



WISDOM OF KABBALAH

with

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WHAT IS KABBALAH?

- ✧ Kabbalah derives from the verb לָבַק meaning “received wisdom”
- ✧ A world of mystery, secrets, and symbolism
- ✧ The Torah is based on Kabbalistic principles
- ✧ Kabbalah is not a book. It is a science, a way of thinking.



WHO CAN STUDY KABBALAH

- ✧ Those with a willing hart and open mind
- ✧ Those with sufficient knowledge and strong faith
- ✧ Once limited to those over the age of 40



HOW DOES ONE PRACTICE KABBALAH?

- ✧ There are many techniques or methods
- ✧ Meditation is the most common technique
- ✧ Meditation is Hebrew is תודובתה
- ✧ There are 5 Kabbalistic Forms of Meditation



MANTRA MEDITATION

✧ [Externally Directed. Repeating a number of Divine Names 112 times.]



CONTEMPLATION [

✧ Externally Directed. Gazing or focusing on an object such as the Tetragrammaton.]



YECHUDIM

✧ (Unification) [Externally Directed. Similar to contemplation except that one does not use a physical picture, but rather constructs a mental one usually of divine names. However, “the structures and combinations are predetermined and not spontaneous.



SPONTANEOUS

✧ Unstructured Meditation [Internally Directed: “Meditating on thoughts, feelings or mental images that arise spontaneously in the mind. When this method is practiced verbally it can take the form of “spontaneous prayer” as used by Rabbi Nachman of Breslov.



NON-DIRECTED

✧ [This form “strives for stillness of the mind and a withdrawal from all perception, both internal and external. Emptiness. Ayin=“Nothingness”]



THE 3 MEANS BY WHICH THESE METHODS CAN BE USED

- ✧ (A) Intellectual [“probing the inner meaning of its commandments” for example, (
- ✧ B) Emotional [Kavanah], (
- ✧ C) Physical [Motion, breathing]



ENTERING THE ORCHARD

- ✧ Entering the world of Kabbalah is stepping into the Garden of Eden
- ✧ We are attempting to eat of the forbidden fruit of the Tree of Knowledge
- ✧ There are mental and spiritual dangers
- ✧ Rabbi Aryeh Kaplan tells the Story of the Four Rabbis Who Entered p. 24



MAKING OF THE CHARIOT

✧ Through meditation and prayer we construct a chariot that carries into the upper worlds.



