

Scan the Aramaic passage from right to left and connect to the energy of fulfillment.

Sepher ha Zohar ("Book of Radiance") - Noach ("comfort") - "Drink water out of your own cistern"

23. לְבַתֶּר אֶתְעַבֵּיד בְּאֵר, דְּאִיהוּ נְבִיעַ, וּמְלֵיא מִכָּל סְטְרִין, וּמֵאן אִיהוּ ה"א אֶתְמַלֵּיא מֵעֵילָא, וְנְבִיעַ
מִתַּתָּא, אֶתְמַלֵּיא מֵעֵילָא כְּמַה דְּאִמְרִין, וְנְבִיעַ מִתַּתָּא, מִנְשִׁמְתָּהוּן דְּצַדִּיקָא.

23. And later, she becomes a well filled from all sides. And what do these signify? It is the letter *Hei*, when she is being filled from above and flowing from below from the souls of the righteous.

Kabbalah and New Life Wisdom

{~PSALMS 42 {1611 KJV Bible}

1 [A song, and Psalme for the sonnes of Korah.] Great is the Lord, and greatly to bee praised in the citie of our God, in the mountaine of his holinesse. 2 Beautifull for situation, the ioy of the whole earth is mouēt Sion, on the sides of the North, the citie of the great King. 3 God is knowen in her palaces for a refuge. 4 When I remember these things, I *powre out my soule in mee*; for I had gone with the multitude, I went with them to the house of God; *with the voyce of ioy and praise*, with a multitude that kept holy day. 5 Why art thou cast downe, O my soule, and *why art thou disquieted in me?* hope thou in God, for I shall yet praise him for the helpe of his countenance.

|~Reflections from Rachel Soumekh '[Connecting with the Perfect Reality](#)' @ *The Kabbalah Centre*

Rav Ashlag, the founder of The Kabbalah Centre, explains that one of the elements that indicates that our vessel is ready to accept that which we desire is our ability to resist. If we are not able to resist or restrict, we are not able to receive the Light in that which we desire. In other words, if we don't resist, we can't have affinity with the Light.

Every time one leaves a window open to an external power, regardless of intention, one's *Desire to Receive for the Self Alone* – the ego – will take over, and that is the indication that one's vessel is not ready.

To truly own anything, we must be willing to let go of it first. If our ego is involved, we cannot enjoy the totality of the Light. Only through true restriction do we cancel the negativity of our ego.