

HOLY SPARKS SAMPLE COLORING PACK

THE ULTIMATE Passover Planner

RAE SHAGALOV

101 Soul Tips, Cleaning & Shopping Checklists, Coloring Pages, Pesach Insights, Easy Passover Recipes, Meditations, Art & Quotes for the Passover Seder

The Ultimate Passover Planner

This year, prepare peacefully for a pleasant and panic-free Passover! Get organized with:

- 52 Checklists
- 50 Coloring Pages for adults & kids
- Cleaning & Meal Planners
- Easy Passover Recipes
- Planning Calendars
- Jewish Meditations & Affirmations
- 101 Soul Tips to make your preparations and seder more meaningful and insightful

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Joyfully Jewish

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Sefirat HaOmer Count Within Yourself

Count the Omer Family & Adult Coloring Book

Rae Shagalov

Adapted from the Teachings of Ray Yitzchak Ginsburgh

Color Your Soul

Calling all creative Jewish women!

Find out more about Rae Shagalov's Passion Projects Mastermind at: www.CreativeJewishSoul.com

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**These meditations were inspired
by video clips from Rabbi Yitzchak Ginsburgh
available on his Youtube channel (www.youtube.com/innerorg).
These meditations were not seen by Rabbi Ginsburgh and the
author is solely responsible for their contents.**

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Please do not write or color on Shabbat or Jewish holy days,
as writing and coloring are prohibited by Jewish law on those days.

ת"ש

Sefirat HaOmer
Count
Within Yourself

Count the Omer
A Family & Adult
Coloring Book
Rae Shagalov

Color
Your
Soul

Week 1 Sample

Adapted
from the
Teachings of
Rav Yitzchak
Ginsburgh

Counting the Omer
Seven Weeks of Change
Count after Nightfall

Nissan 16

1 day of the Omer
Second Night of Passover
Omer of Barley offered in the Temple

הַיּוֹם יוֹם אֶחָד לְעוֹמֵר:

Today is one day of the Omer.

