

# PURIM 101

*"If all of us would remember that we need other people, and be willing to help all other human beings, there would be no room for uncertainty. This spiritual lesson is the essence of Purim. The illusion of separation may rule the world throughout the year, but on Purim the mask is removed and the truth is revealed because of this energy of completeness." - Rav Berg*

## • THE PURIM PARTY

The kabbalists teach that the Light of Purim is so powerful a human mind cannot even fully comprehend it. Accordingly, one of the connections we engage in on Purim is to step outside of our minds—through drinking, dancing and singing—allowing pure joy to wash over us. It is said that one should be so joyful on Purim they no longer can distinguish an enemy from a friend, feeling pure love for every person they come into contact with. Despair and sadness are banished as we remove the illusion of separation and connect with the spiritual truth that indeed, we are all One.

This also is the reason we wear costumes on Purim. Ironically, by wearing a mask, we tend to let our guard down, revealing our true selves in the process.

If we can truly open our heart, desire and vessel to the Light on this day, we can experience a tremendous amount of energy, allowing us to elevate from any darkness in any part of our life. If we are open, joyous and united—with total certainty—the incredible Light of Purim will find us.

## • MEGILAH READING

Both on the evening of Purim, before the party begins, and also on the afternoon of the following day, we participate in the reading of what is known as the Megilah (Book) of Esther.

Throughout the reading, we hear the name Haman several times. Haman is a code for doubt, and it is through this reading that we can remove doubt from our lives. Each time Haman is announced, you can meditate on Caf Hei Taf, the eighth Name of the 72 Names of God. Meditate that you are replacing all doubts with absolute certainty; a profound knowing that everything in our lives is from the Light, and therefore in our best interest.

As Rav Berg taught, "Doubt is the source of all chaos." Therefore, the reading of the Megilah is a tool to banishing darkness from every corner of our lives.



## • SHARING ON PURIM

The kabbalists teach that Purim is the only holiday that will remain after the coming of Messiach, or what is known as Heaven on Earth. This is because the essence of Purim is the same as the essence of the Light, an energy of infinite goodness and sharing. As such, it is important to align ourselves with these qualities on Purim, and one powerful way is through our actions of sharing.

There are three forms of sharing the kabbalists cite as beneficial for one to perform on Purim. If you are spending Purim at your local Centre, you'll find three boxes will be provided—one for each of these purposes, should you wish to partake in this connection. The first box is for charity (*tzedaka*), the second is for gifts to the poor (*matanot la'evyonim*), and the third is for the giving of the Half a Shekel (*machatzit hashkel*) which represents the idea that we are only part of a whole, and as such we are able to create unity only through acts of sharing together.

Gifts are also frequently given to each other (*mishloach manot*) the morning following the Purim party, generating a feeling of love among friends.