



THE FLAME

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Friday afternoon, as the sun sets on the horizon, the women of the Jewish people learn to illuminate the world with another light... Shabbat candles. The flame, which represents the soul of man, is kindled precisely at the time of the beginning of Shabbat, when our souls are invested with a higher soul. Lighting a flame every Shabbat eve is an invitation to change our outlook on the world, it is learning to have a more penetrating, interior gaze, to go beyond any form of superficiality. Lighting the Shabbat candles is, in fact, kindling the inner flame that animates our lives; it is learning to see all that is luminous within those who share our home; it is learning to go beyond the visible world.

This light is the sign of the uniqueness of each one of us, it is rewarding and invites us to have esteem both for ourselves and for those around us. This flame invites us to redefine our identities and to connect us to our ultimate source. Each week, at the start of Shabbat, we remember who we are: We are all carriers of a Divine soul that enlightens, guides and gives meaning to our lives!

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