חֶסֶד שֶׁבְּחֶסֶד

Chesed of Chesed

Lovingkindness of Lovingkindness

 Love for the Sake of Love 

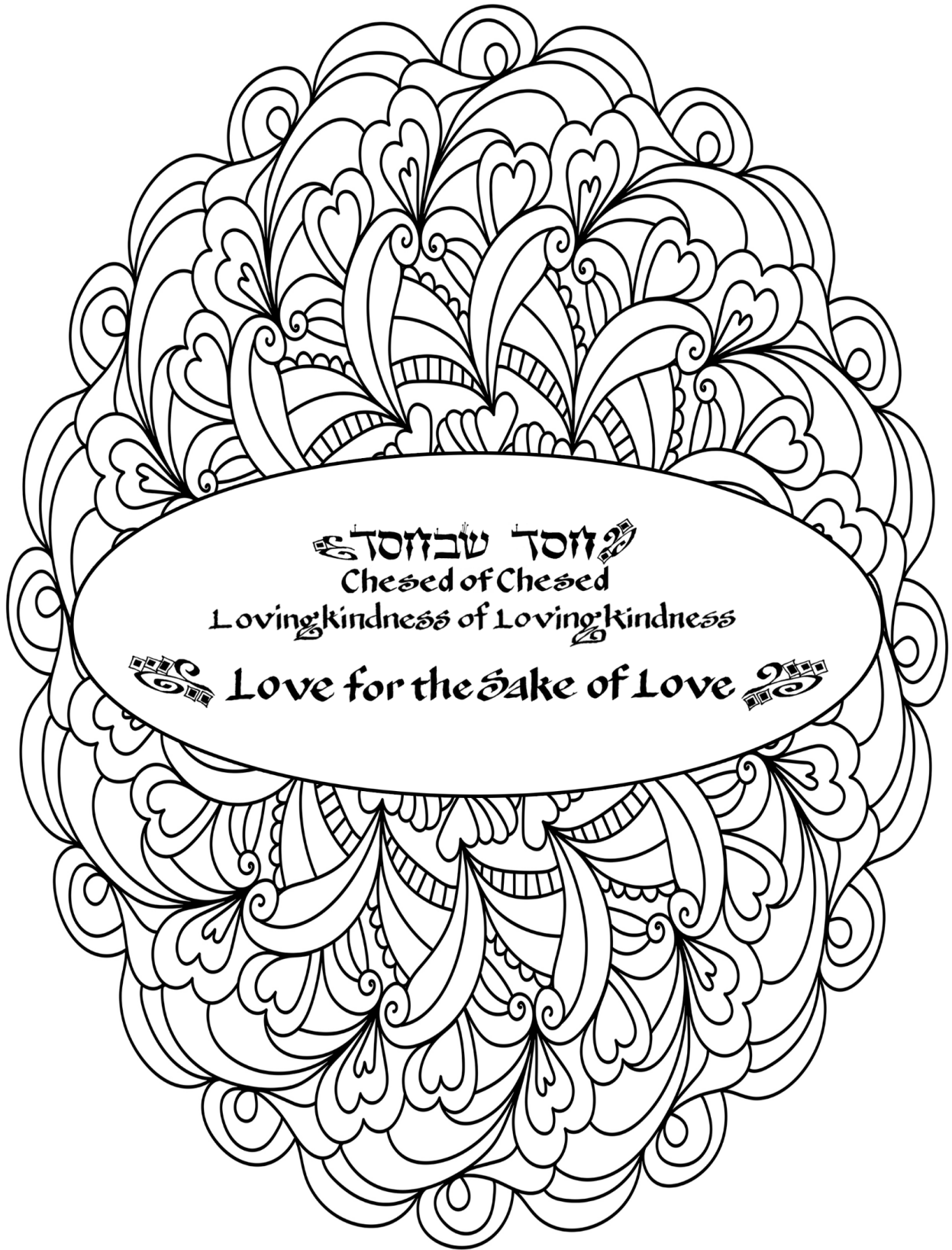
The first rectified attribute of the soul is to love love,
lovingkindness of lovingkindness.

To love love means that I love the experience,
the feeling of loving, loving another soul.

I realize and I feel
that there is nothing better in life.

This is the actual purpose of life.
There is nothing more pleasurable in life.

This is my satisfaction of life,
to enjoy loving another soul.



חסד חסד
Chesed of Chesed
Lovingkindness of Lovingkindness

אהבה
Love for the Sake of Love

Nissan 17

2 days of the Omer
Third Night of Passover

הַיּוֹם שְׁנֵי יָמִים לְעוֹמֵר:

Today is two days of the Omer.

גְּבוּרַת חֶסֶד

Gevurah of Chesed

Might of Loving Kindness

Love Takes Effort

Sometimes one has to make an effort to love.

It's not always easy to love another person,
if one feels separation or distance,
from him, from his opinions.

But souls have to connect,
souls have to love souls.

G-d created the world with love,
so we have to create our world.

Sometimes it is hard.

We have, we do possess the power in our soul
to overcome those feelings of distance
and separation, and to embrace,
meaning to take hold, to take strong hold
of the other in love.



גבורה שבחסד
 Gevurah of Chesed
 Might of Lovingkindness
 חסד
 Love Takes Effort

Nissan 18

3 days of the Omer
Fourth Night of Passover

הַיּוֹם שְׁלֹשָׁה יָמִים לְעוֹמֵר:

Today is three days of the Omer.

תְּפִאֶרֶת שְׁבַח־סֵד

Tiferet of Chesed

Beauty of Lovingkindness

The Harmony of Love

Beauty in love.
Love is beautiful,
how beautiful,
how splendidous is love.
How harmonious is love.
Beauty means harmony.

Picture yourselves
a loving married couple,
gazing at one another,
like two doves in love.
There is nothing
more beautiful than that.



תפארת שבחוסד

Tiferet of Chesed

Beauty of Loving Kindness

ההרמוניה של אהבה

Nissan 19

4 days of the Omer
Fifth Night of Passover

הַיּוֹם אַרְבַּעַה יָמִים לְעוֹמֵר:

Today is four days of the Omer.

