



# MESIBOS SHEL SHABBOS

WITH RABBI MORDECHAI Z. HECHT

## “KIGAVNA-II:” • כגוונא

~Friday Night Prayer from the Zohar ~

This prayer of *Kigavna* – literally translated as: *Just As...*, is a most Kabalistic prayer with awesome meaning. Rabbi Shneur Zalman of Liadi, the first Chabad Rebbe, expounds on this prayer in his siddur with commentaries, and writes as follows:

Shabbos is a time of Unity on heaven and on Earth in all aspects and here is how:

“The character and quality of the supernal spheres and cosmos, when they transmit their forces and energy to the lower dimensions and worlds they virtually break-up and divide. [Like a Meteorite hitting the force field of gravity and shattering into pieces.] The reason for this is because the energy is so powerful the vessels of the mundane world can - not absorb the intensity of the spiritual worlds.

This idea may be similar to “ideas”, when they are in the mind, they are all combined in one mixture physically and mentally, and even spiritually. Once the brain develops the idea, and it transfers from thought to speech and is then verbally articulated - now we go from spiritual to actual materialistic sounds and word articulation and reverberation. Which in turn is a singular entity - into multiple entities. Quite frankly from unity to disunity.

An intelligent person would understand this when we attempt to explain the human dimensions and characteristics of a person’s innate measure or trait of kindness or severity or judgment.

We all know that kindness and severity are totally distinct entities, when one is acting “severely” he is not kind. When however, one sets aside strictness and severity and allows kindness to prevail then it's entirely different.

For example when someone is strict and even angry and hits someone, or tells someone else to hit someone, that's anger and strictness and we make no mistake about what that is.

If you screamed or hit someone - it's done! You can't take it back. But, as long as you didn't say anything or you refrained from the harsh act, you can always invite and call in the kindness factor. Then, what we have is a meeting, a mixture and combination of *Chessed* and *Gevurah*; kindness and judgment and sternness meet and a unified, better kinder result is presented.

Like a king who signs his decree with his signet ring, there is no going back. But, when the king holds back on the judgement, the decree is not closed and sealed and he decides to entertain the kindness in place of judgment a unifying force abounds and shines forth for all to benefit from.

Says the Alter Rebbe, this is Shabbos. A force that is unity! A unity of the supernal spheres of energy, the unity of all energies that divide and show up in east west north and south up and down, and all the energies of the world enliven the world and penetrate the world and the human being in a unifying force, creating and displaying one unified entity - and this is Shabbos. Unity and oneness in its truest and kindest form.”

*(Siddur Tefillos Mekol Hashanah)*

**Actionable lesson:** When we pray on Shabbos and unite with Hashem and all of creation that celebrates Shabbos, we pray that the ultimate era of all time should reign upon us when we will see this with our minds and hearts & fully fathom it in reality. During the week we are distracted by life itself, Shabbos is an Island in time to unite and “defragment”, here’s how: contemplate on this prayer.

**“From This Day, Shabbos, All The Days of the Week are Blessed” (Zohar; Rabbi Joseph Isaac Schneerson)**