

SHOVAVIM T"V

As the reading of the book of Shemot is starting (Two weeks after Hanukka) it signifies the starting of a special cosmic opening that lasts for the coming 6 weeks (8 weeks on a leap year).

The word SHOVAVIM stands for the initials (in Hebrew) of the names of the weekly Parashot of this time of the year:

Shemot

Va'era

Bo

Beshalah

Yitro

Mishpatim

(Teruma

Tetsave)

The word that comes out as the initials of these Parashot of Exodus, SHOVAVIM means in Hebrew "irresponsible" Jeremiah 3:14.

During those weeks of readings those Parashot tell us about the story of the Exodus. The Kabbalistic tradition teaches us that the story is only a code for the cosmic opening available on this part of the year. This opening is allowing us to achieve a personal redemption.

The Ari in Sha'ar HaPsukim (Pages 101-126) is teaching us the more precise details of the energy of those weeks:

The Ari explains that the fall of Adam had a strong effect on most of life's aspects resulting in human pain and suffering. The most important aspects of the Fall of Adam have been corrected by Moses and the Israelites during the time of the Exodus, resulting in achieving immortality on Mt Sinai.

All the tools used by Moses at the Exodus are available to us during the weeks of the SHOVAVIM.

The readings of the Torah, the Zohar and the special meditations of those weeks can help us in few ways:

- Coming closer to our true selves
- Releasing and redeeming lost sparks of light from the klipot.

Those sparks of light have been lost to us through our irresponsible actions this lifetime and in past lives.

The areas that we've lost most of our light and energy to the Dark Side are:

- Sexual misconduct
- All types of behavior coming from losing the awareness of God, the real purpose of life, rebelling against the creator by simply listening to our internal opponents
- Misconduct in aspects connected to justice in human society (cheating, stealing, unjust trial etc)

The way of correction - Tikkun for these weeks:

Teshuva, Repentance

1. Finding the wrong patterns of behavior
2. Changing the attitude that brought us to that place
3. Transforming those aspects of our lives through consciousness and actions

Actions

Tikkun Hatsot - Zohar study after midnight

Mikveh

Controlling and monitoring body the body consciousness