

A glowing white ring is centered on a solid yellow background. The ring has a soft, ethereal glow. A horizontal band of semi-transparent yellow passes through the center of the ring, containing the text 'SHABBAT SHEL SHALOM' in a red, serif font.

SHABBAT SHEL SHALOM

SHABBAT SHEL SHALOM

Rabbi Nachman of Breslav has an amazing explanation about the candles. It is said in the Book of Proverbs written by King Solomon: "כי נר ה' נשמת אדם" The soul of every Jew is the candle of G-d. The candle has a very special element, that connects matter and spirit. The candle itself is made of wax – it is the material. The flame is the wind, it always turns upwards. The candle without the fire has no meaning. The flame without the candle does not exist. Only the combination of the two together brings light. In our lives, it is very difficult for us to connect matter and spirit – there is a war between them.

Our pure soul is within a body, and all week, we try to connect matter and spirit – to carry out our daily deeds with a connection to holiness. It's hard work to connect opposites! Almost impossible. But then comes Shabbat, and the candle shows us that it is possible. Thanks to Shabbat, we have proof that matter and spirit can be at peace. Then we have inner peace within us. That is why we greet Shabbat – Shabbat Shalom! Only on Shabbat is there peace between holy and profane.

REBBETZIN CHEN ELON | CESAREA, ISRAEL