

# SHABBAT GUIDE

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## YITRO

### ABOUT THE STORY OF YITRO

This chapter deals with the Giving of the Ten Utterances on Mount Sinai—the revelation of immortality in this world. This is the most important section of the Bible because the essence of everything is here for us in the Ten Utterances.

### MICHAEL BERG ON YITRO

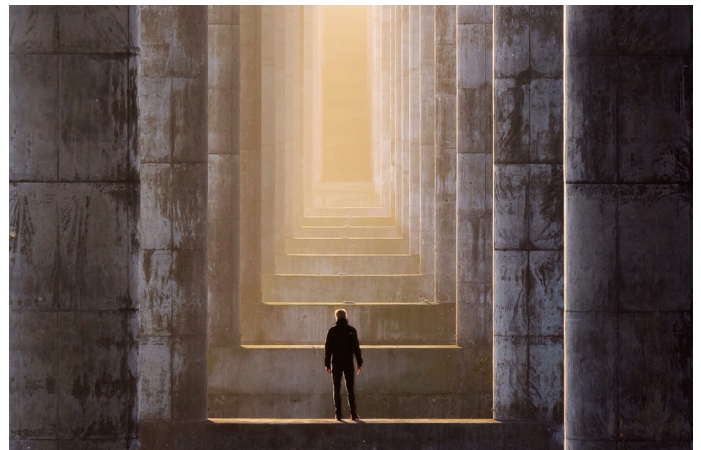
The father-in-law of Moses, Yitro was a spiritual person who had abandoned idol worship and was looking for truth. He hears the story of the Israelites going out of Egypt, and he hears the story of the battle with Amalek. And, as he is a very elevated spiritual soul, he knows that these events are the headquarters of supernal assistance and redemption needed for the world. He knows that if we want to connect to that Light of elevation and assistance, we have to connect to, and repeat, that story.

Yitro has a choice. He can stay home and use the tool of repeating that story to himself, or he can go hear that story from Moses. It is a big choice, because Yitro lives very comfortably in Midian. He is a very well-respected and well-known person. He is wealthy, has a very comfortable life, and is very spiritual. So, the question he asks himself is: There is a chance that by hearing the story from Moses I will elevate even more. What do I do?

What would most of us do? Most of us are comfortable in our spiritual work and in our connections, and every once in a while, we say to ourselves—if I push myself to go there, or if I push myself to do more, there is a chance I will elevate more. But it means I'll also have to leave all kinds of comfort behind. For many of us, the answer is often to stay with the comfort and still do the spiritual tools. But the truth we have to learn from Yitro is that if we are not constantly pushing ourselves from wherever it is—and often it means leaving some level

of comfort behind for the possibility of elevating higher—then we will never achieve the purpose for which our soul came into this world.

There has to always be this questioning of how comfortable we have become in our spiritual work, and how much we are willing to push ourselves. Yitro comes to Moses because he knows it's an opportunity for growth. He could lie to himself as most of us do. He could stay comfortable, do the spiritual work, and continue using the tools. But Yitro knew if you don't grab every single opportunity that presents itself to you, no matter what lack of comfort it is going to bring, no matter what you have to leave behind for it, you will never come to know the darkness or negativity within you that needs to be cleansed or removed. Moses tells him the story, which means that in repeating it, it opens the gate of elevation for Yitro. And Yitro begins to elevate.



### CONSCIOUSNESS FOR NEXT WEEK

The upcoming portion of Mishpatim teaches us the importance of helping others we dislike. When we assist others who we like or want to assist, we reveal some Light. Yet when we help those people we don't care for much, or when it's truly difficult and not convenient to help, we reveal a tremendous amount of Light. This week, look for situations in which you don't want to assist others and pounce with every spark of Light you can muster.

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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.