

THIS IS REAL
AND YOU ARE
COMPLETELY UNPREPARED

SELICHOT

A MINDFUL AWARENESS OF OUR CIRCUMSTANCES often makes things seem worse and not better. This is an illusion, of course, but it doesn't feel like one, especially when we are in the first throes of discovery. Suddenly aware of problems we never knew we had, we may genuinely feel that we are much worse off than we thought we were; we may feel a sense of urgency, even of desperation, about our plight. This urgent, desperate sense is the emotional basis of Selichot, the week of urgent, desperate prayer that commences approximately three weeks into the process of daily contemplation we began with the blowing of the shofar on the first day of Elul.