

Tu B'Shvat – ט'ו בשבט
Planting Your Seeds of Success – New Beginnings

Tu B'Shvat is the ancient Hebrew New Year's Celebration of the trees. The holiday can be traced back to ancient times when the Divine Feminine power was still acknowledged as an integral force of human existence.

Tu is the numerical value, representing the middle of the month. To this day, holidays in the Hebrew calendar are always celebrated on a full moon. The Hebrew calendar is lunar (based upon feminine energy).

Shavat is the name of the lunar month. You might find it interesting to note that the Hebrew word for "tribe", is "Shevet", which is spelled with the same letters. Only the vowels are different.

Tu B'Shvat is the energetic time between the darkest point of the year, and the birth into the light. Traditionally trees are planted in the fields, in the school yards, in the nursery schools – and kindergardens, all to support new growth, new life and new abundance in the coming year.

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The energy on this particular day is particularly potent. This music meditation was recorded just as the eve of the holiday approached.

A major rhythm used in this composition is that of 7/8. Seven is also a very powerful number. It combines odd and even aspects, a balancing of yin and yang.

In the Mediterranean world, many of the women's songs are sung in this meter. 7/8 allows space for what is out of sync, and it provides a container to allow for things to come full circle and to fruition.

It is an auspicious time.

How to use this music meditation for your benefit:

1. Download the music meditation onto your favorite player. Remember to place it in a folder where you will be able to easily access it in the future.
2. As this music grows in its power with repeated listening, you'll want to listen to it over and over again.
3. The music is 100% natural. There is NO editing, and NO adding of sound effects. There are no synthesizers used. This means that you can listen to the music while in the car. The rhythm has a grounding effect.

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4. Ideal, is to find a quiet place to listen where you will not be disturbed. Some ideas:
 - a. Before you go to bed (you'll find yourself sleeping better). Stop what you're doing. Let your body stretch, move around, relax.
 - b. In the morning before you go to work (you'll find yourself with more energy)
 - c. If you are a change maker, healer , health care worker, healer... consider using this music with your clients.
 - d. Use the music for a meditation in movement.
Imagine yourself as the seedling being planted in the earth. As you move, allow yourself to focus upon your roots, underneath the ground, anchoring yourself into the center of the earth. This is where the feminine power resides.
 - e. Use your own imagination.
5. There is no one right or wrong way to use this meditation music. Trust your own experience. It will be right for YOU!
6. If you experience a strong reaction, even if it's an uncomfortable one, do NOT be alarmed. It's the BEST news that could be. This means that the sound's potency is working its way into the blocked energy within your body and allowing it to release. Keep listening. The

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discomfort will dissipate. Most people who have this experience and who keep listening find that the music becomes addictive. Don't worry... it's a healthy habit ☺!

7. If you feel extremely high – enjoy. Ground your energy by bringing your focus back down into the center of the earth. If you have the Stress Release with Hebrew Meditation Course: <http://well.voicesofeden.com/sound> , the focusing exercise provides an extremely powerful complement to use, as it will balance you and deepen your sense of serenity and solidity at the same time.

What seeds of success are YOU planting? Whichever seeds, congratulations for daring to say YES to plant them. The world needs your power more than ever. Please come share your voice on our facebook page: <http://facebook.com/healingvoice> .

I look forward to hearing from you shortly.

All the best,
Eliana Gilad

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