

BEHAR

ABOUT THE STORY OF BEHAR

Behar means "on the mountain." In this chapter, "the mountain" refers to Mount Sinai, actually one of the smaller mountains of the world. The sages teach that because Mount Sinai is so small, it represents a spiritual lack of ego. When all the mountains were asked why they should be chosen for the immense revelation of Light that took place at the giving of the ten utterances, all the other mountains gave grandiose reasons about why they should be chosen. Mount Sinai, not having an ego, was willing to be chosen but didn't feel entitled to that honor—and was thus given the enormous grace of being the place of the Revelation. When we connect with this specific chapter, we have an opportunity to make a connection to Mount Sinai's energy by relinquishing our egos.

MICHAEL BERG ON BEHAR

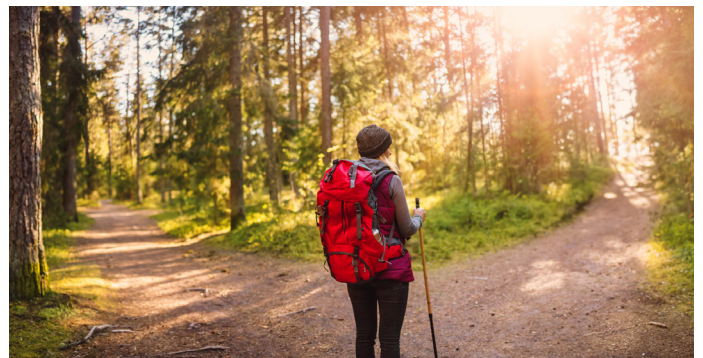
It says in the Midrash that every single day the Creator is revealing a new way, new understandings, and new pathways. What this means is that the Creator renews creation every day; the spiritual framework, spiritual pathways, spiritual wisdom, and spiritual understandings that exist today are brand new. They didn't exist yesterday. Therefore, if we're doing spiritual work today in the pathways of yesterday, last week, or last month, we're not connected because the pathways today are different.

The question, then, is how do we connect to today's pathways? How do we connect to the Creator in the way that is new? The kabbalists teach us that every moment is different. As such, no prayer or connection is ever the same, because the entire spiritual framework is constantly changing. It says in the Midrash that the Creator reveals new teachings every day, because the framework is new today, and it's very important to understand that as a concept: my work today needs to be somehow plugged in to what the Creator created brand new today. If we're not of that consciousness, then we're doing the work from yesterday, last month, last year, or even five years ago. If we're not connecting to the Creator today, it's like we're trying to use an old map of hundreds of years ago to get somewhere today.

So, every single day, the Creator is creating a new map. How do we get this new map and get to our

destination today? By coming with this consciousness that we want to find today's new pathway. Then, the Creator will show it to us. We need to really have this clarity that today the Creator created new pathways of connection. We can use some of the tools that are always available, like we can use our car with a new map or an old map. The tool is, for example, the vehicle, but it's not the pathway. It's not the map. The map is something new. So we want to understand that the map is new, the pathways are new, and knowing that today the Creator created new pathways, we want to find them and make sure our work is going according to that new map.

Every aspect of our lives is part of today's new pathway, and that's the way we have to view it. Therefore, if something negative happens to us, the reason is because we need that unique occurrence in order to create and prepare ourselves to receive the specific Light that's available for us today and in that moment. So, next time a negative thing happens, we can remind ourselves it is because the Creator knows that in order for our soul to find that new pathway available today, we need to go through that detour or process.



CONSCIOUSNESS FOR NEXT WEEK

The kabbalists teach that the energy of the upcoming portion of Bechukotai has the power to diminish negativity in the universe – if we are consistently going against our Desire to Receive for the Self Alone. The more difficult it is, the more Light we reveal. When we do the maximum amount of spiritual work, the Light of the Creator then makes sure our positive influence permeates the entire world. Engage in acts of sharing this week, and when you do, give it your all.

CANDLE LIGHTING

We light candles at specific times and with pure intentions in order to establish a connection to the energy available. Like flipping the light switch upon entering a dark room, the simple act of lighting candles initiates a flow of energy.

EVENING CONNECTION (KABBALAT SHABBAT)

On Friday nights, we sing songs, recite kabbalistic prayers, and consume blessed wine and bread. These acts invite the energy of Shabbat into our lives and enhance our connection to the Light.

SHABBAT DINNER

The first of three meals, we bless the wine and bread before enjoying our Shabbat dinner. These kabbalistic blessings help us connect with our inner desire to share.

BIRKAT HAMAZON (PRAYERS AFTER EATING)

After eating the first meal, we engage in the Birkat Hamazon prayer. Reciting this prayer shows our appreciation for the food and our connection to the Light.

MORNING CONNECTION (SHACHARIT)

On Saturday mornings, we gather to recite prayers and meditate on our relationship with the Light. The energy awakened by the Morning Connection awakens the spiritual force of mercy, which helps keep chaos and judgment from our lives.

CONSCIOUSNESS LECTURE

In the Consciousness Lecture, we learn about the portion of the week that will be read during the Torah reading. This lecture helps us truly understand the forthcoming teachings and explains in detail the kabbalistic principles behind the stories.

TORAH READING

The Torah is read aloud, in Hebrew, by a Kabbalah Centre teacher. The stories of the Torah are actually codes that, when decoded, transmit energy and repel negativity for the week to come.

AFTERNOON CONNECTION

In the Afternoon Connection, we engage in prayers that strengthen our connection following the reading of the Torah.

SHABBAT LUNCH

During Shabbat Lunch, we sing a number of songs in Aramaic and Hebrew, many of which were written by history's greatest kabbalists. They help us manifest the Desire to Share aspect of the Morning Connection.

THIRD MEAL

The third meal is the highest point of Shabbat, known for its tremendous healing properties. This includes a blessing for hand washing, a connection with bread, and special prayers and meditations for creating positive change within ourselves and all of humanity.

EVENING CONNECTION

The Evening Connection consists of unique kabbalistic prayer and song. These recitations bring Shabbat to a close and help us determine our energy for the new week to come.

HAVDALAH

Havdalah refers to the verbal declaration made at the end of Shabbat that is recited once the sun sets on Saturday night. We say the Havdalah to demonstrate our appreciation for the Light, and to ask it for spiritual sustenance in the upcoming week.