

A Gift from Heaven

by HaRav Ariel Bar Tzadok

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In memory of my beloved mother, Martha Bat Sarah. May she have peace in Gan Eden.

Is it a coincidence that, seemingly all at once, I am being contacted by many people who are relating to me that they are having frightening dreams. It seems that a lot of people have apocalypse on the mind. The question is where are these thoughts coming from? Are they rising out of the fear of the individual who is bombarded daily with life's uncertainties and fears the worse? Or is it that many people from all walks of life are together, however disconnected from one another, tapping into humanities collective consciousness and have thus gained insight to "that which is yet to come."

Most people want to bury their heads in the proverbial sands of their individual lives. Yet, precious few are recognizing that the normal facades and denials are proving to be ineffective in guarding their minds and hearts from the ruminating fear that seems to be passing over and through more and more people. Yes, anyone who is honest with themselves feels that there is "a something" that is just not right with the world. We may or may not be able to describe what it is that we think or what we feel, but for the most part we are unable to accurately describe and define what is going on. Yet, we cannot escape this pervasive feeling that something ominous is going on around us and that it won't be long now before "something" happens.

The religious are desperately waiting for the revelation of the Mashiah. They believe that Divine magic is going to intervene and save us from the growing turmoil. Although Torah teaches us emphatically not to turn to magic and not to rely on miracles, apparently this is what a good number of people are doing nonetheless, in one way or another. There will be no magical intervention, no miraculous salvation. Life must take its course and so must death. Heaven is in total control of human history and micro-manages it down to the level of the individual. While Mashiah will definitely come in Heaven's good time, and while we wait daily for his coming, still, there are many things that yet must happen before the Great Day of Intervention arrives. Therefore, from now until then, it would be wise for us to pay attention to the present and stay in the moment. By seeing clearly where we are at, in reality, we can then plan our next step(s) and make the necessary and right moves.

Movement is everything. Without movement something sleeps deep inside us and seldom awakens. I have long said that the sleeper must awaken. The only way to awaken a slumbering mind is to arouse it to movement. Minds move in thought and contemplation. Active minds lead to action. Passive minds are enslaved; they move only in accordance to the will of their masters. Whatever the TV, radio or public information media tells the passive mind, it receives and obeys. The sleeping mind does not think. The awakened mind both thinks and acts. The awakened mind knows itself and perceives the Way of Heaven. The awakened mind is moved by Torah and is relocated to a place of safety, all in its proper time.

The awakened mind is bathed in the light of Torah. In this light one can see beyond the horizons of the physical senses and beyond the limitations of rational intellect. Torah teaches us how to see within. Torah shows us a vision of truth that the external eye cannot see, and the intellect cannot

understand. Therefore anyone trying to make sense out of whatever is happening and soon to happen will forever be frustrated and confused. The intellect cannot figure out what is happening. The intellect cannot ascertain which way is right for one to turn in order to survive. One must silence one's mouth from talking and clear one's mind from questions. Only in the silence of the mind will the voice of the soul be heard.

The rumblings are growing louder and many more people are realizing that they can no longer block out what is rising up from within themselves. It is time to become silent and to listen. What you will hear will be for your ears alone. Heaven is already trying to make contact with you but most are not listening or do not know how to listen. As time moves closer to "that which comes" it will grow harder too block out the speaking silence. Dreams will abound, stress levels will skyrocket; fear will spread uncontrolled; and still, most will not recognize what is happening, most will seek to deny the reality, most will again bury their heads into the sand. As always, so be it, and so let it be.

Do not think for a moment that anyone can prepare themselves for hard times. No matter what one does to secure oneself against whatever may come, everything can be taken away in an instant. There is never any security in the work of our own hands. True security lies only in the Source of all security. Only one who relies fully on Heaven will have full security. Of course, such security might not be to one's liking, but ultimately, when one relies fully on Heaven, one trusts that Heaven knows what it is that it is doing, all the while that we do not.

