

# SHABBAT GUIDE

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## NASO

### ABOUT THE STORY OF NASO

Naso is the longest chapter of the Bible with 174 verses. Always read before or after Shavuot, it is part of the Shavuot connection. The Naso section in the Zohar talks about the great gathering (the *Idra Rabba*)—the time that Rav Shimon spent with his students after he left the cave. The awesome Light that originates from Shavuot, the Light of Immortality, comes to us through the story of Naso.

### MICHAEL BERG ON NASO

As is explained in many of the writings of the kabbalists, Shabbat Naso is a very significant Shabbat. This portion begins to open up our understanding of the great and unique gift of Shavuot that led into this Shabbat. As Rav Ashlag says, it is the purpose of our spiritual work to begin to taste and feel the Light of the Creator with all of our senses; the power and gift of the night of Shavuot is that the entire world is given the opportunity to merit this level of which Rav Ashlag spoke.

If you give a child the most beautiful diamond in the world, for example, it means nothing because he has no comprehension of it, no way of understanding its worth. To him, it's another piece of glass. He'd probably be happier with a piece of cake. The same is true of Shavuot. If the level of the level of the Tree of Life, is revealed, but if we don't have the ability to taste it or to feel it, then it's almost like we're given nothing.

So we have to understand what was given to us in order to be able to manifest it, and what was given to us on the night of Shavuot was

the ability to truly taste and feel the Light of the Creator. Then, on the morning of Shavuot, we were given the Light. If we would've just been given the Light of the Tree of Life in the morning of Shavuot without being given the ability to feel it, manifest it, or taste it, then it would've been almost pointless. If we were able to see the great gifts that were given to us and how little we do to receive them, we couldn't handle it. We need to have the clarity that these gifts were given to us on Shavuot, and we must not allow them to remain un-received. Those are the gates that are being opened on Shabbat Naso.



### CONSCIOUSNESS FOR NEXT WEEK

The portion of Beha'alotcha speaks of a regular pathway of spiritual work, study, and development that can bring one up to a certain level—but we can go beyond the expected and will ourselves to go higher than we are able to naturally reach. This week, we can look and feel for new pathways to reach our next level more quickly. Give it your all to grow your desire for a pure soul connection to the Light, thereby creating new pathways in your life.

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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.