

SHABBAT GUIDE

PINCHAS

ABOUT THE STORY OF PINCHAS

The kabbalists teach that the Story of Pinchas is about healing. Pinchas was known as a healer because he didn't react to circumstances; instead, he thought before he acted. For us to be able to heal, we have to restrain our reactive nature. When we positively change from within, the Light activates healing tools and sends them our way.

MICHAEL BERG ON PINCHAS

There is one overriding, important consciousness that we receive on Shabbat Pinchas. It can be encapsulated in a concept known as Gilui Eliyahu, the revelation of Elijah the Prophet.

The kabbalists teach that a person cannot accomplish the purpose for which they came to this world unless they merit this revelation of Elijah; and the kabbalists teach that in this week's portion, the soul of Pinchas is awakened and becomes the soul of the prophet Elijah. This Shabbat is about attaining, or at least beginning to attain, this level of revelation of Elijah the Prophet.

Pinchas came to a point where he was willing to give up his life to be able to remove judgment; because he saw that there was death, darkness, and pain that was going to come rest on the Israelites. Because of that complete giving over of himself, he succeeds in removing the judgment. And because of these actions, Pinchas receives the gift from the Creator to live forever. And even further, it is he, Pinchas, who will be the one who will come to announce the time of the end of pain, suffering, and death in our world - what is called the End of the Correction, the Gemar HaTikun.

What this means is that without a connection to the soul of Pinchas, or Elijah the Prophet, no person, nor the world, can merit what's called the End of the Correction. If we focus on one thing this Shabbat it is to really awaken a true connection with the soul of

Pinchas, with the soul of Elijah. We cannot become the person we are meant to become without it; we cannot come to the End of the Correction without it.

How do we awaken a connection to this great soul? The answer is: through charity. But not charity as we think of it. Every single one of us has people in our lives who we don't believe deserve our time, our effort, or our gifts, for whatever reason. Those are the "poor" people that we have to give charity to; not poor in the literal sense, but poor in the sense that we don't think we should give to them. When we give to this type of poor, we are removing judgment from ourselves and creating a connection to the soul of Elijah the Prophet.

Every single one of us on this Shabbat can merit the revelation of the soul of Elijah the Prophet, and through the assistance of this soul, truly accomplish both the purpose for which we came to this world and the end to pain, suffering, and death.



CONSCIOUSNESS FOR NEXT WEEK

As we come to the portion of Matot-Masei, we learn about the splitting of the 12 tribes of Israel in order to expand the borders of the Light. As such, this is a week to expand our own inner Light by striving to see the positive touch of the Creator in every aspect of life. Remember: every thought, person, and situation that comes into our lives are sent to us by the Light to help us reach our true potential.

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.