform Judaism's website.

She said her research “will be looking at the experience of Jewish young adults who are involved in online communities and seeing how this impacts on their perception and participation in our in-person community activities. I am also going to be training leaders in resilience, especially in times of crisis.”

The statement said “Reform Judaism will now take a period of time to review and consult before announcing its intentions.”

Jewish organisations move online

Jewish culture is being forced to make a move online, as coronavirus closes synagogues, museums and cinemas. Although

most synagogues in Britain have not – yet – followed their American counterparts by live streaming their Shabbat services, a few have and no doubt more will follow.

Bromley Reform Synagogue started live-streaming its services on YouTube three weeks ago. Subscribers are notified on Shabbat morning that the service has started. Sinai Synagogue in Leeds has done the same.

The Liberal Jewish Synagogue in St John's Wood is offering online prayer services, but only to members with a password.

While Jewish cultural centres are closing, many are setting up new platforms to allow those confined to home to stay in the loop.

Phoenix Cinema and Reel in Borehamwood are bringing their best new releases to an On Demand platform they have created. The Unorthodox and How About Adolf? will be available to watch from March 15 and March 19 respectively.

JW3 is moving online

JW3 has closed its doors “until further notice”, but is launching a streaming service, JW3 TV, where fresh videos will be uploaded from Sunday to Thursday and much of its forthcoming programme will be made available to view.

Hillel International, the largest Jewish student organisation in the world, has launched ‘Hillel@Home’ to provide Jewish students with social and educational content while their universities are shut.

Lectures by prominent speakers and online courses will form a key part of the platform. Former Chief Rabbi Lord Jonathan Sacks has been confirmed as among the first keynote lecturers.

Meanwhile the Hebrew University is offering full-length undergraduate online courses on everything from Israeli

politics to neuroscience and modern Hebrew poetry. They cost around £50 a module.

Google Arts and Culture hosts museums around the world that can meet certain production values – and a fascinating, diverse range of stories, artefacts and videos can be found there.

Google Arts and culture

London's Jewish Museum has an exhibition that can be found on Google Arts and Culture, as well as the Imperial War Museum, which has uploaded a series on the Kindertransport.

Also on the platform are a range of fascinating Jewish exhibitions: you can find everything from the synagogues of sub-Saharan Africa, Argentina's Jewish community, or how Shakespeare was translated into Hebrew, all curated professionally.

Poland's POLIN Museum, the Centre for Jewish History, and the Israel Museum have also all uploaded virtual tours, video exhibitions, and everything in between.

[The JC](#)

20 signs why he is your twin flame

The moment you meet your twin flame is the moment the earth beneath your feet begins to shift and although I feel immense gratitude for the gift of connecting with my twin flame, I am happy to say that **this blessing is open to everyone**; however such a gift is not always received openly or even recognized by us on a conscious level. Sometimes we're at a point in our lives where we are simply not receptive to both ourselves and our twin flame's presence due to stress, over-work, lifestyle habits and negative thought patterns that lead to low self-esteem.

For this reason I believe that it's important to identify some of the major twin flame signs that you might experience, or have already experienced, in your lifetime. In the end, the appearance of our mirror soul is always a mystery and can rarely be predicted. So pay attention.

What is a Twin Flame?

Your twin flame, or twin soul, is a person who you are destined to feel connected to on a physical, emotional, mental, and spiritual level. Your twin flame represents your friend, lover and teacher in this life. He or she is the catalyst of your spiritual growth and the mirror of your deepest desires, needs, and fears. Your twin flame will reflect back to you all of your inner shadows, but also your deepest beauty and greatest strengths. In this way, your twin flame helps you to access tremendous emotional, psychological, and spiritual growth.

Who is Your Mirror Soul?

I like to refer to our twin flames as *mirror souls* because they essentially **reflect** the deepest needs, desires, dreams and shadow elements of our souls. We will explore this a bit more later on.

However, before that, I just want to say that our twin flames

are **not always romantic**, and they are not – as is so popularly suggested – necessarily heterosexual connections. In fact, our twin flames may be romantic partners of the same sex (or no sex), and they can often be platonic friends or even family members who we have known for a long time.

Regardless of this, twin flames are most commonly romantic in nature and tend to manifest themselves as people who we can passionately connect with on all levels.