נִצְחוֹת שֶׁבַח וְחֶסֶד

Netzach of Chesed

Victory of Lovingkindness

Controlling Love

We all possess the attribute of love,
G-d created us with love.

But not all of us know how to properly
regulate and control our expression of love.

Especially our outward gesture
and expression of love.

Sometimes it can limp, it doesn't walk straight,
the way that we express our love.

We must learn how to control properly
and regulate the love.

That the love is expressed in a balanced,
stable state of equilibrium.

Then the effect that the love has
and the power that the love possesses
to unite us will operate best.



נצח של חסד
Netzach of Chesed
Victory of Lovingkindness

Controlling Love

Nissan 20

5 days of the Omer
Sixth Night of Passover

הַיּוֹם חֲמִשָּׁה יָמִים לְעוֹמֵר:

Today is five days of the Omer.

הוֹד שְׁבוּחַסֵּד

Hod of Chesed

Acknowledgement
of Loving Kindness

Love Creates Gratitude

One of the most important expressions of love
is giving thanks when someone does you a favor,

Speaks to you a good word.

You have to express gratitude.

Some people just learn to give thanks,
to express gratitude,

as lip service, as good manners.

That's not truly giving thanks.

Giving thanks is perhaps the most
fundamental expression of, "I love you."

The more that I love you
the more that I feel in my heart gratitude
for everything that you have done for me.
The more I thank you with love with truth.



הוד שבחוד

Hod of Chesed

Acknowledgement
of Loving-kindness

Love Creates Gratitude

Nissan 21

6 days of the Omer
Seventh Night of Passover

הַיּוֹם שֵׁשָׁה יָמִים לְעוֹמֵר:

Today is six days of the Omer.

יְסוֹד שְׁבַחֲסֵד

Yesod of Chesed

Foundation of Lovingkindness

The Bond of Love

Love has the power to establish or to create a bond, a lasting bond between souls, a covenant which in all situations enriches and connects souls together. Especially in the case of a married couple, two spouses, that have created an ongoing, living covenant, between themselves.

Meaning that even at times, that there are rifts and disagreements, but the love is always there in the background. And the love is what always rehabilitates the relationship, and restrengthenens and ignites the fire, the holy fire of the bond in love between the two souls.



יסוד שבחסד
Yesod of chesed
Foundation of Lovingkindness
The Bond of Love

Nissan 22

7 days of the Omer
Eighth Night of Passover
Light Yizkor candles

הַיּוֹם שִׁבְעָה יָמִים שָׁהִם שָׁבוּעַ אֶחָד לְעוֹמֵר:

Today is seven days, which is one week of the Omer.

מַלְכוּת שְׁבוּזָסָד
Malchut of Chesed
Kingdom of Lovingkindness

Love Rules

Love is the most universal law of nature.
G-d created the world with love,
and he rules creation with love.

Each one of us has a spark
of kingdom within our souls.
The origin of kingdom is the kingdom of love.
We feel attraction, we're pulled to one another.
We gravitate to one another,
we feel affinity with one another.

Love is the king of the universe, in general,
the entire universe, and also
our own personal universe.
The king is love,
long live the king of the universe, love.



מַלְכוּת שְׂבִיחוֹת
Malchut of chesed
Kingdom of Loving Kindness
Love Rules



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RAE SHAGALOV



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& Shopping Checklists,
Coloring Pages, Pesach
Insights, Easy Passover
Recipes, Meditations, Art &
Quotes for the Passover Seder



SAMPLER

[Available as a paperback on Amazon here!](#)

ב"ה

**Cleaning for Pesach
is making room for the
& Shechina in**



**our
homes
and
in
our
hearts**

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***THE SHECHINAH IS G-D'S INDWELLING
PRESENCE IN THIS WORLD.**



Passover Cleaning Checklist



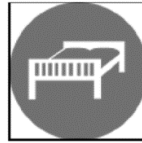
Kitchen

- Refrigerator
- Freezer
- Stove/Oven
- Table/Island
- Cabinets
- Counters
- Floor
- Shelves
- Dishwasher
- Garbage Can
- Breadbox
- Microwave
- Toaster oven
- Appliances
- Lunchboxes
- Sink
- Drawers
- Carts
- Grill
- Dishes & Pots