True faith rarely deviates from practical action. But practical action by definition contains so many things. There is so much that can be done and we think should be done. But we cannot do everything. We have human limitations! Yet, Heaven has no such limitations. Heaven sees that which we cannot. Therefore, rather than to try to think of everything, we think only of Heaven and Heaven guides our hearts and our minds to think what we need to think, to realize what we need to realize and to do what we need to do. One who allows oneself to be guided by Heaven will see fear but will not feel it. Fear will be outside, but not inside. Stress and insanity will not disappear, but instead they will be external to you. You will see them, but you will not know them. Faith will make you immune.

Now is the time for faith strengthening exercises. These must not merely be mental games, or verbal statements of your beliefs. No! Now the time has come for you to act and to prepare accordingly. Talk is cheap and words alone no longer count. What you must do individually no other person can tell you. You need to be personally guided by Heaven. Heaven alone will tell you what you personally need to do. Only the voice from within will ring true amongst all the noise and turmoil generated from all the outside voices.

Learn to listen within so that you come to recognize the inner voice that speaks from Heaven. This voice is not your own. One must also learn how to tell the difference between the personal voice of selfish intent and the giving voice of Heavenly origin. How to tell the difference cannot be described best by words. It requires experience. And here we have come to the point where I can bestow upon you all a gift from Heaven. I wish to share with you now a special Shem Kadosh (holy Name) and prayer that you can use to prepare for "that which comes."

First clear your mind of questions and open your heart to the desire to connect with Heaven. Follow that which I will now show you and G-d graciousness will be seen not to fall short. Simplicity is always better than complications. Seek out the simplicity of this and the rest you will see for yourself. Recite the following prayer daily in the morning at an appropriate time of solitude and silence.

May it be Your Will, Adonai my G-d, Creator of the Heavens and the Earth, He Who Gives His Torah to Israel that You send to me your angels the Sarim (Princes) of Hokhma, Binah and Da'at, of Hesed, Gevurah and Tiferet, of Netzah, Hod, Yesod and Malkhut to open my mortal mind to perceive your immortal Presence. Teach me I pray to see within, to recognize Your Way, Your Path and the proper way to observe Your Torah and Mitzvot. Shine within my heart Your holy Light. Arouse within me the desire to know Your Ways and to perceive Your Will. Renew within me a pure heart that is sensitive to You and to the Way of Heaven. May I always crave to walk Your Path. May I know balance within and through it control my wayward desires and therefore always do that which is right before You. Amen, may it be Your Will.

Eheyh Asher Ehyeh crown me with Your Keter (Divine Will)

Yah enlighten me with Your Hokhma (Wisdom)

Yehowih open my mind with Your Binah (Understanding)

El grace me with Your Hesed (Mercy)

Elohim stabilize me with Your Gevurah (Strength)

YHWH (HaShem) open my heart with Your Tiferet (Balance)

YHWH (HaShem) Tzva'ot grant me Netzah (Victory)

Elohim Tzva'ot bestow upon me Your Hod (Glory)

El Shadai establish within me a balance of Your Yesod (Creative Energy)

Adonai enable me to be your servant and to serve in Your Malkhut (Kingdom)

By the power of your holy Name that comes forth from Psalm 91:15, "He will call upon Me, and I will answer him, I am with him in [times of] trouble. I will rescue him and honor him" which is:

יְהוָה יְהוָה
 YoHeyWahWah YoWahWah

Answer me, be with me, guide me in Your truth. Allow me to know Your Way so that I may walk Your Path in the troubling times to come. Open my inner eyes to see, open my inner ears to hear Your Voice within me, Amen may it so be Your Will.

Recite this prayer daily, more than once if you choose. **Never recite the holy Names out loud but mouth them silently and contemplate how they are the vessels and tools for the transmission of Divine Power.** Acknowledge and allow yourself to feel the growing awareness of the Presence of G-d that surrounds you at every moment.

When you feel overwhelmed, afraid or just plain lost or spiritually disconnected, recite this prayer, numerous times over and over again in "mantra-like" form if you feel so inclined. The more you connect to G-d, the more connected you will feel.

Remember, we are all always connected to G-d, we just do not always feel it or see it because we allow the distractions of our minds and hearts to blind us and dim our inner light. This prayer helps cleanse the mind and to brighten the inner light that even without our knowing it still shines inside us right now. Through the inner light we will gain the necessary vision to see our way through the troubles to come. Amen, so may it be His Will.