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Miracles Meditation for Chanukah

A visualization and meditation process to tap into the powerful hidden light in the Chanukah candles.

By Rabbi Rachamim Bitton

Ideally this is practiced during the first 30 minutes after lighting the menorah.

Prepare yourself by using your imagination to create a scene implying that you're already living the reality where your desired wish is fulfilled. You could write it down on paper to help yourself remember what that scene looks like. Maybe someone is congratulating you, maybe a loved one is hugging you and embracing you emotionally while saying Mazal Tov in your ear. You would get clear on this scene and all the senses involved in this reality. Rejoice in this miracle. Feel the gratitude and appreciation for this miracle spreading throughout your whole body.

Gaze into the flame {Shal-Hevet}

As per the teaching of the Arizal:

- (1) Shal-Hevet consists of the letters that make up the words Shet-Hevel. These are two sons of Adam. We visualize that the aspect of Shet is at the bottom and Hevel above that.
- (2) The flame (Shal-Hevet) represents the first two letters of Mitzvah, the Mem and the Tzadi. These two letters represent the first Yud and the first Hei of Hashem's four letter name (Yud Kay Vav Kay). The letters Mem and Tzadi are interchangeable with Yud and Hey using the At-Bash code.
- (3) Intend for the unification of the flame, which represents the Yud and Hey of Hashem's name, together with the Vav and final Hey of Hashem's name, which is represented by the burning wick.

The following is a wonderful and powerful meditation...

The first step is to take a few deeper and softer breaths beginning with a deeper exhale. We get into a relaxed and open state.

We set the intention to let go of any attachments and any wanting to control or change anything.

We let go of wanting to change anything about ourselves, anything about this meditation, anything about Chanukah, and anything about what is presently here and now in our life.

We allow ourselves to welcome and allow whatever is to be...

and be...

and be.

Now that you are experiencing a deeper state and you're focused more inwardly and you feel more present.

1) Gaze deeply into the light of the candles..

Recognize that the source of all light is HKBH

In the Torah, light and life energy are synonymous.

Chaim and Ohr are synonymous.

The Source of all light is the source of all Life.

Intend and allow yourself to connect to the Source of all Life,
the life of all life..

and the light of all light...

HKBH.

In this Source there are no limitations to Life energy.

There's a constant infinite flow of more and more life and light.

There's only more and more life,

deeper and deeper,

greater and greater,

sweeter and sweeter experience of life essence,

in this world,

and then eternally as well.

Our intention is to connect and completely surrender to the experience of this light, now.

2) Connect to it and experience it spreading throughout your body and permeating
and saturating every cell,

every atom, and every molecule of your body,

of your spiritual body

and your physical body.

Imagine it completely dissolving any blemishes and any blocks...

any darkness which you may be aware of...

or which you are unaware of....

wherever they may be conscious or unconscious, now.

3) Allow yourself to completely surrender to this light, to this Life energy, to the Source of all Life until you feel so connected to it that you can imagine and feel you have become it. Become the light...

4) Now, sit in this state for as long as you can, peacefully and comfortably... enjoy it.

5) Now, visualize lovingly spreading this light, sharing this light with your loved ones. Imagine and visualize sharing it with your family, friends, those that you are praying for, (for Ma'ayan bat Devorah Hadassah) and with all of Am Yisrael.

6) Imagine and visualize kindly spreading and sharing this light with all of Am Yisrael. Become a channel for this light of Hashem's infinite life, transmitted through the Chanukah flames, to be spread throughout the whole world, permeating and saturating us all, so profoundly, dissolving any pain, healing and transforming us to renewed living and a deeper inclusion in the light.

As you spread this light and share it with others, this experience of light intensifies and increases itself for you as well.

7) Now, sit in this feeling of loving kindness for everyone. Recognize and connect to your inherent love for others, your unconditional love and kindness, your intrinsic desire to enrich the lives of others.

From this loving place in your heart, share this pleasant pleasurable experience of healing, salvation, and loving life energy and it is done. Amen.