Dining Room

- Table
- Chairs
- Car Seats
- Buffet
- China Closet
- Bookshelves
- Books
- Candlesticks
- High chair
- Pet Bowls



Bedrooms

- Bed/Under the bed
- Bedframe
- Dressers & Drawers
- Closets
- Desks/Chairs
- Toys, Toy Chests, & Toy shelves
- Bookshelves
- Clothing
- Pockets
- Crib
- Jewelry, Rings
- School Bags
- Purses/Wallets
- Play Kitchen



Living Room

- Couches
- Chairs
- Carpets
- Mantle
- Entertainment Center
- Bookshelves
- Coffee Table
- Vacuum Cleaner
- Telephone
- Window Sills



Bathrooms

- Medicine Cabinet
- Shelves
- Toiletries
- Medicines
- Cosmetics
- Laundry Hamper
- Tub Racks
- Bath Toys
- Toothbrushes
- Tooth Cups
- Sink
- Bathtub
- Brooms, Mops, & Dustpans



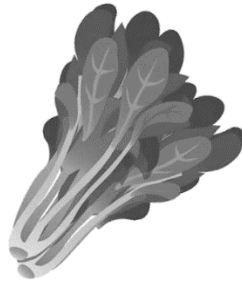
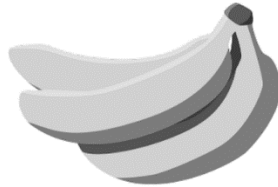
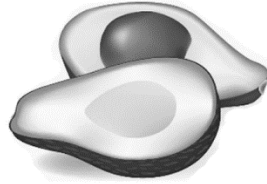
Other Areas

- Briefcase
- Arts & Crafts
- Computers & Keyboards
- Computer Case
- Phones & Phone Cases
- Behind & Under Furniture
- Linen Closet
- Strollers
- Exercise Equipment
- Luggage
- Pet Cages & Beds
- Playpen
- School Lockers
- Shopping Bags

PASSOVER SHOPPING LIST

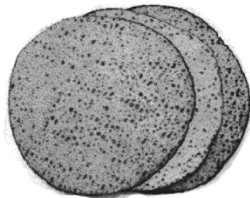
PRODUCE

- yams
- bananas
- onions
- avocados
- oranges
- cucumbers
- potatoes
- asparagus
- lettuce
- tomatoes
- zucchini
- apple
- lemons
- Navel oranges
- Pineapples
- celery root
- cabbage
- beets
- chives/scallions



FISHERY

- Salmon
- Cod
- Flounder
- Sole
- Gefilte Fish



GROCERY

- frozen fruit
- coffee
- tea
- juice
- eggs
- almonds
- walnuts
- ground nuts
- olive oil
- cocoa
- sweetener
- herbs & spices



MEAT

- shoulder roast
- chicken (1)
- marrow bones
- ground beef
- schnitzel
- chicken necks
- cold cuts

DAIRY

- cottage cheese
- string cheese
- yogurt
- milk



DISPOSABLES & SUPPLIES

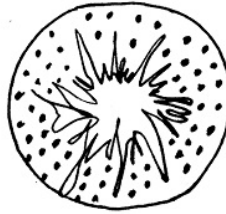
- paper plates, bowls, small plates
- cold & hot cups
- silver foil
- cases of water
- gallon & Sandwich bags
- dish soap
- ajax
- wipes
- plastic cutlery
- toothbrushes & toothpaste
- denture cup & supplies
- oven trays & pans
- napkins
- parchment paper
- sponges & scrubs
- herb bags
- cooking bags

YOM TOV SUPPLIES

- bedikas chometz kit (wooden spoon & feather)
- yartzeit candles & 2 day candles
- horseradish
- romaine lettuce
- wine & grape juice
- matzah

Matzah

is a spiritual food,
a holy food, a G-dly food.
Matzah contains within it
an intense G-dly light.



בֵּית
Bread of
Faith


Matzah is the food of Faith
And the food of Healing.

