

The Spirit of Shabbat—exploring ways to make the most of Shabbat

Kavannah—intention/awareness for performing an action

Some of the *kavannot* of candle lighting—then and now

- *Oneg Shabbat*—Shabbat delight
- *Shalom bayit*—peace in the home
- *Neshama yeterah*—extra spiritual capacity that comes with Shabbat
- Connection to others lighting candles elsewhere and in other times
- And many others

Some techniques for transforming your mindset:

- Quiet reflection
- Closing eyes
- Ritual motions—e.g., moving hands
- Shifting attention—e.g., to breath, heart
- Visualization
- Memory
- Letting go

How do these techniques lend themselves to specific Shabbat *kavannot*?