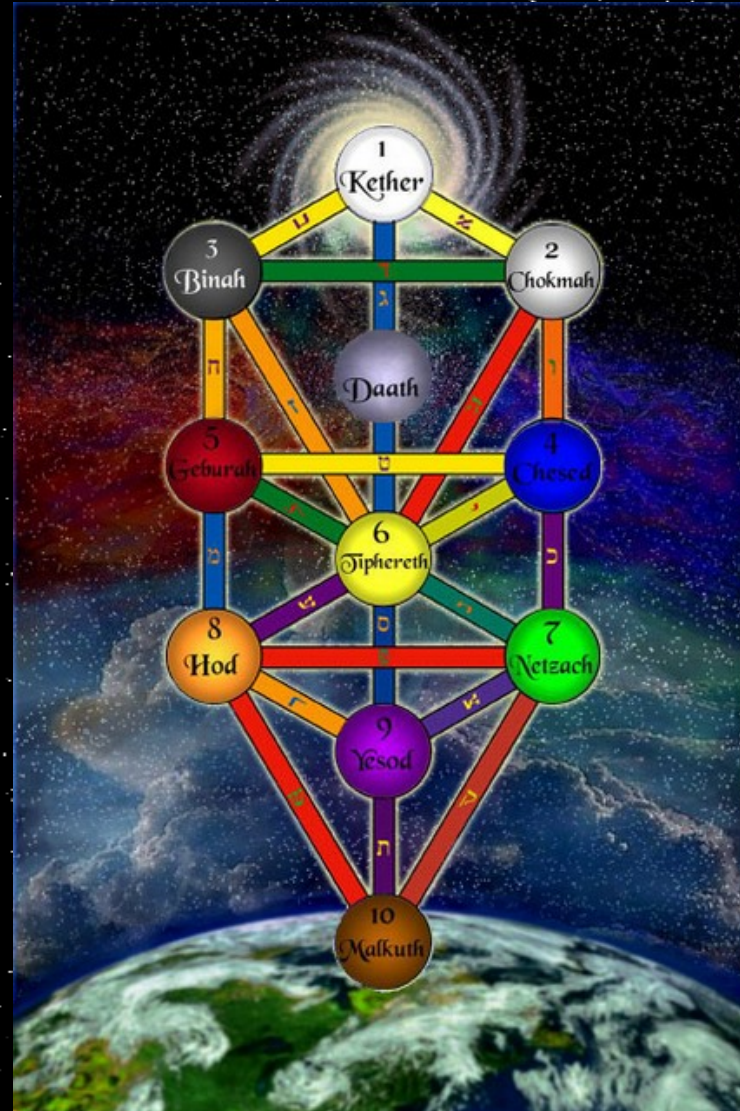


MAPPING THE TREE OF LIFE

- ✧ There are 10 Worlds known as sephirot
- ✧ Together they are called the “Etz Chaim”
- ✧ You must memorize them in order



THE TREE OF LIFE



Ten Worlds (sefirot)

