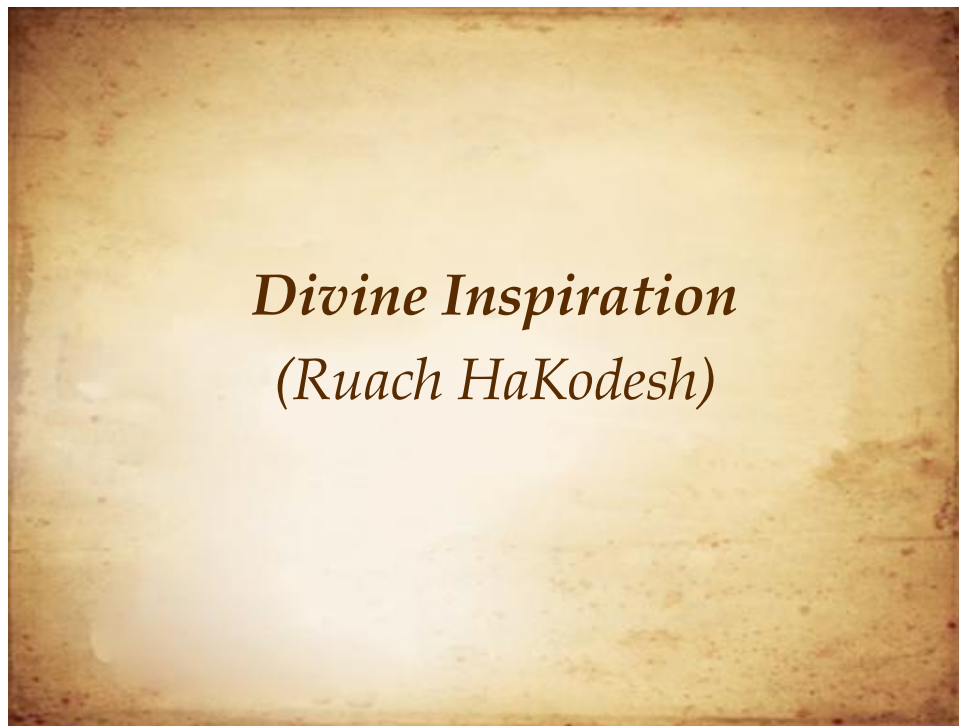
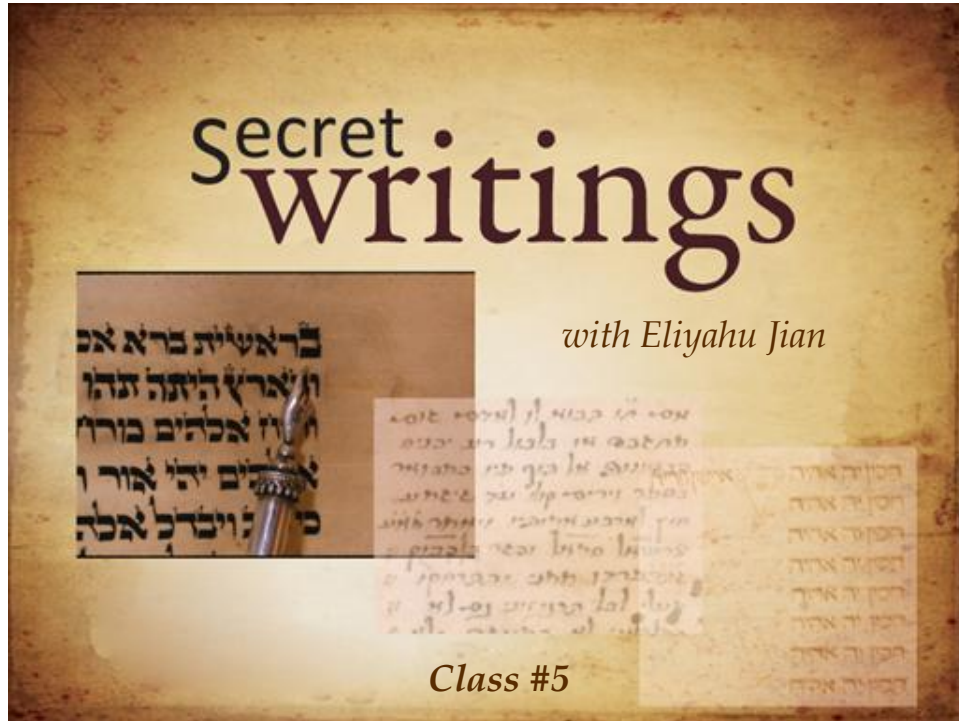


Secret Writings: The Gates of Divine Inspiration

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SHAAR RUACH HAKODESH

The one who gives the message can come in many way – people, teachers, dreams, flashes of thought... Based on our ability is how we receive it.