It heals all spiritual illness.
Matzah is made of all the best stuff
of Heaven. All the spiritual nutrition,
and G-dly Light is condensed in matzah.



Matzah transmits to our soul
and releases in our neshama
a higher dose of spiritual light
and G-dly energy more than
any other mitzvah.

Holy
Sparks

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**All of your spirituality
for the whole year is
in that first bite of
matzah.** Rabbi Reuven Wolf

SEDER CHECKLIST

- MATZAH
- CHAZERET (ROMAINE LETTUCE)
- WINE & GRAPE JUICE
- ZROAH (SHANKBONE/ROASTED CHICKEN NECK)
- MAROR (HORSERADISH)
- CHAROSET (GROUND APPLES, NUTS & WINE)
- BEITZAH (HARD BOILED EGGS)
- KARPAS VEGGIE (ONION OR POTATO)
- SALT WATER
- CRACKED BOWL (FOR SPILLING WINE FOR PLAGUES)
- ELIJAH'S CUP
- HAGGADAHS
- MATZAH COVERS
- AFIKOMEN BAG
- SEDER PLATE
- KIDDUSH CUPS
- PILLOWS FOR RECLINING
- AFIKOMEN PRESENTS
- PROPS TO MAKE THE SEDER FUN
-
-
-
-

moshiach seudah

The Banquet of Moshiach
On the last day of Passover,
we bring the Divine Light
of Moshiach into our lives.

ON THE LAST DAY, IN THE LAST HOURS,
THE POWER OF REDEMPTION IS AT ITS GREATEST.

Use the Power of Passover
To break out of your personal exile!

1. Wash and eat matzah
2. Drink 4 cups of wine or grape juice
with words of Torah and chassidus,
stories and song in between.
3. Speak about Moshiach and
imagine what it will be like
in the World-To-Come.
4. End with the Dance of Moshiach.

On the last day, in the last hours,

The Power of Redemption
is at its greatest.

What can you do
To bring Moshiach
right now?

MAKE A L'CHAIM
AND BLESSINGS FOR
GOOD HEALTH AND
LONG LIFE AND
EVERYTHING
YOU NEED!

ב"ה

AS YOU POUR THE WINE
INTO YOUR CUP,
POUR HOLINESS
INTO YOUR LIFE.

MAKE THE LIGHT
PHYSICAL.
INTERNALIZE IT
WITH MATZAH
AND WINE,
GOOD DEEDS AND SONG.

SHARE A PERSONAL
LIBERATION EXPERIENCE
FROM YOUR LIFE TO
INSPIRE OTHERS.

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SHARE THE
LESSONS AND
INSPIRATIONS
FROM THIS
PASSOVER.

MOSHIACH
IS DANCING
WITH YOU!
OPEN YOUR EYES
AND SEE
LEAP OUT OF EXILE
RIGHT INTO THE
WORLD-TO-COME!

10 WAYS TO BE JOYFULLY JEWISH

The most important principle in the Torah is the protection of Jewish life. It's more important than *Shabbat*, more important than holidays, even fasting on Yom Kippur. Right now, in Israel, and everywhere, Jews must stand together in unity and do whatever possible to protect Jewish life.

The Lubavitcher Rebbe, Rabbi Menachem M. Schneerson, teaches that there are **ten** important *Mitzvahs** we can do to protect life. We urgently need your help to increase in mitzvahs and merits for the Jewish people. Please choose a mitzvah to begin or improve:

- 1) *AHAVAS YISROEL*: Behave with love towards another Jew.
- 2) **LEARN TORAH**: Join a Torah class.
- 3) Make sure that Jewish children get a **TORAH-TRUE EDUCATION**.
- 4) Affix kosher *MEZUZAS* on all doorways of the house.
- 5) For men and boys over 13: Put on *TEFILLIN* every weekday.
- 6) Give **CHARITY**.
- 7) Buy **JEWISH HOLY BOOKS** and learn them.
- 8) **LIGHT SHABBAT & YOM TOV CANDLES**, a *Mitzvah* for women and girls.
- 9) Eat and drink only **KOSHER FOOD**.
- 10) Observe the laws of **JEWISH FAMILY PURITY**.

