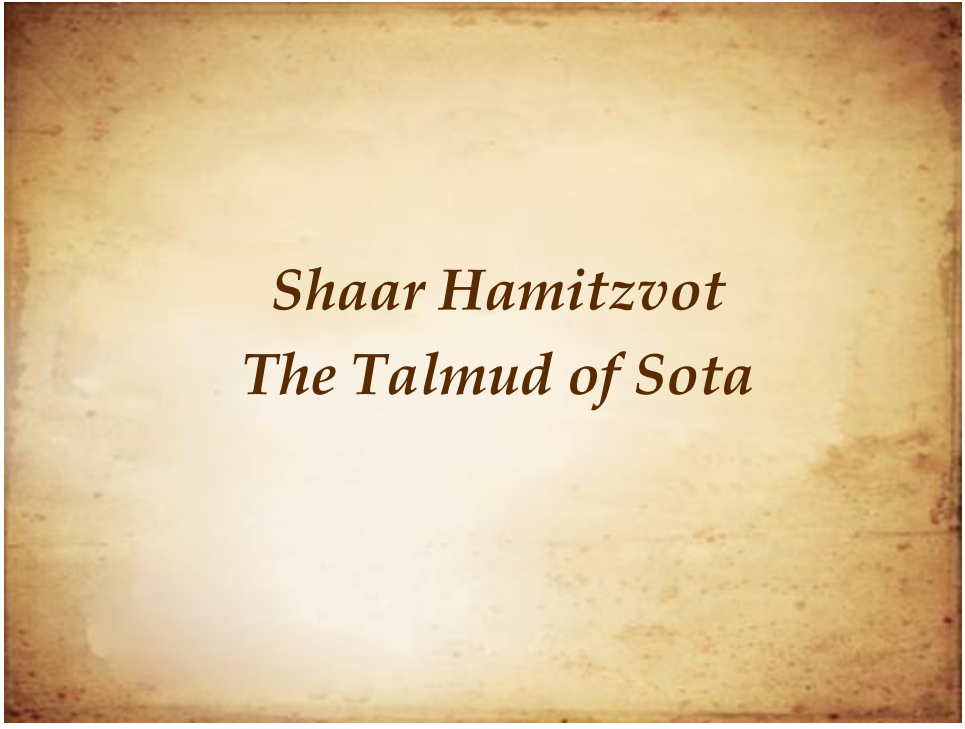
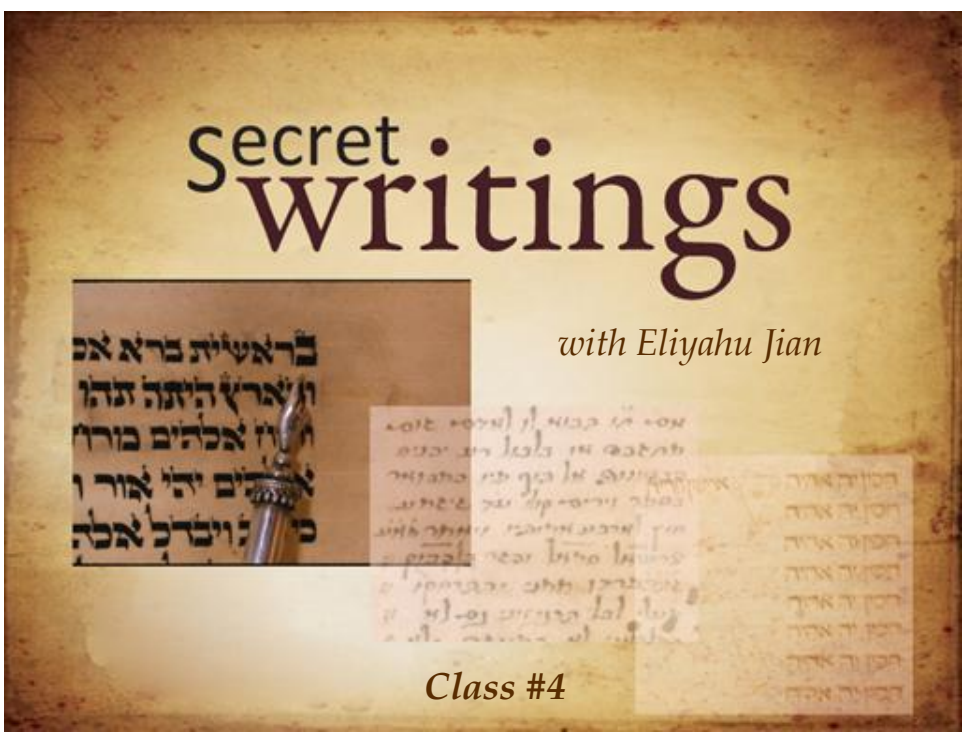


