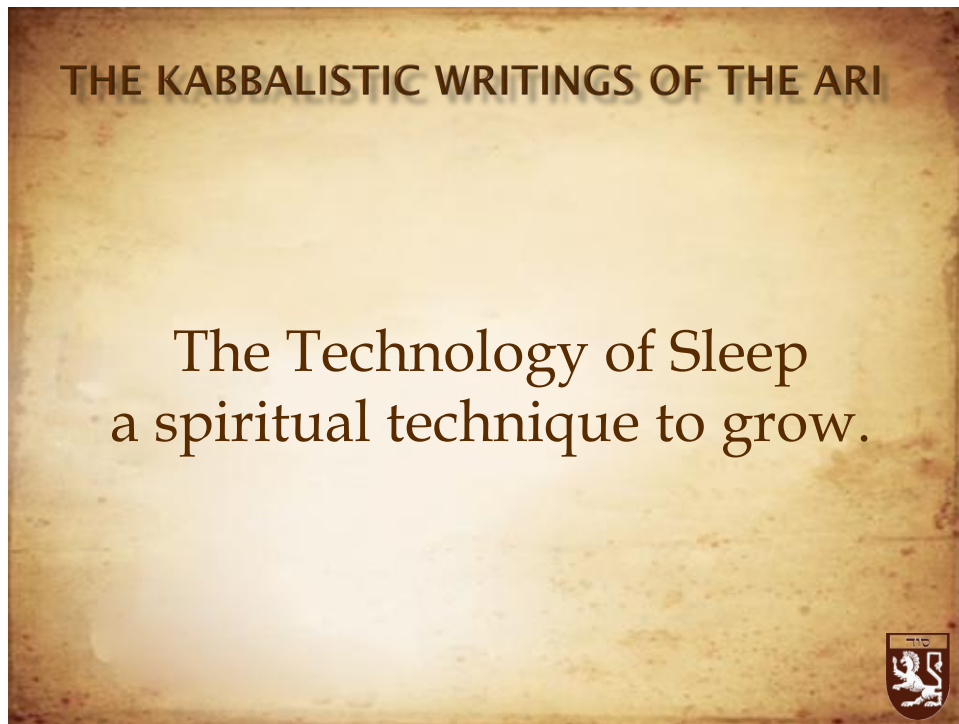
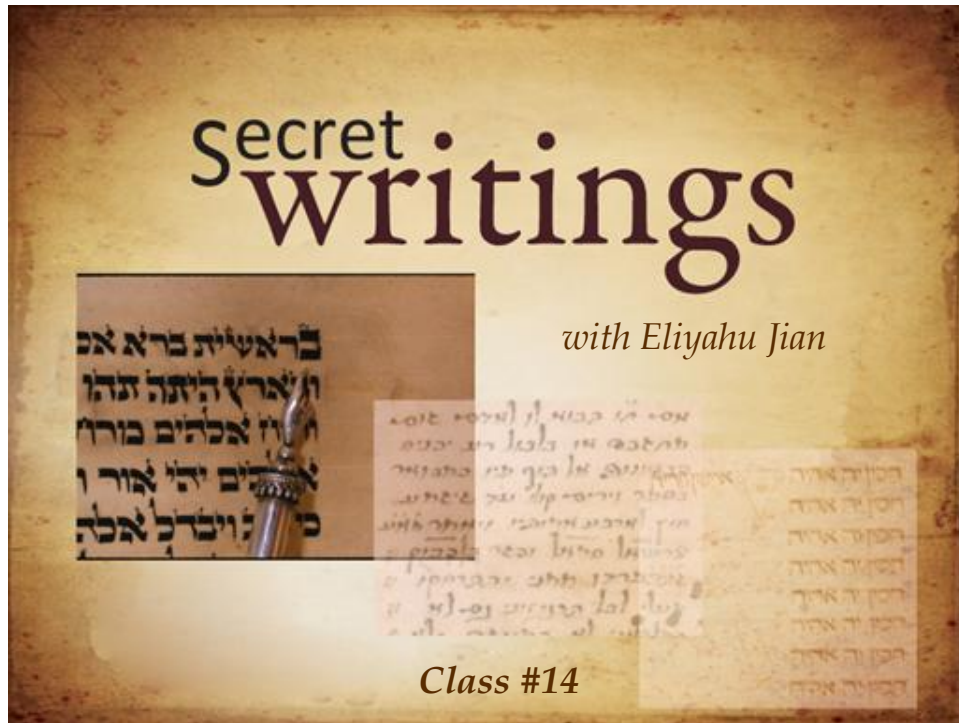


Secret Writings: Writings of the Ari Part 14: The Technology of Sleep

Eliyahu Jian



THE KABBALISTIC WRITINGS OF THE ARI

The first human being who slept was Adam, before the creation of Eve in order to create Eve. Every night your soul goes up to recharge the soul and rejuvenate the body.



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

Before the temple was destroyed the universe was set up in such a perfect way that the soul was able to get energy by itself. But after the destruction of the temple, we make a connection to the Light through prayer but that energy only stays for the time of prayer but it is not strong enough to give us what the temple used to give us. That is why we have all the prayers; when we say the Sh'ma at bedtime, we make a yechud, a connection, from the Light of our soul to the Creator.



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

That is why, the Ari mentions, it is good to cry for the destruction of the temple before we sleep because of what we can no longer do. And we should include ourselves with the pain of the Shechinah.



