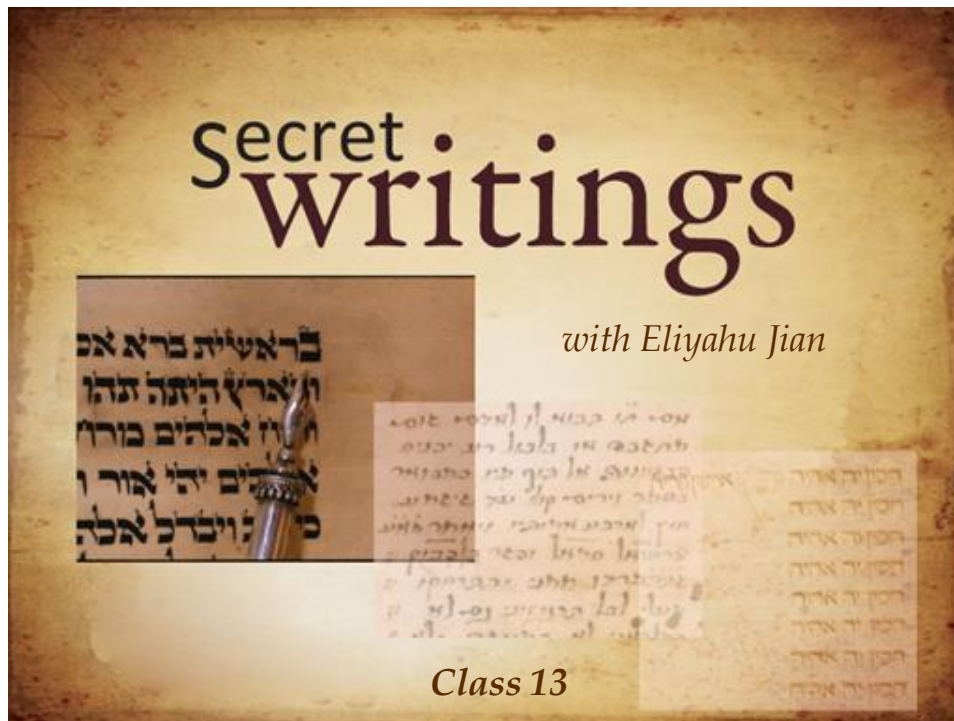


Secret Writings Part 13: Food and Eating

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WHY CAN WE EAT MEAT NOW?

Because this is the generation that is supposed to bring the Messiah- because we have the strongest desire. Unfortunately, our desire needs to be shifted from a desire for the self-alone. Only this generation can make it. Look at the level of desire we have today. Look at children from the time of birth – they want everything – we just need to shift their desire to one of sharing. Do not limit their desire. When a child asks for an i-pod, say, is that all you want? Want to own the company...



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WHY DO WE EAT KOSHER?

It is very difficult to elevate the other animals. Animals that are not kosher are so deep in the klippot that we cannot elevate them. Pig is chazir (חזיר) – the same as the word Chi Zir that means strange animals. Which means pig belongs to the dark side and no matter how much you eat it, you cannot elevate it. Even a kosher animal is difficult to elevate and it cannot be done with out consciousness (kavanot). Which is why some kabbalists in the Talmud say that we should only eat meat on Shabbat because on Shabbat even with out the consciousness we can elevate the souls. There is elevation of the souls in everything we eat on Shabbat – just know not to come starving and not to come with out eating.



WHY DO WE EAT KOSHER?

Another reason not to eat meat is because the souls of human beings with the most difficult klippot (murderers) must come back too. They do not return as human beings but as animals or vegetables or minerals or as a river as part of their tikkun.



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WHY DO WE EAT KOSHER?

A soul reincarnated as a stone, must elevate 3 levels

A soul reincarnated as a vegetable, must elevate 2 levels

A soul reincarnated as an animal, must elevate 1 level



WHY DO WE EAT KOSHER?

A soul that returns in a mineral, what happens? When a cow eats vegetables and the stones or minerals also in the vegetables - and then we eat this cow that was killed with a kosher slaughtering, we elevate all of these souls in that process. The souls that were in the minerals and the vegetables that the cow ate also elevate to the human kingdom. Sometimes the one who reincarnates from the mineral world, instead of coming back as a vegetable and an animal, can do it in one shot if we eat the steak with the right consciousness.



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WHY DO WE EAT KOSHER?

There are sometimes people who have a need to eat dirt (Pica disease) or sometimes there is sand that falls into your cooking, it is because there is a need to elevate the souls in that dirt. Salt is considered a bridge between mineral and vegetable kingdoms. Between every kingdom there is a bridge.



WHY DO WE EAT KOSHER?

