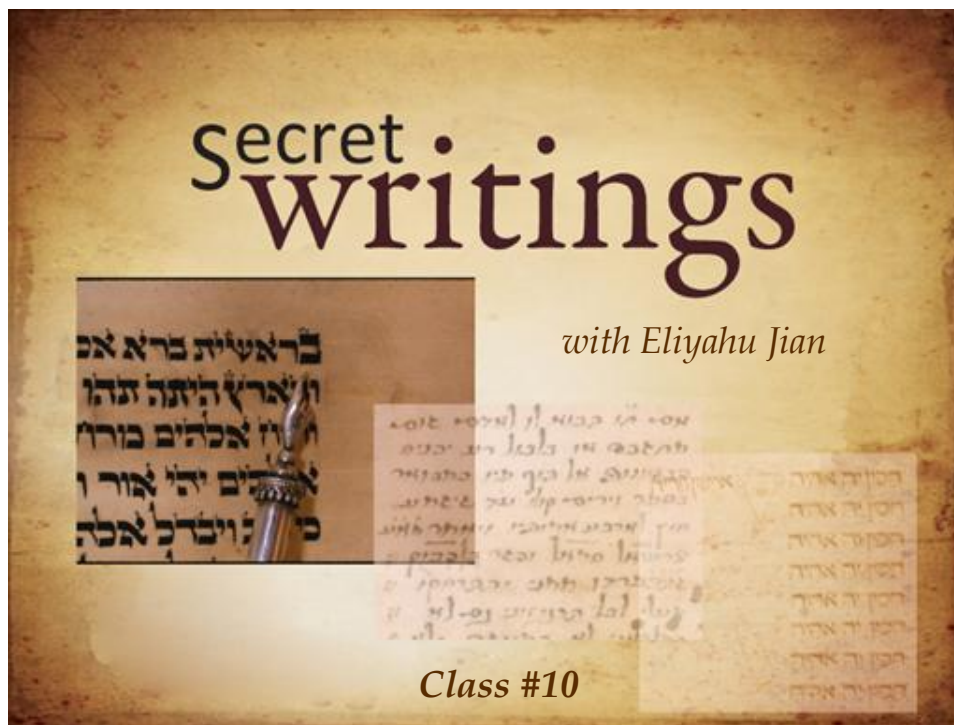


Secret Writings Part 10: The Gates of Meditation and Fruit of the Tree of Life

Power of Prayer November 11, 2009



PREPARATION TO CONNECT

The Ari discusses the preparation you need to make prior to Tefilah.

(Volume 1, page 2).

The Ari says, "First and foremost, you are not allowed to come to pray when you are depressed. If you come this way to pray, your soul will get no Light from whatever you meditate on. A person is allowed to get sad only when you are thinking about what you did wrong, about all the people you hurt. But in most of the prayers, a person who prays with depression is drawing big damage into his soul through his sadness.



PREPARATION TO CONNECT

But at the same time, you cannot come like a clown to pray. You have to have an acceptance or surrender to the authority of the Light.

While you open the siddur, you have to be as happy as possible like a servant who serves his master with happiness. (Think of a waiter who is miserable and sad while serving you - how do you feel?). If you pray with sadness you will get tired but if you do it with happiness, it will last a long time - the completion of getting all that you wish depends on this one action of being happy when you come to pray.



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PREPARATION TO CONNECT

Second, before a person starts with tefillin or the Ana Bakoach, you have to accept that you love people as they are and that you love everyone like you love yourself 'vehavta rayecha kamocho' because then your prayers will reach the highest level to bear fruit. "

(If you are not able to love everyone, love your community, if you are not able to love your community, love the people you are studying with.)



PREPARATION TO CONNECT

Everyone has to feel like we are the organs of each other (one is the head, one is the eyes, one is the ears). If someone has relationship problems, or money problems, or health problems everyone there has to feel that pain of their friend and understand that part of their prayers has to include this person. Include your friends in your prayers as if they are doing it with you - before the 'mode ani.'