The message always comes from the Light but there are times where it can come from the dark side if it comes from the wrong filter.



HOW DO WE KNOW IF THE MESSAGE IS TRUE?

We are not busy figuring out where the message comes from but we are busy working on ourselves and then the message comes to us. It depends where you are in your consciousness.

The Ari explains, when a person is elevated and he is studying and doing the best he can to pray and make connections, everything this person does creates a duality (in the upper worlds). So for example if he hits a table and creates a noise, he is creating an angel. Everything you do can create an angel from a sound, from your behavior, from your thought.



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HOW DO WE KNOW IF THE MESSAGE IS TRUE?

The Ari further explains, there are angels created by the Creator and there are angels created by human beings. Angels created by human beings are based on what we think, what we say and how we act. If a person appears to do positive actions on the outside but internally his consciousness is not pure, the angel he creates will not be correct internally and this angel will be a mix of good and bad. This angel will not deliver a clear message. Everything is according to how we act. When we study to create Light, we will create angels.



HOW DO WE KNOW IF THE MESSAGE IS TRUE?

But, why are you studying? If you are studying for the purpose of creating Light, then the angel you create will be very pure and powerful; every time you need an answer he will talk to you and you can trust this angel.



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MAGIDIM

The Ari Continues, This is the secret of the angels that are revealed to us. They can tell us the future and secrets. There are many kinds of elevated forces that are going to tell us the future, but these angels that are revealed to us are called Magidim. We create these magidim only when we study (spirituality). Some people will not have the merit to meet these angels - everything is based on our actions and our behavior if these magidim will be revealed to us. Some magidim are honest and some are liars. Some are a mix of truth and lies. When a person acts good and bad at the same time, he creates an angel that is a mix of good and bad. So remember this when you are studying, meditate on revealing life.



DIFFERENT LEVELS OF MAGIDIM

- *Magidim from the World of Actions (Olam Asiyah)*

*Created by tithing and doing charity
What is your consciousness at this time? If you are scared, you create a magid that is scared. If you are filled with love and enthusiasm, you create a magid that is filled with love and enthusiasm*



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DIFFERENT LEVELS OF MAGIDIM

- *Magidim from the world of studying (Olam Yesirah)*

Just by studying Zohar and Torah we create magidim



DIFFERENT LEVELS OF MAGIDIM

- *Magidim from the world of thoughts (Olam HaBriyah)*

Where is your consciousness? Where are our thoughts when we study? Often our mind wanders when we study.



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DIFFERENT LEVELS OF MAGIDIM

When you study the Zohar start by thinking and saying that you want to bring Light. If you are studying the Zohar because you want more money, or a soul mate that is ok too. It is just from a lower level (Olam Asiyah). Studying with the thought and intent to create Light is the highest level (Olam HaBriyah). Understand that if you bring a magid from the Olam HaBriyah, the messages you get will bring you everything.



HOW DO YOU CHECK WHERE YOUR MAGID IS COMING FROM?

*Light a candle, be by yourself. Ask the Magid, tell me something new or tell me a secret about Sh'ma Yisrael or the Ana Bakoach, or this portion. The Ari Explains, **if the magid is able to explain it to you, then you can listen to him. If your magid cannot explain the Torah in secret, do not listen to him.** You created him - get rid of him. If he does, then ask him about your tikkun.*



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HOW DO YOU CHECK WHERE YOUR MAGID IS COMING FROM?

