



## SHOVAVIM

As the reading of the book of *Shemot* starts, it signifies the starting of a special cosmic opening that lasts for the coming 6 weeks (8 weeks during a year with two months of Pisces).

The word *SHOVAVIM* stands for the initials (in Hebrew) of the names of the weekly *Parashot* (stories or portions) of this time of the year:

**S**hemot  
**V**a'era  
**B**o  
**B**eshalah  
**Y**itro  
**M**ishpatim  
**(T**eruma  
**T**etsave)

The word that comes out as the initials of these *Parashot* of Exodus, *SHOVAVIM* means in Hebrew "irresponsible" Jeremiah 3:14.

During these weeks of reading these specific portions, the Bible tell us the story of the Exodus from Egypt. The kabbalists teach us that the story is only a code for the cosmic opening available during this time. This opening allows us to achieve a personal redemption.

The Ari in *Sha'ar HaPsim* teaches us the more details of the energy of those weeks. The Ari explains that the fall of Adam had a strong effect on most aspects of our world resulting in human pain and suffering. The most important aspects of the Fall of Adam have been corrected by Moses and the Israelites during the time of the Exodus, resulting in achieving immortality on Mt Sinai, but not all has been corrected.

All the tools used by Moses at the Exodus are available to us during the weeks of the *SHOVAVIM*.

The readings of the Torah, the *Zohar* and the special meditations of those weeks can help us in few ways:

- Coming closer to our true selves
- Releasing and redeeming lost sparks of light from the *klipot* (negative shells).

Those sparks of light have been lost to us through our irresponsible actions this lifetime and in past lives.

The areas that we've lost most of our light and energy to the Dark Side are:

- Sexual misconduct
- All types of behavior coming from losing the awareness of the Light, the real purpose of life, rebelling against the Creator by simply listening to our internal Opponent
- Misconduct in aspects connected to justice in human society (cheating, stealing, unjust trial etc)

### The Way of Correction *Teshuva* (Repentance)

#### Meditate with these four steps:

1. **Identify the incident.**  
Go back to that moment in time and ask yourself why it happened... "Why is it in my movie?"
2. **Feel the pain of what occurred.**  
Not the guilt, but the pain of the negativity created. Most importantly, feel the pain you have caused others. This is the best way to work through the lesson. We can circle problems our whole lives, but the only way to rid ourselves of the burden of these negative issues is to face them head on, to feel the negativity we created, and to work through them.
3. **Replay the scenario.**  
Go through the exact same situation, but this time imagine and reenact it as if you have been completely proactive.
4. **Make a commitment for the future.**  
Make an oath to yourself that you will approach similar problems by dealing with the situation in a new proactive manner next time.

### Tools for *Tikkun* (Correction) – Actions for Transformation during *Shovavim*

- *Tikkun Chatsot* – Zohar study after midnight
- *Mikveh* (Spiritual bath)
- *Shovavim* Meditation (throughout the day, especially during the *Amida* prayer)
- Rolling in the Snow (See handout)
- Controlling and monitoring the body consciousness