*Mineral -> Vegetable - the bridge:
Salt and Ocean Coral*

*Vegetable -> Animal - the bridge:
the Venus Fly Trap*

*Animal -> Human - the bridge:
the Monkey*



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WHY DO WE EAT KOSHER?

On Shabbat you can elevate everything also on Rosh Chodesh but there are days we cannot – for example the 9 days in the month of Av, we cannot elevate souls so it can actually hurt our consciousness by eating it.



WHY DO WE EAT KOSHER?

To summarize: 2 reasons to eat kosher meat – First, to clean the universe from negativity. Second, to elevate the souls reincarnated inside.

It is important to be alert while you are eating and to not eat like an animal- meaning to eat with a consciousness. Sages would eat and have the consciousness that the table they are eating on is an alter where there is fire coming from the table. (That is why a kabbalist will never pass a child over a table or sit a child on a table because it is like putting your child on an alter or over a fire).



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WHY DO WE EAT KOSHER?

The good news, while you are eating, you can remove your negativity because of all of the souls you are elevating. Even the water you drink may be an elevation of souls who did a lot of sins, if the person is righteous than he is elevating the souls in the food he eats or drinks.



WHY DO WE EAT KOSHER?

But, if the person is wicked or not knowledgeable he can actually bring the soul on level- he can eat a vegetable and return the soul to the mineral kingdom. Imagine if you take this stone and build a house for the person who ate that vegetable. There will be a bad relationship in this house. If this happens, that soul will cause the person to commit crimes, or suddenly acts crazy with out an ability to stop doing negative things. This is the secret of the reason that people may suddenly shift their whole belief system.



WHY DO WE EAT KOSHER?

If a person is careful enough and has the right consciousness than there are angels around that will protect him and bring him to the right souls in the food he needs to elevate.



WATER

Water can be very dangerous. A person who kills someone is usually reincarnated in flowing water. Why? The punishment of a killer is to die everyday. Daily he is resurrected and dies in the water. That soul rests at night. That is why it is better not to go swimming at night; especially with less than 10 men.



WATER

Every flowing body of water has the reincarnation of a human being – better not to drink from that water. Even a righteous person who drinks from that water and the lower part of the soul, the Nefesh, gets into his body, even a righteous person cannot fix it. This evil soul will walk into this body and not leave him alone until he does the worst thing ever.



WATER

R' Isaac Luria would drink from the river and from a well because before he drank he would look at the water and meditate so strongly that the negative spirits or the Nefesh would run away. But he would warn his students never to drink directly from the water with their mouths.



WATER

If you have to drink, look at the water and meditate for a few moments and then drink by cupping your hand because you need to have a vessel. [There is a whole meditation before drinking water in the Sha'ar Hamitzvot p.].

Water from the faucet is safe but some kabbalists did take some water from the faucet and dump a little bit out of their cup before they drank it.



FOOD

[MEDITATION IN SHA'AR HAMITZVOT P. קד].

We have 32 teeth, which correspond to 22 Hebrew letters and the 10 Sefirot it also corresponds to the word lev (h), which means heart.



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FOOD

[MEDITATION IN SHA'AR HAMITZVOT P. [קד].

When we eat:

1. *Meditate on the Hebrew letter Aleph. If you cut it in the middle, you are left with a yud and ן on two sides, which add to number 32. When you eat meditate on closing the aleph.*
2. *Important to meditate on the teeth and your cheeks while you are eating.*
3. *Meditate on the Aleph again.*
4. *Meditate on separating the good from the bad.*
5. *Meditate on swallowing what you eat because in swallowing you are removing the spark of negativity and elevating what you eat.*



FOOD

[MEDITATION IN SHA'AR HAMITZVOT P. [קד].

Washing your hands removes poverty from your life and than we can connect to the bread, which is sustenance – also there are souls in that water as well that you are elevating,



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FOOD

[MEDITATION IN SHA'AR HAMITZVOT P. קד].

On Shabbat we must do everything with the right consciousness. We must be super excited because there is such an opportunity to elevate anything we want - any soul we want, every fish we eat on shabbat is the soul of a righteous person so we get all the help by eating the food. There is a story in the Talmud about R' Elazar the son of R' Shimon Bar Yochai. He was so fat and he was judged for it so he took his fat and cut it out of his body and put it in the sun to show not one worm came out of that fat. He elevated so many souls through what he ate.



FOOD

[MEDITATION IN SHA'AR HAMITZVOT P. קד].

The Ari would buy something specifically on Friday for Shabbat and it is good for the men to prepare something (cake or kugel) specifically for Shabbat. The Ari would pay for the wine for Havdalah because the amount of blessing for sustenance was in that wine.

Addendum: eating the heart of animal is very dangerous



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