

Wisdom School: The Dharma of Pleasure  
Audio: Friday Evening  
TRT: 00:14:27  
Speaker: Marc Gafni

>> Good Shabbat, everyone.

[singing, "Good Shabbat."]

Hey. Good Shabbat; Good Shabbat. Yeah, and Shabbat is Shabbat Shitah\*. And Shitah\* means it's a holy strike. I'm striking, and I'm not doing anything that's not the deepest to the deep, the Holiest of the Holy and the inside of the inside. And Shabbat is the time when it's already here. We're already in the Garden of Eden. [00:01:47\*]. It's the time when every gate, and everything can happen. And, so, what we're going to do is, what we do always on Shabbat, is we're going to make the Holy Sabbath Kiddush. And we'll tell a story, do a chant and just be with each other, in the space of Shabbat.

So, we're going to do a little less chanting than usual, because we've got a little less chanting chips available. Feel less chanting chips? We'll find our way.

So, we have this Holy, awesome -- how awesome? Oh my gosh. Like, "Wow." Wow. And do we have a little goblet of some kind? Wow. This is a goblet for pleasure. Yes. That is a goblet. Amen.

And what Kiddush is, is this gorgeous, beautiful declaration that the world is meaningful; that there's actually intelligence; that there are deep patterns; that there's a direction; that there's an intention. And it's coming from someplace and going somewhere. That's the affirmation of Kiddush. So, that knowing that we hold.

[chanting in Aramaic]

Try it with me.

[chanting in Aramaic]

Now, without words.

[chanting in Aramaic]

Source of all blessing, are you, Goddess/God. Principles of the universe, who caused the wine to emerge from the grape.

[chanting in Aramaic]

Don't skip the grapes. Just drink the wine, because, then, the blessing has the power of the Sangha, when you drink it.

[chanting in Aramaic]

We're going to do the same chant, but this time, you'll sing it as prayer, and you offer up everything. We offer up everything, all the yearning, all the broken hearts and all the whole hearts. And every dream that happened and every dream that didn't. And all that we want to fulfill and make true in this world.

[chanting in Aramaic]

Holy Sabbath.

Wisdom School: The Dharma of Pleasure  
Audio: Friday Evening  
TRT: 00:14:27  
Speaker: Marc Gafni

[chanting in Aramaic]

Every drop of yearning.

[chanting in Aramaic]

We're deep in it, from the beginning.

[chanting in Aramaic]

Laying down the Holy grooves.

[chanting in Aramaic]

Let your heart open.

[chanting in Aramaic]

Heart open all the way.

[chanting in Aramaic]

And it begins to open up.

[chanting in Aramaic]

Radically generous.

[chanting in Aramaic]

Yeah, every voice.

[chanting in Aramaic]

Heart opens all the way.

[chanting in Aramaic]

Throw it up to Heaven.

[chanting in Aramaic]