In addition the Rebbe urges that:

Every Jewish man, woman and child should have a letter written for them in a *Sefer Torah***

Every person should study either the Rambam's *Yad Hachazakah* -- Code of Jewish Law -- or the Rambam's *Sefer HaMitzvos*.

Concerning Moshiach, the Rebbe stated, "The time for our redemption has arrived!" Everyone should prepare themselves for Moshiach's coming by doing increasing acts of goodness and kindness, and by studying about what the future redemption will be like. May we merit to see the fulfillment of the Rebbe's prophecy, Now!

*Mitzvahs are Divine Commandments that connect us to G-d.

**There are several Torah scrolls being written to unite Jewish people and protect Jewish life.

Letters for children can be purchased for only \$1 via the Internet, at: <http://www.kidstorah.org>

Listen to inspiring Chassidic Torah classes while you color at Maayon.com.

For more information about how to be Joyfully Jewish, visit:

Holysparks.com

Moshiach.net

Chabad.org

Jewishwoman.org

Jewishkids.org

Maayon.com

Learn about the 7 special commandments for Righteous Gentiles:

Holysparks.com/pages/7-mitzvahs-for-non-jews

World Peace NOW!

7 Universal Laws

for All Mankind

The true Hope for all of humanity!

① **Belief in G-d**
Don't worship idols

② **Honor G-d**
Don't be disrespectful to G-d with your speech

③ **Preserve Human Life**
Do not murder. Value the sanctity of all human lives

④ **Respect Family Relationships**
No acts that undermine traditional family life

The Seven Laws of Noah
G-d's Rules for All Humanity

⑤ **Respect other's property**

Even if times get tough, don't cheat others or steal their money or stuff

⑥ **Show compassion for animals**

Don't eat meat that came from a live animal. No cruelty to animals!

⑦ **Establish Honest Courts**

Uphold a just legal system

FOR MORE INFO GO TO:
ASKNOAH.ORG
LEARNMOSHIACH.COM
HOLYSPARKS.COM

Moshiach is ready to come NOW!
Our part is to add in acts of goodness
and kindness. & The Lubavitcher Rebbe

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Joyfully Jewish

שבת

ברוך אתה אֱ-לֹהֵינוּ מֶלֶךְ
הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו
וְצִוָּנוּ לְהַדְלִיק נֵר שֶׁבֶת קֹדֶשׁ

TRANSLITERATION:
BARUCH A-TA A-DO-NAY
ELO-HEI-NU ME-LECH HA-O-LAM
A-SHER KI-DI-SHA-NU
BI-MITZ-VO-TAV VI-TZI-VA-NOO
LI-HAD-LEEKNER SHEL SHA-BAT
KO-DESH.

