

A LUNISOLAR GUIDE to SACRED JEWISH TIME

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Today / NOW = source of life vessel

Hineinu "Here we are" הִנֵּנוּ

INSTRUCTIONS: HOW TO ACTIVATE & KEEP SACRED JEWISH TIME

To find **today's** unique coordinates, spin the three concentric wheels, independently, *clockwise* to align the current (1) Moon Phase, (2) Jewish Month & Sacred Time, and (3) Solar Cycle & Seasons in a vertical line directly under the "Hineinu" vessel (top center). In addition to the instructions below, it can be supportive to cross reference other calendar resources for accuracy and further learning (suggested resources: Radical Jewish Calendar or Chabad.com). Operating the LuniSolar Guide will become more intuitive the more you interact with it, and the more you expand your awareness of seasonal & celestial phenomena.

1. **Moon Phases** (outer wheel): Move this wheel one moon phase each day through all 29 phases. One complete rotation (from new moon to new moon) measures one Jewish month (which fluctuates between 29 and 30 moon phases). Many holy Jewish days occur on the new moon or full moon:
* New Moon = Day 1 (birth of month) // Full Moon= Day 15 (middle of month).
2. **Jewish Month & Sacred Time** (middle wheel): Move this wheel a tiny bit (~1mm) each day, so that this wheel moves through one Hebrew month (from one "new moon" break to the next "new moon") in the same time it takes to move through one complete lunar cycle/ full rotation of the outer moon wheel.
3. **Solar Cycle & Seasons** (inner/small wheel): This wheel is closely tied to the middle wheel of Jewish Months, and will almost always move in tandem with the middle wheel, except for a few instances when this wheel will need to move independently to reflect leap year adjustments. Understanding Leap Years: Jewish sacred days are distinctly shaped by the seasonal phenomenon of the time of year when they occur. As a means to ensure that all sacred days occur in their devoted season (ie. Pesach/Passover happens in early Spring every year, and Chanukah in the darkness

of Winter Solstice), the Jewish calendar follows solar rhythms by adding an extra month (Adar II) every 2-3 years. All leap years have 13 moons/months, and the common years have 12. Over the course of the sun's 19-year Metonic cycle, an extra month is added 7 times in the 3rd, 6th, 8th, 11th, 14th, 17th and 19th years.

- * In Leap Years: at the new moon of Adar II, 1st) turn the inner-most wheel clockwise the measurement of one Gregorian month (one/twelfth of a full inner wheel rotation) to the same "day" of the next Gregorian month, *and* 2nd) turn the middle wheel back to the "new moon" symbol marking the beginning of the Jewish month of Adar.
 - * In Common Years after Adar I / after Adar II in leap years: most of the Jewish months from Nisan - Elul begin a day earlier than the month before. To reflect this ongoing minor shift on your Guide, you can nudge the inner wheel *clockwise* slightly (<1mm, barely noticeable) at the new moon of every Jewish month, and/or adjust the inner wheel to accurately reflect the current celestial moment: zodiac phase and equinox/solstice.
 - * Twelve Astrological Zodiac signs: indicates the constellation the sun is moving through on its ecliptic path across the sky. The constellation (zodiac sign) changes approximately every 30 days, occurring sometime between the 20th-24th day of the Gregorian month. **The astrological signs on the Guide measure approximately $\frac{3}{4}$ of the way through the Gregorian month.**
 - * Equinox & Solstice: these two dramatic thresholds of sunlight and darkness each occur twice every year, reliably sometime between the 20th-22nd day of December, March, June and September on the Gregorian calendar.
4. **Shabbat Cycles** (mirco-wheel): cycles of seven in Jewish temporality signify an essential time for observing rest + release, a break from constant action and creation. The 7th day of every week is the sacred day of rest for Jews, and this weekly Shabbat cycle is asynchronistic from Lunar cycles; therefore the occurrence of Shabbat and Jewish sacred days changes every year.
- * Starting with the "Aleph" petal א representing the first day of the week, spin the the wheel *clockwise* 1 petal/Hebrew alphabet letter each day (ב = day 2, ג = day 3, ד = day 4, ה = day 5, ו = day 6). Shabbat (day 7) is represented by the light of two candle flames illuminating two open palms.
 - * Other Jewish cycles of 7 include: counting the Omer (7 weeks / 49 days), Shemitah (a 7 year cycle associated with rest for agricultural land and releasing

of debts), and Jubilee (a 49 year cycle = 7 Shemitah cycles, which is associated with freedom, land sovereignty, and celebrations of release for anyone who is enslaved).

RITUAL SYMBOLS

	MOLAD + ROSH CHODESH	Yud~shaped flame
	ROSH HASHANAH	Shofar
	10 DAYS OF AWE	Tears/Mayim Chayim (living water)
	YOM KIPPUR	Empty bowl
	SUKKOT	Lulav & Etrog
	HOSHANAH RABBAH	Willow
	SHEMINI ATZERET	Rain
	SIMCHAT TORAH	Dancing Torah scroll
	SIGD	Torah tablets
	CHANUKAH	Star-light menorah
	TU B'SHEVAT	Figs & acorn
	PURIM	Hamentashen
	PASSOVER	Springtime bulbs
	MIMOUNA/SHAB SHAL	Chametz treat
	SEHARANE OMER COUNTING	7 Sephirot
	LAG B'OMER	Bonfire
	SHAVUOT	Grain harvest
	TISHA B'AV	Shattered vessel
	TU B'AV	♥ Grape bunches
	ELUL TESHUVAH	Unraveling scroll