Secret Writings Part 5: Gates of Mitzvot

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THE KABBALISTIC WRITINGS OF THE ARI

I would like to start with a story that I heard from Israel about a lady who was told by the rabbis to not read the Zohar or the books of the Ari. But she did, she opened the pages and she was scanning diligently every night. With out realizing it she was scanning not the text of Zohar but the dedications that people wrote. From this she started having powerful dreams night after night of the Ari telling her where to scan



THE KABBALISTIC WRITINGS OF THE ARI

What did I learn from this?

The Power of Simplicity. When you really want to study the Zohar or the Ari, the gates of heaven will be open to you.



THE KABBALISTIC WRITINGS OF THE ARI

Shaar Hamitzvot - Gates of 613 precepts or good actions

There are 613 precepts or good actions that as a human you are recommended to do.



THE KABBALISTIC WRITINGS OF THE ARI

Why 613 mitzvot?

248 organs

365 ligaments

They connect to the organs and ligaments in our body and if there is a problem, the kabbalist can tell where the correction needs to happen. Each mitzvah connects to a different part of body. For e.g.: sciatic nerve is connected to Satan and negative actions.



THE KABBALISTIC WRITINGS OF THE ARI

Says the Ari, you should do each of the 613 mitzvot except for the ones you cannot do like sacrifices (which are not done any more) or divorce (if you love your spouse).



THE KABBALISTIC WRITINGS OF THE ARI

Why? Mitzvah is not the goal; the mitzvah is a tool. We are using the tool to be able to reveal the Light that we need. Understand this a religious person does it to do the mitzvah; a spiritual person understands that the mitzvah is just a tool or opportunity to reveal Light. (Their 2 types of mitzvot – mitzvah barata from the torah, and mitzvah d'rabanen from the Talmud. Mitzvah barata is from the creator and mitzvah d'rabanen is from the sages after great-learned discussion)



THE KABBALISTIC WRITINGS OF THE ARI

You must do every mitzvah with excitement and an understanding of what you are doing. There is the Guf Hamitzvah (the body of the Mitzvah) and there is the Neshama Hamitzvah (the soul of the Mitzvah). You are not getting the Neshama of the Mitzvah unless you do it with happiness.



THE PRECEPT OF *BIKUR CHOLIM* (VISITING THE SICK)

There is a precept that came from the Torah of Bikur Cholim, (visiting the sick).

Says the Ari, when a person gets sick it is because one of the 50 points of Lights in their body is missing (every healthy person has 50 points of Light in their body and when one is missing they become sick). When you go to the bedside of a sick person (bed) the letters also spell the word for death in Hebrew, which equals 49. When you go to the bedside of a sick person you are going there to bring back the point of Light missing from their body and through that you reveal Light for himself and for yourself.



THE PRECEPT OF KVUYAT HAMET (BURYING THE DEAD)

This precept reveals so much Light because it is totally unconditional – you are not getting anything from that person in return. Explains the Ari, You have to meditate as you bury the dead that all the negativity that exists from that person and from you will be removed and you will be clean from the dirt of Cain. How do we know this? Because when you rearrange the letters in Cain you get the word Na-ki clean (the letters in the name Cain and the letters in the word clean in Hebrew are the same) and that is the consciousness you should have.



THE PRECEPT OF TSADAKAH (CHARITY) צדקה

In the month of Elul is the time for a person to really give charity

*is a back to back of a Nun and a backwards Yud which comes from the word Dal (poor)
first letter in the name of Cain
first letter in the name of Abel*



THE PRECEPT OF TZADAKAH (CHARITY) צדקה

So the reason Tzadakah is such a powerful precept is to protect you, it is not for others. Do not give tzadakah from fear it is an understanding of what you are doing and where is your consciousness – you must do tzadakah with an understanding of what you are doing and you must do it with excitement of what openings you are creating. Connect to the Neshama of the Mitzvah and you will see miracles.



THE PRECEPT OF TZADAKAH (CHARITY) צדקה

The Hebrew word Tzadakah is the only word that when you do the Hebrew numerology of atbach, the word still remains as Tzadakah. The Ari writes, that when you do the mitzvah of Tzadakah, the word Tzadakah is written on your forehead for the angel of death skips you.