Top 20 Twin Flame Signs

We are not always receptive to the appearance of our twin flames in life. We might be heart-broken, wracked with grief, maritally over-burdened, or just plain tired and disillusioned when they suddenly appear out of the blue. In fact, we might have already *met* our twin flames or mirror souls, but we might have overlooked them, belittled them or taken them for granted in some way.

Whatever emotional or psychological stage you're at in life, it is always beneficial to be conscious of the people you live with and meet. These following twin flame signs might help you to open new pathways and opportunities for union:

1. **You feel a strange, inexplicable sense of “recognition” when you meet the person.** This might manifest itself as *déjà vu*, or an unshakable feeling that you've known this person before, or are somehow “meant to be together.”
2. **You have a feeling that they are going to play a very important role in your own development,** without knowing when, why or how.
3. **You've established an immediate, intense connection** with them that is invigorating and shocking at the same time.
4. **You feel as though you've finally found a “home”** or safe place with the other person.
5. **You are able to be your authentic self** – warts and all –

without the fear of rejection, persecution or judgment with them.

6. **You both embody the yin and yang**, in other words, your dark side is balanced by their light side, and their dark side is balanced by your light side.
7. **You feel a sense of expansion with them**, as though you are larger than your limited identity.
8. **They make you a better person**, and you make them a better person.
9. **When together you are both bonded but free, attached but unattached**. In other words, you still maintain your freedom even though you might be in a relationship with them.
10. **You are finely tuned to their energy**, and they are finely tuned to yours. This means that you are both very conscious of the present play of energy (whether happy or sad, angry or forgiving, open or withholding) present in the connection. You're both therefore highly empathic with each other.
11. **You feel as though you have been waiting for this person your entire life**.
12. **You both connect deeply and mirror each other's values and aspirations for life** beyond surface similarities.
13. **You twin flame is a mirror of what you fear and simultaneously desire the most for your own inner healing**. For example, if you are a highly-strung person, your twin flame will most likely be relaxed and messy. If you like to play the victim, your twin flame will be a strong character who refuses to give you pity or sympathy to perpetuate your complex. If you are creatively repressed, your twin flame will be a flourishing artist. In this way, our twin flames challenge and infuriate us but also teach us important lessons about our fears, core wounds and repressions.
14. **No matter how many times you avoid or leave your twin flame, you're always magnetically attracted back to them**. (Don't confuse this with abusive relationship

complexes.)

15. **One of you is more soulfully mature than the other**, and often serves as the teacher, counselor or confidant within the relationship.
 16. **You are taught important life lessons** such as forgiveness, gratitude, empathy and open-mindedness by them and with them.
 17. **Your connection is multi-faceted**. In other words, your twin flame is likely your best friend, lover, teacher, nurturer and muse all at once.
 18. **Your twin flame doesn't try to change you**. They accept you for who you are and what stage you're at, and encourage you to do the same for yourself (and vice versa).
 19. **You can be truthful with each other about anything**.
 20. **Together, you both feel driven towards a higher purpose**, whether spiritually, socially or ecologically.
-

**Learning how to Bounce!
Resiliency : What is it? Why
it matters.**



Michael H Ballard Canada

Resiliency is starting to gather more attention. Personal resilience helps us stay healthier, do better in school, have happier relationships, experience more joy and do better in our jobs. Family resilience also offers that and makes for better neighbours and safer communities. Resilience in the workplace helps with staff engagement and retention. The benefits of creating, having and nurturing a personal, family, organizational and community culture of resilience is very valuable.

But, what is it? Resilience is our ability to “bounce back” from adversity. Life’s BIGStuff events that we all have happen to us eventually. Death in the family, loss of a job, divorce, poor performance at work or school, chronic illness, having your house burn down you get the picture.

Resiliency is a set of key factors we can all use to assist us stay safer and move forward and often create more successful

outcomes. There are two major parts to Resiliency. Inner and outer resilience. Inner resilience includes the beliefs you hold to be true, your problem solving skills, and the goals you've set for yourself. Outer resilience includes the values of the community you live in, teams you've built around yourself, the education you have, the support you have from family to name just a few.

So how do we get more? Well to further develop and deepen our inner resiliency a key place to start includes: – Our self control. Moderation is a very powerful factor in being resilient. Our resistance to temptation, our restraint to over doing things is a great place to start. Key skills to help us manage our inner world include: Diaphragm Breathing and Meditative Walking. More on this in a future column.

