We are taught in the Talmud that on Shabbat eve G-d gives each person an "Additional Soul." At the conclusion of Shabbat, it is removed. What exactly is this "Additional Soul?" It is not something that comes from outside a person but is a revelation from the deepest part of a person's essence.

We are taught in the Midrash that the soul is called by 5 names: Nefesh, Ruach, Neshamah, Chaya, and Yechidah. These names refer to 5 different levels and types of revelation within the soul of a person, with the highest level being Yechidah.

Before we begin Havdalah, let us explore these 5 dimensions of the soul. We will be using a flame and singing part of our Havdalah melody in between each description.

Now, look at the flame. Judaism likens the soul to a flame. Focus on the blue core of the flame at the bottom. This represents Nefesh that is the 1st level of the soul. This refers to our awareness of physical body and physical world where our soul and body connect in terms of thought, speech, and action.

Now, focus on the outer luminous band of flame that comes to a point at the top. This represents the Neshamah, the next dimension of soul. Due to the abundance of the spiritual light at this level, the emotions of love and awe are aroused to a greater extent than in Ruach.

Now, focus on the heat and light of the flame that continue far beyond the physical flame itself. This represents Yechidah, the highest level of the soul. At this level is the essence of the soul, its unity with its Source, the merging of the human soul with G-d.

Allow your new insights to linger with you as we begin our Havdalah service.