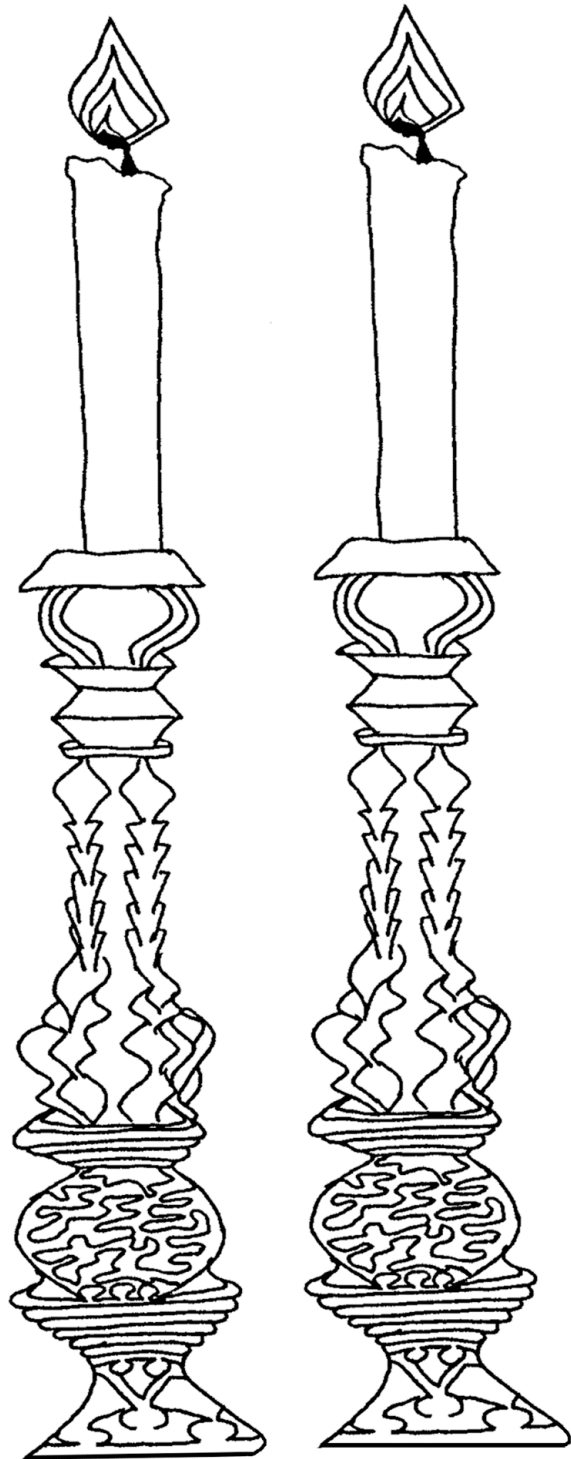
TRANSLATION:
BLESSED ARE YOU, L-RD OUR G-D,
KING OF THE UNIVERSE, WHO HAS
SANCTIFIED US WITH HIS
COMMANDMENTS, AND
COMMANDED US TO KINDLE THE
LIGHT OF THE HOLY SHABBAT.

Lighting Shabbos
candles brings
peace, not only
to the family;
lighting Shabbos
candles illuminates
the whole world.

~ The Zohar ~

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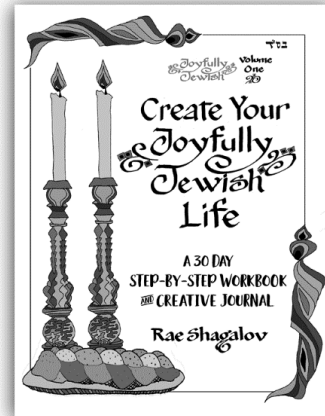
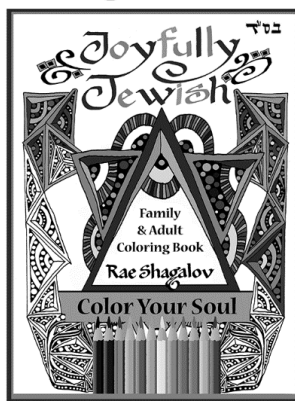
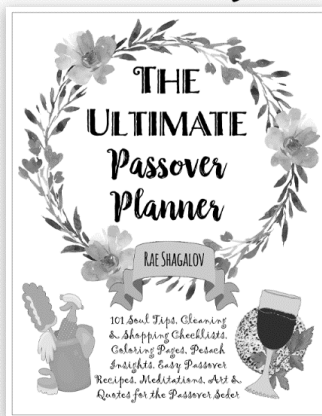
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at: WWW.JOYFULLYJEWISH.COM



Enjoy coloring! But please do not color on Shabbat or other Jewish Holy Days.
The candle-lighting blessing printed here is sacred.
Please do not discard or desecrate

Joyfully Jewish

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Creative Torah Journaling
Self-Care Support!

A New Online Course!
Join us from
all over the world!

בירה

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With Rae Shagalov

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- Fun Art Journal Ideas
- Creative Writing Prompts
- Combine Torah & Art!

Sign Up for the 5 Day Journaling Challenge
www.joyfullyjewish.com/challenge
No Experience Necessary! For Beginners to Advanced

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Self-Care Mini-Retreat.
Get a free self-care checklist
and coloring pages from Rae's book,
"Create Your Joyfully Jewish Life!"
at : JoyfullyJewish.com