BS`D THE STUDY OF THE ZOHAR HA KADDOSH BULLETIN 31

"Because of this work, the Book of the Zohar, [the Jews] will be redeemed from exile" Zohar ha Kaddosh (3, 124b)

AND WITHOUT THE KABBALAH YOU WILL NOT KNOW WHAT IS TORAH LISHMA

And without the Kabbalah you will not know what is Torah Lishma for you will not know the root of the different names of Hashem and you are not free from the obligation to study it because of your business dealings. For if you are not free from setting times for Torah study, how much more so regarding the secrets of the Torah, for without them we are like animals, like a bull that eats grass Sefer Sur me Ra 29

Also the one who studies will correct his soul through the study of the secrets of the Torah as it was explained in the Tikkunim [Tikkun 30] And there they mentioned the punishment to those who refrain from reading the Wisdom of the Kabbalah

Rabbi Eliyahu Vidas Reshit Chochma Shaar ha Keddusha Perek 17

A person needs to be complete in his studies that he will study PSHAT REMEZ DERASH and SOD [PARDES] for if not he needs to come back in reincarnation

Kav ha Yashar Perek 53

Learn one passage of Tikkune Zohar every night before going to sleep and then you will not fear and will sleep securely and with the help of Hashem He will implant in our hearts the love and the fear due to Him, from me Israel ben Ha Rav Eliezer Baal Shem from Mezhibush Sefer Keter Shem Tov

A page from the Sefer ha Zohar ha Koddesh early in the morning eliminates all bad things and be careful not to separate from this thing

Hanhagot Reb Moshe Greenwald