The Ari explains, the voice of Divine Prophecy (Ruach HaKodesh) is a voice that it sent from above and you would not be able to hear the prophecy in the voice from heaven because you wouldn't be able to hear it or understand it, so is dressed up in your own voice so that you can hear it. When you study the Zohar read aloud, (if you cannot read the Aramaic, read the Hebrew, if you cannot read the Hebrew read the English) the sound of your voice becomes a dressing (a livush) for the inspiration from the world above.



HOW DO YOU CHECK WHERE YOUR MAGID IS COMING FROM?

Sometimes, if you have earned it, the voice will be dressed in a voice of a righteous person that has the same roots of your soul,

A few things we learn from this; your actions, your thoughts - create entities. Its not about it being the right thing to do- its to have divine inspiration come to you.

On Rosh Hashannah and on Yom Kippur we have an opportunity to ask for this.



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FACE READING

The Ari explains, whenever you ask a question, the answer appears on their forehead.



HAVDALAH

The Ari explains, when a person smells the myrtle leaves, he can tell by the smell where the soul came from - where ever the smell lingers - your hands, your face, your arms, your shoulders...is the where your soul comes from. Sometimes the smell comes later - sometimes the smell feels close to you and sometimes it is distant from you. The idea is where does your information come from? Where is your filter?



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HOW TO RECEIVE DIVINE INSPIRATION?

1. *Ana Bakoach*

Doing the Ana Bakoach twice a day and scanning the angels is how we unlock the filter to connect to the magidim. Meditate on the names of the angels and these names will be with you for the entire day. Also, there is a different line of the Ana Bakoach that corresponds to each day. If you are in a difficult moment, meditate on the line that corresponds that day and it will open the gates.

The Ari advises, when you do the meditation of Ana Bakoach in the morning meditate on devikut – cleaving your soul to the Light



HOW TO RECEIVE DIVINE INSPIRATION?

2. *Birkat Hamazon*

Divine inspiration also comes from doing the last blessing – Birkat Hamazon with great excitement. This is often over looked because people are satiated just having eaten but it is one of the most powerful connections.



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HOW TO RECEIVE DIVINE INSPIRATION?

3. Do not fall into sadness and depression

The Ari explains, "Who ever really wants Divine Inspiration, you must be careful not to fall into sadness or depression no matter what happens. There is nothing worse than sadness for blocking divine inspiration. The Kabbalists used to start studying with a joke to bring happiness and open the gates. When Jacob thought he lost Joseph, he became so sad, that he who had the greatest Divine Inspiration was unable to see that his son was alive because of his sadness. So before you ask something from your magid, laugh and be happy.



HOW TO RECEIVE DIVINE INSPIRATION?

4. Do not get angry

The Ari explains, Anger damages the whole soul and we lose everything we create so far. The Ari actually says, Anger is one of the worst addictions.



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HOW TO RECEIVE DIVINE INSPIRATION?

5. Have Humility

When you study, it is to connect your soul to the Light of the Creator. It is not about knowing more or gaining more insight – just meditate on connecting to the Light of the Creator. We need to walk around like I am the last one on the list. Meaning the more pride and respect we get, the less divine inspiration we have. Every day take a moment alone to look at the sky and be inspired and awed by how big everything is and how small you are.



- RAV ZUSHA STORY -

The head rabbi of a community was invited to do the wedding of someone in the community. This rabbi said of course I will do it but someone needs to come pick me up for the wedding. No one showed up to pick up this rabbi so he thought you know what, I will show them; I am going to be late for the wedding. They will have to wait for me.



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- RAV ZUSHA STORY -

The head rabbi came an hour late and saw someone else doing the wedding. They saw him then and apologized but explained that they didn't think he was coming so they went ahead with the wedding and they had given away his honored seat at the wedding. So they quickly made a seat for him with the musicians and they quickly scrambled to make him a plate of left over food.

At that moment this rabbi hated the world, his life, his wife, everyone.



- RAV ZUSHA STORY -

At the same time the man who ended up performing the wedding was Rav Zusha. Only a few hours before the wedding, the family came to him to invite him to the wedding because they had an extra seat. Rav Zusha thought, wow they invited me to the wedding; I'm not that important, I should rush to get there on time. The family was worried when the other rabbi did not show up, they came to Rav Zusha who ended up sitting and being in the honored seat for the evening.