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WASHING HANDS IN THE MORNING

In the morning there is a klippah on your hands when you wake up- the name of this klippah is Shiftah . This klippah is the daughter of a king and she does not leave your hands alone until you do it right.



PREPARATION TO CONNECT

R' Chaim Vital explains, that my teacher, said to make sure this is every morning – because there is no way you will not reach a place of love for each other and it is impossible that you will make the connections without feeling this love for each other.

When you come to Shabbat and you are sitting in the war room, you have to feel happy to be privileged to be in the room with the Light and have respect toward the Light as if you are in a room with the king- if you need to speak, speak in a whisper.



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WASHING HANDS IN THE MORNING

Why is she there?

First, to bring poorness to your home – Because hands represent money and when you say the prayer 'al netilat yadaim' the first letter of each word spells out an-ey or which in English means 'poor' – so while you do this meditate that you will wash the poorness from your hands and your home. You remove that klippah..



WASHING HANDS IN THE MORNING

Some Kabbalists used to leave water under their bed to do it first thing in the morning – but you must cover the water because water that is left open after midnight becomes negative and loses its power. You cannot drink water left open because it absorbs whatever is around and it becomes filled with klippot. DO NOT LEAVE OPEN WATER IN YOUR ROOM AT NIGHT BECAUSE IT BECOMES A PORTAL FOR NEGATIVE ENTITIES.



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HOW TO GET DRESSED IN THE MORNING

The way you get dressed in the morning is important:

Clothing: *If you put on 2 pieces of clothing at the same time you lose your memory or if you leave clothes under or on your pillow while you are sleeping you lose your memory. (So first put on the shirt and than the jacket)*

Why? *Because all your clothes have your energy in it- every energy has a klippah on it. If there are two shirts together the klippah gets stuck and has nowhere to go but back to you.*



HOW TO GET DRESSED IN THE MORNING

Shoes: *First put the right shoes than the left shoe then tie the left shoe than the right shoe. (The reason for this is because there is a machloket or disagreement around this – some say you put the right shoe on first and some say end with the right shoe first so when you do it that way both are covered)*

The Ari explains that this is all about a connection to Binah. There is an angel that connects to you while you are putting on the shoes –DO NOT SAY THE NAME OF THIS ANGEL OUT LOUD – but the angel's name is Sandalfon. Meditate on this angel in the morning when you are putting on shoes.



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HOW TO PRAY

Prayer is Technology

*Morning - Wash your hands releases the klippah of Shiftah -poverty
- Going to the bathroom releases some of the klippot
(You are attacked by klippot while you sleep)*

The Morning Prayer is to climb olamot (worlds)- climbing through different worlds - Olam Asiyah to Olam Yesirah to Olam HaBriyah to Olam Atsilut and back down through the worlds in that same order.



HOW TO PRAY

The prayer book is called a siddur from the word seder (order). You are putting your life in order. This is technology. (Notice when you come to the Amidah in the prayers, your two legs are together and you don't move. Why? Because you are in Olam Atsilut, which is a very high level, so you don't need to move. Movement implies lack. At the level of Atsilut there is no lack - you have reached the peak. In the Ain Sof (the endless world) there is no movement anymore.



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HOW TO PRAY

The consciousness and awareness between Briyah and Atsilut should be no conversation. This is not to be polite. There is a very thin wire between you and the Light while you are ascending these worlds and when you converse, you cut the wire.

This information should not fill you with fear but with excitement and happiness – not talking because it destroys the order in your life. Someone else talking that disturbs you is not as bad as you talking and disturbing yourself.



HOW TO PRAY

During the Torah reading it is a must not to speak. We call it a war room because you are fighting for your life every week – fighting for order in your life.