To further develop our outer resiliency developing and deepening trusting relationships with people who treat us with respect, sharing time with others that have high expectations of us and them of us are powerful places to help us deepen and widen our ability to thrive. Setting boundaries and expectations with others politely and clearly make a difference.

Resiliency is a life long process. A key to me is that we have to set boundaries and expectations of our self and with others. Being resilient offers up life as a life long adventure. It helps us stretch into life's BIGStuff moments and issues keeping us safer and happier and often offering us much better outcomes.

So until next time, Imagine Yourself with more [Resiliency for Life](#).

Marilyn Monroe's Menorah to be auctioned



Even before her 1956 conversion, Marilyn Monroe, was attached to Judaism.

One of the most famous photos of the screen legend, with her white skirt fluttering in a jet of subway exhaust, was snapped by Garry Winogrand. The picture was promotion for Billy Wilder's "The Seven Year Itch" (1955). A year after the film's debut, she married playwright Arthur Miller and became a Member of the Tribe. The union didn't last long enough for the aforementioned itch to creep up on either

spouse,
but Monroe's relationship with Judaism endured for the rest of her life.

Last year a siddur owned and annotated by Monroe sold at auction for \$21,000. Now, another piece of Monroe's spiritual life will be on the block: Her menorah, gifted to her by Miller's parents, and among her belongings at the time of her death in 1962.

Kestenbaum & Company, a New York auction house specializing in Judaica linked to historical figures – including such unlikely subjects as Henry VIII to Mother Theresa – will take bids for the item on November 7.

The menorah, which is being sold by a private collector who snagged it at Christie's 20 years ago, has been on view before, included as part of the Jewish Museum's exhibit "Becoming Jewish: Warhol's Liz and Marilyn;" as well as an exhibit at the Museum of American Jewish History in Philadelphia.

As far as menorahs go (and it's technically a hanukkah), Monroe's is a pretty standard metal affair – not at all glamorous. Her personal rabbi, Robert E. Goldberg opined that Monroe was attracted to "the rationalism of Judaism."

“Marilyn Monroe’s spellbinding magnetism knows no bounds,” the auction house company director, Daniel Kestenbaum, noted. “The market for memorabilia from the Golden Age of Hollywood goes from strength to strength, as does Fine Judaica, and as such this extraordinary item has remarkable provenance.”

This Hanukkah, you can pay tribute to the woman who, per Elton John, lived her life like a “Candle in the Wind,” by lighting her hanukkiah. But you’ll have to pay up first. Kestenbaum & Company have listed a guide price of \$100,000 – 150,000 for the Marilyn menorah. With that price tag, you may not have money left over for presents.



What you didn't know about Halloween...



Straddling the line between fall and winter, plenty and paucity, life and death, Halloween is a time of celebration and superstition. It is thought to have originated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off roaming ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints and martyrs; the holiday, All Saints' Day, incorporated some of the traditions of Samhain. The evening before was known as All Hallows' Eve and later Halloween. Over time, Halloween evolved into a secular, community-based event characterized by child-friendly activities such as trick-or-treating. In a number of countries around the world, as the days grow shorter and the nights get colder, people continue to usher in the winter season with gatherings, costumes and sweet treats.

Ancient Origins of Halloween

Halloween's origins date back to the ancient Celtic festival of Samhain (pronounced sow-in). The Celts, who lived 2,000 years ago in

the area that is now Ireland, the United Kingdom and northern France, celebrated their new year on November 1. This day marked the end of summer and the harvest and the beginning of the dark, cold winter, a time of year that was often associated with human death. Celts believed that on the night before the new year, the boundary between the worlds of the living and the dead became blurred. On the night of October 31 they celebrated Samhain, when it was believed that the ghosts of the dead returned to earth. In addition to causing trouble and damaging crops, Celts thought that the presence of the otherworldly spirits made it easier for the Druids, or Celtic priests, to make predictions about the future. For a people entirely dependent on the volatile natural world, these prophecies were an important source of comfort and direction during the long, dark winter.

Did You Know?

One quarter of all the candy sold annually in the U.S. is purchased for Halloween.

To commemorate the event, Druids built huge sacred bonfires, where the people gathered to burn crops and animals as sacrifices to the Celtic deities. During the celebration, the Celts wore costumes, typically consisting of animal heads and skins, and attempted to tell each other's fortunes. When the celebration was over, they re-lit their hearth fires, which they had extinguished earlier that evening, from the sacred bonfire to help protect them during the coming winter.

