

THE KABBALAH CENTRE

CONSCIOUSNESS: Ask the Light for the strength to “finish what you start;” to see your spiritual work through, and not settle for anything less than complete transformation.

Avotenu אֲבוֹתֵינוּ Ve'elohei וְאֱלֹהֵי Eloheinu אֱלֹהֵינוּ Adonai יְהוָה Milfanecha מִלְפָּנֶיךָ Ratzon רְצוֹן Yehi יְהִי
 עֲשֵׂיתָמוּ Sheyitamu אוֹיְבֶיךָ Oyvecha וְשׂוֹנְאֶיךָ Vesonecha וְכֹל Vechol מִבְּקֵשֵׁי Mevakshei רְעֵתֶיךָ Ra'atecha. יִתְמוּ
 Yitamou וְזֹטְאִים Chata'im בֵּין Min הָאָרֶץ Ha'arets וְרִשְׁעִים Urshaim עוֹר Od אֵינָם Einam, בְּרַכִּי Barchi נְפֹשֵׁי
 Nafshi אֶת Et יְהוָה Adonai וּבּוֹסֶרֶךָ Uvchasdecha תִּצְמִית Tatzmit אוֹיְבֵי Oyvai וְהֵאֲבֵרְתָּ Veho'avadta כָּל
 Kol צוֹרְרֵי Tzorerey נְפֹשֵׁי Nafshi כִּי Ki אֲנִי Ani עֲבֹדְךָ Avdecha.

Beet – סְלֶקָא – סֶלֶק – Selek (Silka)

4. In Hebrew, the word *selek* contains the same root as the Hebrew word for “remove.” As our own negative traits are gradually removed from our being, external foes are progressively eliminated from our life. With this blessing, we gain the power to recognize the true purpose of all external enemies we perceive in our lives, and in doing so, build bridges with others.

CONSCIOUSNESS: Think of an area in your life where you are experiencing conflict with another person, and ask the Light for clarity in revealing the true purpose of this conflict. Ask for the merit to learn your lessons peacefully, in harmony with others, rather than through conflict.

Avotenu אֲבוֹתֵינוּ Velohehi וְאֱלֹהֵי Elohenu אֱלֹהֵינוּ Adonai יְהוָה Milfanecha מִלְפָּנֶיךָ Ratzon רְצוֹן Yehi יְהִי
 עֲשֵׂיתְלָקוּ Sheyistalku אוֹיְבֶיךָ Oyvecha וְשׂוֹנְאֶיךָ Vesonecha וְכֹל Vechol מִבְּקֵשֵׁי Mevakshei רְעֵתֶיךָ Ra'atecha.
 Suro סוּרוּ מִמֶּנִּי Mimeni כָּל Kol פְּעֻלֵי Po'aley אֲוֶן Aven כִּי Ki שְׂמַע Shama יְהוָה Adonai קוֹל Kol בְּכֵינוּ Bichyenu
 : סוּרוּ Suro סוּרוּ Suro צְאוּ Tze'u מִשָּׁם Misham טָמֵא Tameh אֶל Al תִּיגָעוּ Tig'u צְאוּ Tze'u מִתּוֹכָה Mitoch
 Hibaru נוֹשְׂאֵי Nosey כְּלֵי Kley יְהוָה Adonai.

Pumpkin – קָרָא – דְּלָעָת – Dla'at (Kra)

5. The Aramaic word for “pumpkin” is *k'ra*, which has the same root as the Hebrew word that means “tear.” Accordingly, the mystics of Kabbalah tell us that this blessing helps us tear up any impending cosmic decrees we have created as a result of our negative thoughts, words, and actions. If our hearts are filled with repentance, these sacred words can help us change judgments into acquittals. This blessing also awakens us to recognize and appreciate the Creator’s mercy. The Creator is always open to forgiving and supporting us when we have a sincere desire to right any of our wrongs and to change. When you realize the Creator’s mercy, you actually ignite that mercy, allowing judgments to be nullified

CONSCIOUSNESS: Think about one area in which you are unforgiving and unmerciful towards yourself and ask the Light to help you be kinder to yourself, and in doing so, strengthen your ability to be more merciful towards others.

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 שֶׁתְּקַרֵּעַ Shetikra רוּעַ Ro'a גָּזַר Gzar דִּינֵנוּ Dinenu וְיִקְרָאוּ Veyikar'u לְפָנֶיךָ Lefanecha וְכִוִּיתֵנוּ Zachiyotenu.

