

SHABBAT MEDITATION

This painting is inspired by a meditation of the Ari z"l which corresponds to the days of the week.

It is explained in the Kabbalah, that in the way that our souls are en clothed in our bodies, so too is our soul en clothed within the garment of time. The Ari z"l brings a beautiful meditation which expresses a way in which the days of the week en clothe our spiritual essence:

“On day one (Sunday) meditate on the upper letter *hey* ה of the Divine name *Shem Havaya* י - ה - ו - ה - . On the second day (Monday) meditate on the letter *vav* ו of *Shem Havaya*. And on the third day (Tuesday) meditate on the last letter *hey* ה of the same *Shem Havaya*. Afterwards, on the last three days, meditate from below to above. On the fourth day (Wednesday) meditate on the last letter *hey* ה of *Shem Havaya*. On the fifth day (Thursday) meditate on the letter *vav* ו of *Shem Havaya*. On the sixth day (Friday) meditate on the upper letter ה of *Shem Havaya*.” -Gate of Prophecy meditation #4

The Kabbalah explains how the Divine name *Shem Havaya* י-ה-ו-ה describes our spiritual reality. In one way of understanding, the 4 letters of the Divine name represent 4 aspects of our inner consciousness. The letter י represents the experience of the infinite Divine goodness we were created to experience. The letters ה-ו-ה represent the spiritual progression that enables us to experience this ultimate goodness.

In this meditation of the Ari z"l, the letter י of the *Shem Havaya* can be seen as associated with *Shabbat* שבת. *Shabbat* corresponds spiritually to the purpose of creation, the revelation and experience of the infinite אין סוף Divine goodness by all creation.

Sunday and Friday en clothe the י of *Shabbat*, and correspond to the upper ה of the *Shem Havaya*.

Monday and Thursday en clothe the upper ו and correspond to the ו of the *Shem Havaya*.

Tuesday and Wednesday en clothe the ו and correspond to the lower ה of the *Shem Havaya*.

The three days after *Shabbat* correspond to the spiritual essence of *Shabbat* becoming manifest in physical reality. The next three days correspond to our physical reality elevating to the spiritual essence of the coming *Shabbat*.

We learn in the Kabbalah that we are presently undergoing a spiritual transformation, which is preparing us to be able to experience all of the eternal goodness that we were created to experience. The root of this transformation is the elevation of our focusing on self concern, to attain the expanded consciousness of truly caring for others.

Our inner spiritual transformation finds expression in the realms of action, speech, and thought. Although we are always spiritually working towards elevating all 3 of these aspects of ourselves, this meditation shows how each day of the week has a particular relationship with one of these aspects. The lower ה of the *Shem Havaya* corresponds to action, the ו corresponds to speech, and the upper ה corresponds to thought. The 3 Hebrew words for thought מחשבה, speech דבור, and action מעשה are written near the bottom center of the painting. The line that each one of them is written on shows which letter of the *Shem Havaya* it is associated with as well as the corresponding days of the week.

The 4 letters of the *Shem Havaya* are described in greater detail as 10 aspects of consciousness called the 10 *Sefirot* or Tree of Life. A map of the 10 *Sefirot* is in the center of the painting.

The 10 *Sefirot* and one of many ways of translating their meaning and associated state of consciousness is:

<i>Keter</i>	Purpose of Creation / Infinite Goodness
<i>Chochma</i>	Experience of Oneness
<i>Bina</i>	State of Unconditional Love
<i>Chesed</i>	Loving Kindness [Sunday]
<i>Gevurah</i>	Humility [Monday]
<i>Tiferet</i>	Harmony [Tuesday]
<i>Netzach</i>	Eternity [Wednesday]
<i>Hod</i>	Thankfulness [Thursday]
<i>Yesod</i>	Unity [Friday]
<i>Malchut</i>	Central Point in the Heart [Shabbat]

The 7 days of the week have associations with the 7 lower *Sefirot*.

Each *Sefira* has associations with various colors and sounds. The *Sefirot* do not have physical properties such as color or sound, but rather represent the spiritual roots of physical emanations. The *Sefirot*, as well as their associated colors and sounds, are used in Kabbalistic meditations.

In this painting, the Hebrew letters ו ה ט ל ב נ in the circle that surround the 10 *Sefirot*, represent the 6 days of the week surrounding *Shabbat*. By each day of the week is painted the name of the *Sefira* with which it is associated, within a color corresponding to that *Sefira* and day of the week. There is also depicted the *Shem Havaya* with the Hebrew vowel sound notation that corresponds with that day and *Sefira*. Each of the Hebrew vowel sound notations represent specific states of spiritual consciousness. These are used in spiritual meditations, although we do not pronounce the *Shem Havaya* with vowel sounds.

The mediation of the Ari z"l described in this painting can be used throughout the week, to help connect with the spiritual essence of *Shabbat* within every day. This meditation is only one of many intensely beautiful and powerful meditations connected to the days of the week, which are described in the Ari z"l's *Gate of Prophecy (Sha'ar Ruach HaKodesh)*.

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