By 43 A.D., the Roman Empire had conquered the majority of Celtic territory. In the course of the four hundred years that they ruled the Celtic lands, two festivals of Roman origin were combined with the traditional Celtic celebration of Samhain. The first was Feralia, a day in late October when the Romans traditionally commemorated the passing of the dead. The second was a day to honor Pomona, the Roman goddess of fruit and trees. The symbol of Pomona is the apple and the incorporation of this celebration into Samhain probably explains the tradition of "bobbing" for apples that is practiced today on Halloween.

On May 13, 609 A.D., Pope Boniface IV dedicated the Pantheon in Rome in honor of all Christian martyrs, and the Catholic feast of All Martyrs Day was established in the Western church. Pope Gregory III (731–741) later expanded the festival to include all saints as well as all martyrs, and moved the observance from May 13 to November 1. By the 9th century the influence of Christianity had spread into Celtic lands, where it gradually blended with and supplanted the older Celtic rites. In 1000 A.D., the church would make November 2 All Souls' Day, a day to honor the dead. It is widely believed today that the church was attempting to replace the Celtic festival of the dead with a related, but church-sanctioned holiday. All Souls Day was celebrated similarly to Samhain, with big bonfires, parades, and dressing up in costumes as saints, angels and devils. The All Saints Day celebration was also called All-hallows or All-hallowmas (from Middle English Alholowmesse meaning All Saints' Day) and the night before it, the traditional night of Samhain in the Celtic religion, began to be called All-hallows Eve and, eventually, Halloween.

Halloween Comes to America

Celebration of Halloween was extremely limited in colonial New England because of the rigid Protestant belief systems there. Halloween was much more common in Maryland and the southern colonies. As the beliefs and customs of different European ethnic groups as well as the American Indians meshed, a distinctly American version of Halloween began to emerge. The first celebrations included "play parties," public events held to celebrate the harvest, where neighbors would share stories of the dead, tell each other's fortunes, dance and sing. Colonial Halloween festivities also featured the telling of ghost stories and mischief-making of all kinds. By the middle of the nineteenth century, annual autumn festivities were common, but Halloween was not yet celebrated everywhere in the country.

In the second half of the nineteenth century, America was flooded with new immigrants. These new immigrants, especially the millions of Irish fleeing Ireland's potato famine of 1846, helped to popularize the celebration of Halloween nationally. Taking from Irish and English

traditions, Americans began to dress up in costumes and go house to house asking for food or money, a practice that eventually became today's "trick-or-treat" tradition. Young women believed that on Halloween they could divine the name or appearance of their future husband by doing tricks with yarn, apple parings or mirrors.

In the late 1800s, there was a move in America to mold Halloween into a holiday more about community and neighborly get-togethers than about ghosts, pranks and witchcraft. At the turn of the century, Halloween parties for both children and adults became the most common way to celebrate the day. Parties focused on games, foods of the season and festive costumes. Parents were encouraged by newspapers and community leaders to take anything "frightening" or "grotesque" out of Halloween celebrations. Because of these efforts, Halloween lost most of its superstitious and religious overtones by the beginning of the twentieth century.

By the 1920s and 1930s, Halloween had become a secular, but community-centered holiday, with parades and town-wide parties as the featured entertainment. Despite the best efforts of many schools and communities, vandalism began to plague Halloween celebrations in many communities during this time. By the 1950s, town leaders had successfully limited vandalism and Halloween had evolved into a holiday directed mainly at the young. Due to the high numbers of young children during the fifties baby boom, parties moved from town civic centers into the classroom or home, where they could be more easily accommodated. Between 1920 and 1950, the centuries-old practice of trick-or-treating was also revived. Trick-or-treating was a relatively inexpensive way for an entire community to share the Halloween celebration. In theory, families could also prevent tricks being played on them by providing the neighborhood children with small treats. A new American tradition was born, and it has continued to grow. Today, Americans spend an estimated \$6 billion annually on Halloween, making it the country's second largest commercial holiday.

Today's Halloween Traditions

The American Halloween tradition of “trick-or-treating” probably dates back to the early All Souls’ Day parades in England. During the festivities, poor citizens would beg for food and families would give them pastries called “soul cakes” in return for their promise to pray for the family’s dead relatives. The distribution of soul cakes was encouraged by the church as a way to replace the ancient practice of leaving food and wine for roaming spirits. The practice, which was referred to as “going a-souling” was eventually taken up by children who would visit the houses in their neighborhood and be given ale, food, and money.

