


Class 12

**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

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



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 -



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.



Gates of Reincarnation

(Sha'ar Hagilgulim)

Gates of the Holy Spirits

(Sha'ar Ruach HaKodesh)

Teshuvah (Repentance)

Connection to the
Tsadikim (Righteous)

THE KABBALISTIC WRITINGS OF THE ARI

(Ch. 21) The Ari explains, *"The whole aspect of Teshuvah (repentance) is in 'Ima (Mother)' which is Binah and the whole aspect of Gilgul (reincarnation) is in 'Aba (Father)' which is Chochmah.*

Any time someone commits a crime and repents, then the Upper Mother or Binah, has the power to make us able to do the correction for the crime in this life without having to reincarnate."



THE KABBALISTIC WRITINGS OF THE ARI

We have to understand a concept first; the Ari talks about a sin, in Hebrew averah, which comes from the Hebrew word laavor, which means to cross over. So whenever we commit a sin (a crime or a sin is according to what is written in the Torah or the Talmud - there are 613), we take Light from the upper worlds and bring it to the lower worlds or the dark side.



THE KABBALISTIC WRITINGS OF THE ARI

That is what a sin or a crime does – 2 types of crimes we commit – either things we should not do and we do them or the things we are supposed to do and we do not do them. There are 2 sides to us and while sometimes we need to restrict, other times we need to initiate to do good. Because human beings have the nature to be both, if you have the ability to love, which is a beautiful gift, you also need to know that you have the ability to love the wrong thing.



THE KABBALISTIC WRITINGS OF THE ARI

The Ari talks about the sin of swearing or making a commitment to something and you didn't do it, if you didn't respect your parents or if you cursed them, if you speak ill of someone who died, if you ever get angry, if you ever had ego, any type of adultery or unbalanced sexual relationships, if you wasted sperm, gossip or evil speech. These are all sins the Ari mentions that where you would need to repent.



THE KABBALISTIC WRITINGS OF THE ARI

More detail about ego...

When the person says "I am" – 'I am special' or conversely 'I am the worst' ...it is all ego.



THE KABBALISTIC WRITINGS OF THE ARI

The Ari explains, "What is the damage you do when you have ego (Ga'avah)? The ego damage is damage you are creating in the upper worlds (represented by the first two letters of the tetragmatron). When a person activates his ego, he creates damage in the upper worlds which affects all the information received from the upper worlds - it affects your clarity, your memory for you and for the world. All crimes work like this. A person who has ego brings the damage all the way to the upper worlds and his klippot touch the upper worlds - and this is the danger."