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

Shechinah is the female aspect of God and because of our negativity and our sins, the female aspect of God left her husband (the Creator or Ze'er Anpin) and went with us, her children, because we are in exile (far away from the Light of the Creator) and without the Light of Shechinah protecting us we wouldn't have a chance to connect to the Light of the Creator.



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

Because of our sins, all the souls fell to the klippot. Imagine a beautiful net holding all the souls and when we sinned, we made holes in the net and the souls fall below to the klippot. Shechinah came down to protect her children and collect those souls. Each time we commit a crime we create more holes and the Shechinah has to stay there and can never be reunited with her husband (The Creator or Ze'er Anpin).



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

That is why Friday night is so powerful – what are we saying (Lecha Dodi)? We are welcoming Shechinah back from exile, back from the klippot to be with her husband the Creator.



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

When we cry we take responsibility for all the souls that have suffered because of the holes in the net that we have created. We cry because we caused Shechinah to leave her husband and go down to the level of klippot. (Shechinah's name is Rachel)



WHAT IS THE IMPORTANCE OF PRAYER AND OUR CONSCIOUSNESS BEFORE WE SLEEP?

All the souls that are descendants of Cain (the doers- the ones good with their hands) then you must do it because those souls affect on all other souls are much stronger.



WHERE DOES THE SOUL GO WHEN WE SLEEP?

It goes to a place called Ima (mother) or Binah. It acts like Mayim Nokvim (female water). There are two types of water – male water and female water; male water is energy coming from above to below like rain and female water comes from below to above like a spring or a well. That is why the mikvah of Rabbi Isaac Luria is so powerful because it is rainwater mixed with well water (both female and male water exist there).



WHERE DOES THE SOUL GO WHEN WE SLEEP?

When we sleep we elevate from below to above like female water (Mayim Nokvim). Female water is a code for the act of going from below to above. Everyone, male and female, needs to elevate when we sleep so that soul can function the next day.



SPECIFICATIONS ON HOW TO SLEEP:

1. Maimonides (Rambam) explains that in the beginning of the night you should lean on your left side and after midnight is over, you should switch sides and lean on the right. Rabbi Isaac Luria explains that's how the negative forces will leave you alone. (It is better to not sleep on your stomach especially for a man. Sleeping on your back is better).



SPECIFICATIONS ON HOW TO SLEEP:

2. At night, (after sundown to midnight 1:15am) it is better not to mention any negative names (names of negative angels or Satan) because at night is under the control of the dark side.



SPECIFICATIONS ON HOW TO SLEEP:

3. The worst time to speak negatively or curse is at night, which is when the dibukim are awake, and they need a vessel to feed their energy.



SPECIFICATIONS ON HOW TO SLEEP:

4. For righteous children one should not have intercourse until after 1:15am because before than the dark side is in control and they take a piece of that energy.



SPECIFICATIONS ON HOW TO SLEEP:

5. *If you are a righteous person, it is bad for them to sleep during the day (on Shabbat before third meal is the exception where it is good to sleep – there is a code for getting pleasure out of Shabbat by sleeping at this time). For an evil person it is good for them to sleep during the day.*



SPECIFICATIONS ON HOW TO SLEEP:

6. *The best time to go to sleep is three hours after sunset (that is for the rejuvenation of the body). It is best to fall asleep before midnight (approx 1:15am). After midnight the souls of the righteous people elevate with the Creator and study Torah. The Kabbalists would go to sleep after sunset and wake up after midnight or before dawn to study. It is then a huge merit to wake up after midnight (approx 1:15am) and before dawn to study Torah for the transformation of the soul (even if its for 20 minutes or 1/2 hour).*



SPECIFICATIONS ON HOW TO SLEEP:

The best time is about 3:20am to wake up and study (that is for the rejuvenation of the soul). When you study you are helping Shechinah to collect all the souls that fell to the klippot. If you cannot wake up and study, at least wake up and cry for Shechinah – for the negativity that we created.

(It is not necessary to do this on Shabbat because Shechinah is with the Creator on Shabbat)



SPECIFICATIONS ON HOW TO SLEEP:

7. The meditation upon sleep is that you are connecting to the Light. Meditate that the spiritual part of us is elevating above to receive the Light and when we wake up we say the Mode Ani with the understanding that we have been resurrected because the soul returned which is by itself a miracle.

The most powerful connection is to stay awake and continues to the morning connection.



UNDERSTANDING DREAMS

Dreams can give a lot of messages – a bad dream in the middle of the night is a good thing because it is the Light waking you up to the fact that you have to change. Most dreams are mixed with true prophecy and false prophecy because the negative forces get involved to confuse the individual. Dreams are based on your level of awareness or caring that you have towards change – the greater your awareness, the truer the prophecy in the dreams.



UNDERSTANDING DREAMS

What we are trying to do is make a zivug, a connection, between your soul and the Light of the Creator. That is why the way a person goes to sleep and the way a person wakes up affects his whole day. The last few seconds before we go to sleep affect the elevation of the soul – if you are crying for your lacks or if you are angry before you sleep, your soul will not elevate. That is why it is important to do vidui (repentance) every night before we sleep. The way you wake up affects your day, if you jump out of bed with energy and appreciation you can ask for great changes. If you get out of bed slowly, that is how your day will go.



UNDERSTANDING DREAMS

Whoever makes these connections will always have a good connection with the upper worlds and he will always have people around him who will like him. And during the day he will have a string of mercy attached to his head and the angels and all the tsadikim will call him The One in The Chamber of the Holy Female.

