

## **SUPREME UNITY / LOWER UNITY MEDITATION**

One of the differences between Kabbalistic services for Shabbat and a normative service for Shabbat is that a Kabbalistic service, regardless if it is held in the morning or evening, emphasizes the Unity of all living things and inanimate objects. When you go to Israel for the first time, you are stunned and amazed because behind every hotel desk, there is a big sign that says “KABBALAH.” The literal translation of that sign called KABBALAH in every hotel and motel check in—the literal translation of that sign called KABBALAH is “RECEPTION.” In Hebrew, the Kabbalistic translation of the word “RECEPTION” doesn’t only mean “To receive,” it means “to receive with JOY that we are all one.”

All Israelis are brothers and sisters, fathers and mothers, cousins and family. We are all One; whereas in America, the emphasis is on the strength and power of the individual, the wild west cowboy, who helped pioneer the unknown states. In Israel, the emphasis is on our unity—not our disparity. And this is the main theme of Kabbalistic teaching—that there is no separation between you and God. And there is no separation between you and your friend. But we are all connected and interconnected. And every hotel where you register, shouts this KABBALAH> Welcome, we are all connected to one another.

A major teaching of the Kabbalah is the recognition of the SUPREME UNITY and the LOWER UNITY.

The SUPREME UNITY teaches that every person is connected and part of the INFINITE GOD, known in Hebrew as the EIN SOF. God is in everything. And

everything is in God. As a matter of fact, according to the teachings of the SUPREME UNITY, everything IS GOD. The LOWER UNITY teaches us that even though we see each other as separate beings, even though material objects, like the chair and table, the picture on the wall, appear to be discreet and separate objects, but there is a light that runs through all these objects—there is a light that runs through every person in this room. This light is the light of the SHECHINA, or God's FEMININE PRESENCE on earth. The SHECHINA is the PRESENCE that unifies objects and people.

And so, the purpose of Kabbalistic meditation is to allow us to experience the SUPREME UNITY, the LIGHT of God that shines in everything from pencil to person. And the LOWER UNITY which teaches us that when we see separate objects, we are really seeing one unified substance called the SHECHINA, and SHE is the PRESENCE of God on earth.

And when we meditate, we should try to visualize a light that connects and exists in every object.

### SO HERE IS A WONDERFUL KABBALISTIC MEDITATION

I want you to please sit comfortably. Breathe in and out through your nostrils, and feel your inner rhythms, your breathing, your farting, your coughing. Know that everyone has INNER RHYTHMS. You and the people to the left and right of you are all connected. You are one, filled with God. Now, imagine in your SOLAR PLEXUS—where the rib cage ends—a white letter ALEF. ALEF means God.

Thirdly, be MINDFUL. Be aware of the pictures on the wall, of the Ark, of the rabbi speaking. Be aware that there is a SUPREME UNITY and a LOWER UNITY.

Again, see the ALEF. See or feel your VITAL FLOW, like your pulse or your burping or maybe a silent fart, or maybe stomach grumbling. It doesn't matter. And third, be aware of the SUPREME UNITY and the LOWER UNITY. Know that everything is filled with and connected with God.

In Hebrew, this is called Kabbalah.

And now that you recognize Kabbalah, let God know that you are here for Him, spiritually, physically and emotionally.