(Olam HaBriyah begins at Yishtabach just before the Sh'ma that is when it is most important to get silent through the Amidah where we in Olam Atsilut)



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KADDISH

*Olam Asiyah is the World of Actions
 Olam Yesirah is the World of Studying and
 talking
 Olam HaBriyah is the World of Thoughts
 Olam Atsilut is the World of Concept before it
 even becomes a thought.*



KADDISH

*How do we make a shift from one world to another?
 Through the Kaddish*

Why Aramaic?

This is the one language that the Angels do not understand. Meaning, this connection comes from the back door (Achronaim). Angels only understand prayers coming from the front door to God. So we make a direct connection to the Light by bi-passing the angels.



KADDISH

Also, when you say Yhei Shmei Mevorach Leolam Vaed...out loud, it is promised that the angels will tear up all judgments against you in the last 70 years.

AMEN creates the bridge to be built well between the worlds and you remove a lot of judgment away from yourself.



THE CONCEPT OF STANDING IN FRONT OF THE CREATOR

עומד אתה מי לפני דא

When you walk into the room, YOU MUST understand that there is energy there. The amount of happiness, health, and success that you have all depends on the amount of Light you are revealing. You are not alone in the room. There are angels there; there are Iburim there; so you must show some respect. It is not about the people. The Light there can supply you with everything you want. You are in the chamber of the King and you now are going to talk to your friends? That is a waste.



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THE CONCEPT OF STANDING IN FRONT OF THE CREATOR

עומד אתה מי לפני דא

The Rav always stressed being as quiet as possible during the Kaddish and the Amidah.

Amidah is in Atsilut.

Kaddish is to help us bridge the worlds.

The Torah is the only way we can get life.



TORAH

We read Torah four times a week – Mon, Thurs, Sat morning, Sat afternoon

Framework: *The Torah reading starts on Saturday afternoon. This is the seed level of the every reading. This is the highest connection of Shabbat (Bircha of Shabbat).*



TORAH

On Saturday afternoon, the first Aliyah, is Chochmah, Binah and Da'at.

On Monday we climb to Chesed, Gevurah and Tiferet

On Thursday we climb to Nesach, Hod and Yesod

On Shabbat morning we have Malchut

Malchut is divided to seven levels, which is why we have seven Aliyahs (seven men who come up to the Torah) and then we have the Maftir.



TORAH

What is the purpose of the Torah?

The Ari, explains, it is good to look at the letters and if you are able to look at the letters of the Sefer Torah you receive light directly into your soul.

Every day there is a different energy. It is at its highest point Saturday afternoon and it goes down and on Wednesday it climbs again.

On Tuesday and Wednesday it is Olam Asiyah

On Monday and Thursday it is Olam Yesirah

On Friday and Sunday it is Olam HaBriyah



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TORAH

Because Monday and Thursday has to do with Olam Yesirah which is Ze'er Anpin, our job is to read the Torah on Monday and Thursday because this is the time we are receiving the energy for the whole week. The whole protection for the week is hearing the Torah on a minimum on Shabbat and on Mon and Thursday for the full energy (for the men).



TORAH

So, for e.g., when the chazzan says now the Aliyah is Chesed – know what it means:

The Aliyot cure you –they make your life in a better place. Come with the consciousness that your life depends on it.

1st Aliyah: Chesed -

2nd Aliyah: Gevurah -

3rd Aliyah: Tiferet – for balance

4th Aliyah: Nesach -

5th Aliyah: Hod -

6th Aliyah: Yesod – for all the nourishment, all the protection

7th Aliyah: Malchut -



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SH'MA READING AT BEDTIME

Important prayer before going to bed – to be repentant for all of the things you did during the day to hurt anyone else. Confession between you and yourself and then you do the Sh'ma (in more detail in the Dialing God book),

You are cleansing your soul from your negative actions and your soul can get a better elevation to the level of Binah.

It is also always good to read the Zohar before you go to sleep but the Sh'ma reading at bedtime is imperative.