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- RAV ZUSHA STORY -

The head rabbi came to Rav Zusha on Shabbat upset and asked – how come I am the head rabbi of a community and I don't get respect form the community and you are a small rabbi and you get all the respect?



- RAV ZUSHA STORY -

When you look for pride and respect or to be number one on the list, you will not know right from wrong anymore. Your magidim will be confused day and night.

We have to be careful from ego and pride (Gaavah) – there is no human being who does not have this disease.

When you go to sleep think of all the negative things you did that day and study some Zohar.



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HOW TO RECEIVE DIVINE INSPIRATION?

6. Study what you don't understand

The reason some don't have divine inspiration is because of our klippot. How do we break the klippot? By studying the part that you don't understand because there is no ego there when you don't understand something. Your magid will be so pure and so strong at that point that he will teach you that section.



-STORY OF THE RABBI ELIMELECH OF LIZHENSK-

Rabbi Elimelech of Lizhensk was on such a high level that he was not allowed to get any enjoyment from what he studied. One time he read a section in the Zohar and from the Ari and he said 'Wow'. At that moment a voice came from above that said, "you just lost your part in heaven (Olam HaBa)." So Rabbi Elimelech of Lizhensk responded by picking up the two books and reading it allowed dancing with them around the room and singing. He then heard a voice say, "you just received your part back in the Garden of Eden."



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-STORY OF THE RABBI ELIMELECH OF LIZHENSK-

What's the point of this story?

He was so happy because now he knew he could study with out conditions – he wasn't getting anything out of it. What is spiritual? Its not anymore what am I getting out of it. If we really understand the Light and how vast it is, you would see how small it is to remind the Light of your soul mate or having more money. King David said I want to be in the House of the Creator no matter what. There should only be one thing to ask for – ask to be close to the Light. If you are close to the Light you would not have to ask for anything –you will get it all.



-STORY OF THE RABBI ELIMELECH OF LIZHENSK-

So why do we ask for these things in our daily prayers and connections?

To awaken a desire from with in –It is not to remind the Light. There are two kinds of Asking: one is to awaken the desire within us; the second is to remind the Light. If you want to remind the Light you are not doing the right thing. Ask because you want to be closer to the Light.



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-STORY OF THE RABBI ELIMELECH OF LIZHENSK-

The Ari explains, When you do your prayers and connections to the Light every day, don't think about anything but staying connected to the Light



HOW TO RECEIVE DIVINE INSPIRATION?

Why the Mikvah?

Because every day we have klippot. Women can handle it a little better than a Man – a man cannot go longer than three days without a mikvah before he loses his Divine Inspiration. A woman's Mikvah is more powerful and it purifies everything – even the Ibur. When a person goes in a Mikvah, every hair on the head has to go under or the water because the klippot will stay attached to even that one hair.



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HOW TO RECEIVE DIVINE INSPIRATION?

What is the meditation you should have when you go to the Mikvah?

The Baal Shem Tov writes that to really gain Divine Inspiration, one must go to the Mikvah with a broken heart. Why? Because you have to feel and to be disgusted by our own actions and our own negativity, it says if you go to the Mikvah with ego, it is as if you are going with a lobster in your hand. But if you go with the shame of your negativity, your thoughts, your judgment, your behavior – if you go to the Mikvah broken – you come out alive!

CONTINUED...



HOW TO RECEIVE DIVINE INSPIRATION?

What is the meditation you should have when you go to the Mikvah?

The tsadikim used to go to the Mikvah crying with shame for any pain they may have caused a neighbor. The more humble a person is going to the Mikvah, the more aware he will be of what is going on around him. The more ego one has, (how high up you are on the list) the less one is busy with spirituality.



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HOW TO RECEIVE DIVINE INSPIRATION?

When you go to the mikvah be disgusted with your actions and meditate on removing your ego -Gaavah.

It is very important to do the kavanot for the mikvah before you go into the mikvah even if you do not understand it.



THE ARI OFFERS OTHER IMPORTANT INSIGHTS:

- *Every day a person has to give charity Tsadakah – even a small amount*
- *Try to find someone who is wicked and try to change him or her – try to make him or her more spiritual. If you help someone become spiritual – you get divine inspiration.*
- *Make sure who is ever is close to you (the Ari specifically notes friends), respect them like they are a king or a queen.*



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