



רֵישׁ

Reish

Pronunciation:	R as in Rosh
Numerical Value:	מֵאָתַיִם Matayim (Two Hundred)
Path (in Bereishit):	25. Elohim saw that it was good.
Group:	Double
Phonetic Family:	Dental
Meanings:	Head. New. Spiritual poverty.
Application:	Have a mini Rosh HaShanah by practicing teshuvah, repenting from "missing the mark" and returning to our core values.
Shadow:	Being judgemental and self-righteous. Condemning our bodies or emotions as "sinful". Abusing the power of leadership.
Reflection:	What are some areas in my life in need of refuah (healing)? How might I move toward greater health and wholeness in these areas?
Suggested Action:	Do a form of tashlich, symbolically casting away what you want to let go of by casting crumbs into water or writing what you repent of on scraps of paper and then burning them.

The Creator made the letter **Reish** sovereign over **Peace**, and bound a crown to it, and combined them one with another, and with them formed **Saturn** in the Universe, **Friday** in the Year, and the **Left Nostril** in the soul, both male and female. -Sefer Yetzilah

References for information in this handout: *Sefer Yetzilah, The Zohar, The Oracle of Kabbalah* by Richard Seidman.