Do Tzadakah with enthusiasm to get the maximum amount of Light.



THE PRECEPT OF TZADAKAH (CHARITY) צדקה

The Ari writes, in The Talmud of Sota, if you start doing something good and you don't finish it and someone else finishes it, he gets the Light. For e.g. if someone builds 95% of a sukkah and you leave it for someone else to put the schach (material used as a roof for a sukkah). He gets the Light for this mitzvah.



THE PRECEPT OF STUDYING (TORAH)

One of the most important precepts you can do is study and explains the Ari, when you study in a group you get the Light of the entire group.

It is also important to study Zohar with a partner or a mentor or a teacher even for five minutes a day.



THE PRECEPT OF LOVE YOUR NEIGHBOR AS YOURSELF

This is not just good behavior; this is a precept. It says that all the souls are one – and it says kol yisrael arayvim ze la ze – we are all accountable for one another. Wherever we are in the world we are all connected and the Light we reveal affects everyone and the crimes we commit affects everyone.



THE PRECEPT OF LOVE YOUR NEIGHBOR AS YOURSELF

That is why it is always better to pray in a group. Rosh Hashanah especially is one of the holidays where you don't want to find yourself praying alone – when you are alone it is very hard to beat Satan. So the Mitzvah of Love thy Neighbor as Thyself is something you are doing for you and for the universe.



THE PRECEPT OF RETURNING SOMETHING THAT IS LOST

You can reveal Light by returning something that someone lost. You cannot look aside when you find something that is lost. There is a reason you found it. It is not about being nice – your battery is running low from Light and you need to reveal Light by bringing back to the person what they lost. There are thousands of people; it is not an accident you found that wallet and nobody else did.



THE PRECEPT OF RETURNING SOMETHING THAT IS LOST

It says, with something like this that appears small, if you don't do it, you may have to go to another lifetime. Why? Because whom ever is not clear on what belongs to them, when they die, their soul will get lost above. That is how it works; if you don't see – they don't see. So again, it is not about doing good, what ever we do it is not about good and bad, it is about creating a new reality.



THE PRECEPT OF RETURNING SOMETHING THAT IS LOST

Negative Things You Should Not Do...



AVON AL L'TSANUT (BEING A CLOWN)

It is OK to make people laugh but being a clown means someone who is trying to be funny so that people will see and think he is funny. The Ari explains, there are two things this person is doing by acting like a clown: the first negative thing he is doing is not studying, not revealing Light, and wasting time. The second negative thing he is doing is that he just drawing in energy to feed his own ego. What this person is asking the universe for by acting this way is to increase the level of judgment and increase the level of negativity in his life.



CHACHACHIM (BEING A SUCK UP)

What is wrong with them? The clowns at least say the truth. The Chachachim tell lies just to make their friends like them. The Ari explains, a person who is like this totally removes the Light away from his life.



SHAKRANIM (LIAR)

Shakranim are worse than Chachachim. The Ari Explains, a person who tells a lie cuts away the nourishment not only for himself but he also cuts away the nourishment from other people.,



LASHON HARA (GOSSIP)

(Gossip is when you have the intention to hurt someone or build yourself up.)

Gossip is worse than lying. The Ari explains, Lashon Hara is worse than idol worship, idolatry, and killing someone. This is considered the worst act a person can do. It is killing your friend when you speak about your friend and you take away all the Light.



LASHON HARA (GOSSIP)

We have to understand why.

Why is lying not as bad as gossip? Lying is also murdering someone. Why is gossip, which is the truth, worse than lying? The Ari says, the lie has no legs - it has no power and it will eventually disappear, it has no energy of its own. But gossip, the truth, when you spread that, you are killing yourself, you are killing the people who hear it and it spreads around like an epidemic.



HOW TO ACT IN A PLACE OF PRAYER

Explains the Ari, when you are coming into the place of prayer on Shabbat, you must stop at the entrance at least for 10 seconds. Why? Because if you just walk in it would be like you are walking onto a living room or a lecture room; If you believe it is a meeting with God than you must show your face in a serious manner with a level of respect. Be social in the lobby. When you don't come in with a level of respect, you cannot draw the same level of Light.



HOW TO ACT IN A PLACE OF PRAYER

The Ari continues, by coming in this way, you will be able to complete the level of Yesod (which is our funnel to draw the Light).

Also in those 10 seconds, take the time by meditating on the first verse of the Ana B'koach to open your heart.

