

## IZUN BRACELET

There are many things we juggle in our lives. If we stop for a minute to find the most important areas to focus on and prioritize what is important to us, we can find our personal balance. We will feel happier, more at ease and live healthier, more productive lives. Your Izun bracelet is a constant, positive reminder of what is important in your life. Things may shift a bit here and there, but as you become more conscious of your virtues, may you ultimately find your true balance and blessings in life.

- *Elisa Heiligman Recht*

### Finding Your Balance

The Izun or 'balance' bracelet provides an important daily reminder of 5 basic components of our lives represented by each pewter bead: **Aleph, Yud, Zayin, Vav, and Nun**. Our individual identity is ultimately shaped by the way we choose to balance these branches of our lives. As we achieve a healthy balance, we find our lives thrive with more gratitude, fulfillment, wellness and productivity. In daily life, we are constantly calibrating our devotion of energy to each of these critical life components in an endless quest to find our 'perfect' or personal balance. This calibration of balance is represented by the constant shifting position of the beads on your Izun Bracelet.

### Izun

The root of the word izun is the Hebrew word, ozen, meaning ear. Our equilibrium or balance is established in our ears thus the word izun, translated to balance.

### The Letters

-The Hebrew letter **alef** represents ahavah which means love. We all hunger for and rely on love in our lives. Every individual has a source of love to draw upon to share with others. The love we accept from and share with others also affects our family, work, and spiritual lives.

- The Hebrew letter **yud** is found in the word bayit which means home. While our home may represent our physical dwelling place, home also symbolizes the family and friends with whom we surround ourselves. Balancing the energy required to maintain both our physical homes and relationships with family and friends can be quite challenging.

- The Hebrew letter **zayin** represents zehut, which means identity. It is no coincidence that the letter, zayin, is found in the center of the word, izun. Our identity is the ultimate result of the balance we choose for our lives. It is who we are. It illustrates the affect our chosen balance has on our identity.

- The Hebrew letter **vav** is found in the word, avodah meaning work. The energy we devote to

our work life and worship has a profound affect on all aspects of our personal life and can dramatically affect our overall balance.

- The Hebrew letter **nun** represents n'shamah which means soul or spirit. We must consistently nourish our souls with rich and positive ingredients in order to feel a sense of meaning and purpose as we navigate through the various challenges in our lives.

## The Materials

**Leather Cord** - The Izun Bracelet is supported by a double leather cord representing our spine or the nervous system which infuses the critical balance in our lives. It is doubled to be consistent with the idea of balance.

**Knots** - There are five equidistant knots between each of the Hebrew beads. The circular shape of the knots reminds us how the components of our lives are interconnected, constantly affecting each other. The strength or weakness of each life component will have an impact on another aspect of our lives. The knots are equidistant from one another to remind us that no one life force is more important than another.

**Pewter Beads** - The pewter beads are always moving in between the two knots reminding us of the constant fluctuation or balance adjustments occurring in our daily lives. There will be times when our lives feel out of balance with one bead leaning further to one side rather than to the middle. Balance fluctuation is a reality of life, but ultimately the goal is to remember that it takes focus, intention, and a positive attitude to attain balance and feel whole.

**Wooden Bead** - The clasp bead is made of wood, reminding us that we are all a part of this earth, we all come from the same place, and we all face similar challenges finding balance. It can be comforting to realize that as we struggle to find our personal balance, we do so in the company of a worldwide community. The wooden clasp is the largest bead, which holds the bracelet together. The wooden bead also reminds us of our earthly existence and the notion that, while we struggle to find our personal balance, there is a greater power of some kind helping to guide our lives. It is what holds the bracelet together on our wrist.