

KI TETZE

ABOUT THE STORY OF KI TETZE

"*Ki tetze la milchamah*" literally means "When you go forth to war." Ki Tetze reminds us to always be aware of the fact that we are in a continuous battle with the Negative Side. Our awareness is the first step—and indeed, a crucial one—to winning this war.

MICHAEL BERG ON KI TETZE

The battle that is spoken about in the portion Ki Tetze, the Zohar tells us, is the battle of the individual against what is called the Negative Inclination, or the Desire to Receive For the Self Alone. And, as we know, we are in the month of Virgo, the month of cleansing, so I am hopeful that this teaching will reawaken and strengthen the process of our own individual teshuvah, the process of looking inside.

Rav Naftali Ropshitz teaches that when a person goes through a process of teshuvah (correction, beginning with introspection) and feels great regret for the negative actions he or she has done, one of the most important spiritual teachings to remember is that whatever we do in this world, positive and negative, occurs in the Upper Worlds, as well. Every action that an individual does awakens the similar action in the Upper Worlds.

It says about the month of Virgo that we come to the Creator, and the Creator assists us. We need the Creator's assistance. What does that mean? When each of us goes through our own process of teshuvah, we awaken real pain and regret, and in so doing, force the Creator to also do teshuvah. When we do teshuvah in this world, when we have regret and pain over negativity that we have done in this world, we cause the Creator also to have regret. We need the Creator to regret and have pain for the creation of the Desire to Receive For the Self

Alone. And the greater our pain and regret for the actions that we have done, the greater the regret the Creator has for the creation of Desire to Receive for the Self Alone and Negative Inclination, and the more that force is removed from this world.

This is a beautiful, powerful, and hopefully, practical teaching. We now understand there is no limit of pain and regret that we should have for our negative actions, because every ounce of regret and pain for our negative action benefits us by allowing the Creator to have greater and greater regret and remove more and more darkness, negativity, and selfishness from both our lives, and the world.



CONSCIOUSNESS FOR NEXT WEEK

Ki Tavo, the next portion in the Zohar, speaks of the infinite quality of truth. When we are living our truth—focusing on the truly important things like family and sharing with others—we attract the purest Light. This week, focus your energy on the crucial aspects of your life that you want to last forever.

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.