The tradition of dressing in costume for Halloween has both European and Celtic roots. Hundreds of years ago, winter was an uncertain and frightening time. Food supplies often ran low and, for the many people afraid of the dark, the short days of winter were full of constant worry. On Halloween, when it was believed that ghosts came back to the earthly world, people thought that they would encounter ghosts if they left their homes. To avoid being recognized by these ghosts, people would wear masks when they left their homes after dark so that the ghosts would mistake them for fellow spirits. On Halloween, to keep ghosts away from their houses, people would place bowls of food outside their homes to appease the ghosts and prevent them from attempting to enter.

Halloween Superstitions

Halloween has always been a holiday filled with mystery, magic and superstition. It began as a Celtic end-of-summer festival during which people felt especially close to deceased relatives and friends. For these friendly spirits, they set places at the dinner table, left treats on doorsteps and along the side of the road and lit candles to help loved ones find their way back to the spirit world. Today’s Halloween ghosts are often depicted as more fearsome and malevolent, and our customs and superstitions are scarier too. We avoid crossing paths with black cats, afraid that they might bring us bad luck. This

idea has its roots in the Middle Ages, when many people believed that witches avoided detection by turning themselves into cats. We try not to walk under ladders for the same reason. This superstition may have come from the ancient Egyptians, who believed that triangles were sacred; it also may have something to do with the fact that walking under a leaning ladder tends to be fairly unsafe. And around Halloween, especially, we try to avoid breaking mirrors, stepping on cracks in the road or spilling salt.

But what about the Halloween traditions and beliefs that today's trick-or-treaters have forgotten all about? Many of these obsolete rituals focused on the future instead of the past and the living instead of the dead. In particular, many had to do with helping young women identify their future husbands and reassuring them that they would someday—with luck, by next Halloween—be married. In 18th-century Ireland, a matchmaking cook might bury a ring in her mashed potatoes on Halloween night, hoping to bring true love to the diner who found it. In Scotland, fortune-tellers recommended that an eligible young woman name a hazelnut for each of her suitors and then toss the nuts into the fireplace. The nut that burned to ashes rather than popping or exploding, the story went, represented the girl's future husband. (In some versions of this legend, confusingly, the opposite was true: The nut that burned away symbolized a love that would not last.) Another tale had it that if a young woman ate a sugary concoction made out of walnuts, hazelnuts and nutmeg before bed on Halloween night she would dream about her future husband. Young women tossed apple-peels over their shoulders, hoping that the peels would fall on the floor in the shape of their future husbands' initials; tried to learn about their futures by peering at egg yolks floating in a bowl of water; and stood in front of mirrors in darkened rooms, holding candles and looking over their shoulders for their husbands' faces. Other rituals were more competitive. At some Halloween parties, the first guest to find a burr on a chestnut-hunt would be the first to marry; at others, the first successful apple-bobber would be the first down the aisle.

Of course, whether we're asking for romantic advice or trying to avoid seven years of bad luck, each one of these Halloween superstitions

relies on the good will of the very same “spirits” whose presence the early Celts felt so keenly.

History

Sweet Dreams – why do we dream of people who have passed away?



Hi everyone, I have received many messages from people who have been experiencing dreams about loved ones who have passed away.

Many tell me that their loved ones are children again, or much younger and happier than they were when they passed.

Others say they dream of a parent sitting or standing beside them.

Pets can also vividly appear in our dreams.

To dream of a loved one who has passed away is a blessing.

There is so much about the universe and beyond that we are yet to discover. The afterlife remains our biggest mystery, and not until our own final moment on Earth will we ever know what happens next.

Yet despite this mystery, our subconscious is able to keep precious memories alive through our dreams. We are so lucky to receive vivid reminders of those we have loved and lost as we sleep.

After death are we younger, happier, more free in spirit?

Parents standing or sitting by our side...are they still watching over us, supporting us through their dream presence as we sleep?

It is a comfort to know that despite our loss of a loved one, we can at times, as we sleep, feel their presence and know that somehow their memory and spirit lives on within us. Somehow they are still with us, and for just a moment, the physical connection is brought back to life.

Is this a sign that love is eternal?

Life goes on, and we cry many tears for those we lose.

Feel blessed when you dream of a loved one who has passed away. It could truly be the most beautiful miracle of all.

Sweet Dreams x <https://www.facebook.com/dreamsanalysis/>