

BESHALACH

ABOUT THE STORY OF BESHALACH

This story describes the Splitting of the Red Sea, and it also introduces the 72 Names of God. While every other miracle up to this point in biblical history had been brought about directly by God, it was Moses and the Israelites who performed this act, which overturned physical nature. It was the first time that humanity had been given the tools to bring about a miracle, which was made possible by means of the 72 Names of God. Through this story, we learn about and are connected to the potential reality of mind over matter—consciousness controlling physicality.

MICHAEL BERG ON BESHALACH

After the miracle of the Splitting of the Sea, the Israelites sang a song, the first word of which is *Az*. And the Maharal says that this word, in two letters, is really the secret of certainty. Why? Because *Aleph*, the first letter of *Az*, represents the Light of the Creator, the one Light that is everything, and the last letter, *Zayin*, represents the number seven and how things manifest; the seven lower Sefirot, or emanations, of what is called the Tree of Life, are the levels through which things manifest into this physical world.

The word *Az* represents the consciousness of always seeing the Light as being above everything else that is happening, no matter how terrible or upsetting it may seem. In order for the miracle of the Splitting of the Sea to occur, this was the place of consciousness the Israelites had to get to. The sea, which represents the *Zayin* in this situation, of course looked horrific to the Israelites. But when the Egyptians were coming towards them, wanting to kill them, the Israelites had to know, with complete certainty, that *Aleph*, the Light, was above all of it. Therefore, there was no way that any harm could possibly come to them from the sea.

Through certainty, one connects in totality to the Light, attaching to the Endless World; one elevates and can remove oneself from this world. As such,

the consciousness of certainty is what elevates the individual, and, eventually, all of humanity, out of the clutches of pain, suffering, and death.

That is the secret of certainty: everything that is separate in this physical world suddenly elevates up to the Light. At the moment before the sea split, the Israelites became clear that there is only one source of blessings and protection, and then experienced the miracle. As such, every Shabbat Beshalach we can connect to the essence of certainty. We can become elevated and renew our focus on filling the foundation of our spiritual work with the force of certainty. That has to be the basis of every single day of our lives because that is what attaches us to the Endless, and when we attach ourselves to the Endless, we open up all the gates of blessings for ourselves. Even more importantly, however, when enough of us do this collectively, we can elevate the whole world with us.



CONSCIOUSNESS FOR NEXT WEEK

The upcoming portion of Yitro pushes us out of our comfort zone so that we attract the Light's protection from doubt and uncertainty. This week, we draw blessings by going outside of our nature and growing our desire for a stronger connection to the Light.

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 abeshalachut 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.