

# SHABBAT GUIDE

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## MIKETZ

### ABOUT THE STORY OF MIKETZ

When Joseph put his faith in the wine steward instead of the Light of the Creator, two more years were added to his time in prison. This story in the Book of Genesis begins at the conclusion of those two years.

This portion is almost always read during Chanukah, the time of miracles. Most cosmic events possess a lower level of spiritual energy than Shabbat. This is because the energy of supernal holidays is spread over an entire year, while the energy available on Shabbat is more potent because it controls a shorter period of time—one week. Therefore, when a cosmic event such as Chanukah falls on Shabbat, this event offers us a higher level of spiritual energy.

### MICHAEL BERG ON MIKETZ

The portion of Miketz, which occurs during Chanukah, helps us enhance our certainty in the Light. When we talk about real certainty, we are talking about the times when we are in our lowest state, yet still able to awaken certainty that not only will the Light of the Creator assist us, but also, more importantly, that the Light of the Creator is actually involved in the darkness we are experiencing.

Chanukah, which falls during the portion Miketz, represents the *Or HaGanuz*, the Concealed Light. The Light of Chanukah is one of being able to see not just the Light when the assistance comes, but also seeing the Light in the darkness. So, why is it called the Concealed Light? Because it is Light that is experienced in the moment of concealment, meaning that when the individual is experiencing darkness he is able to have the consciousness that, "This is the Light of the Creator in totality." We know, however, how hard that is to do; it is hard to be in a

place of darkness and still have certainty that the Light will transform our negative situation.

The secret of the *Or HaGanuz*, the Concealed Light, therefore, is for the individual to come to a state of real certainty, even in the greatest darkness. We have to really *know* that no negativity comes from the Light of the Creator.

This is the process that Joseph went through; when he came to the state where he understood that the situation he was in is complete Light, then he was able to transform it. And through the portion Miketz, and on Chanukah, we, too, can ask the Creator to give us the strength in those times that have no logic and in those times of complete darkness to be able to see it as complete Light.



### CONSCIOUSNESS FOR NEXT WEEK

The upcoming portion of Vayigash challenges us to rise above our self-imposed limitations. There is a particularly potent energy in the universe this week that can seem overwhelming, but we are fully capable of receiving it. This is a great time to reflect on self-confidence—free of arrogance or timidity—and work to inject true confidence into your words and actions.

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## CANDLE LIGHTING

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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.

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## EVENING CONNECTION (KABBALAT SHABBAT)

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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.

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## SHABBAT DINNER

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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.

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## BIRKAT HAMAZON (PRAYERS AFTER EATING)

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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.

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## MORNING CONNECTION (SHACHARIT)

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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.

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## CONSCIOUSNESS LECTURE

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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.

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## TORAH READING

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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.

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## AFTERNOON CONNECTION

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

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## SHABBAT LUNCH

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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.

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## THIRD MEAL

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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.

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## EVENING CONNECTION

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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.

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## HAVDALAH

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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.