Thirty-two paths



SEFIROT AND DIVINE NAMES

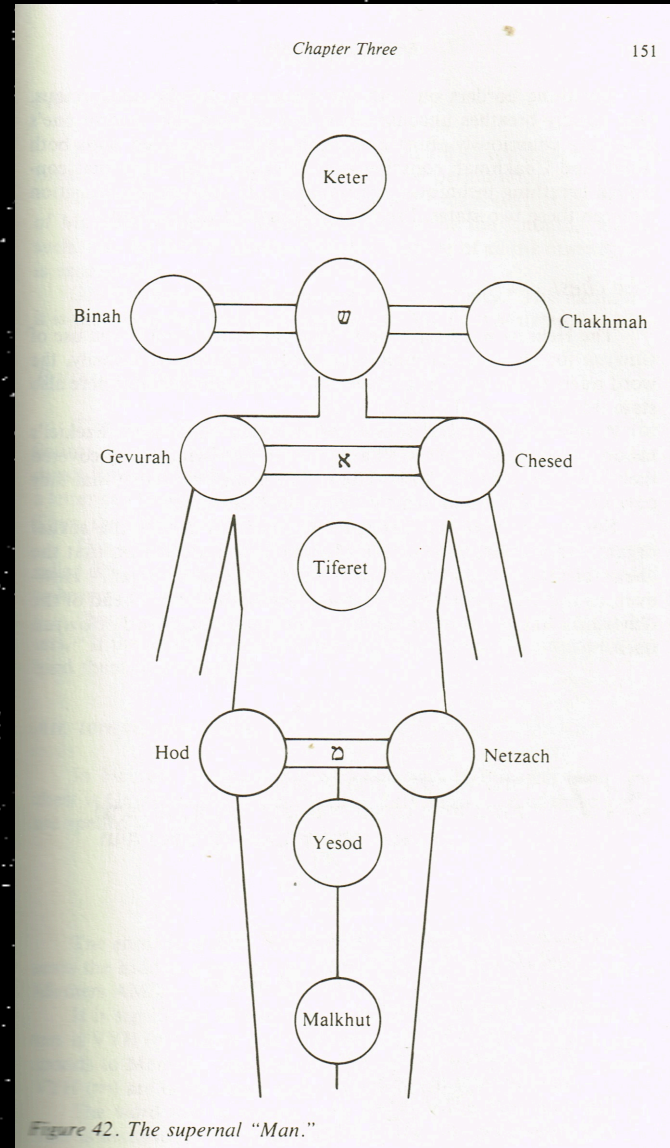
126 / MEDITATION AND KABBALAH

The Sefirot and Associated Names of God



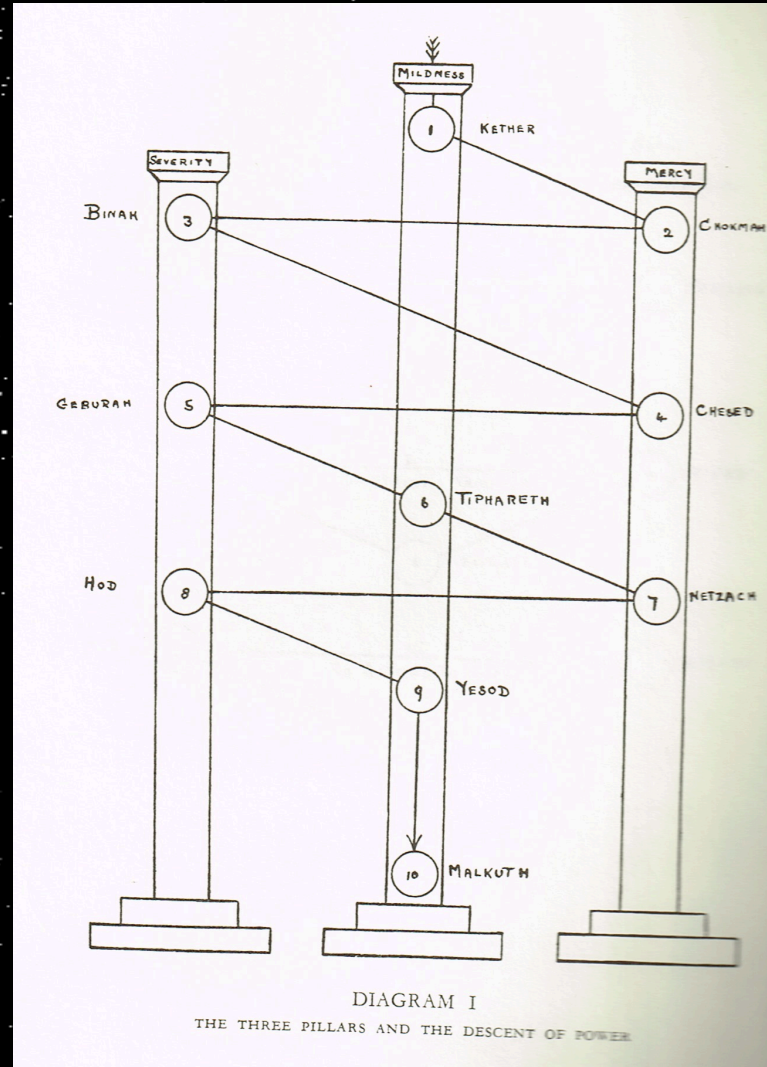


SEFIROT IN EVERYTHING





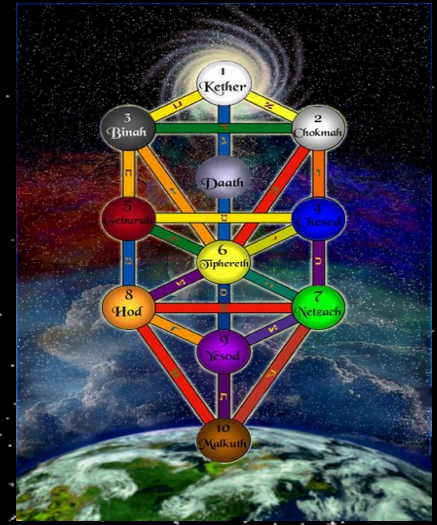
SEFIROT IN EVERYTHING





KETER (CROWN) כתר

✧ This represents the divine well. All the worlds begin here. It is the source of pleasure, which is the reason why God created the world. this pleasure or light flows from one world to the next taking different forms until it reaches Malkot, where the process reverses upward. The name associated with this word is "I will be what I will be."

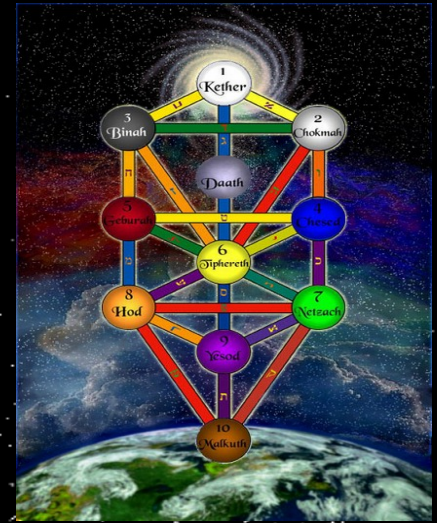




CHOCHMAH (WISDOM)

חכמה

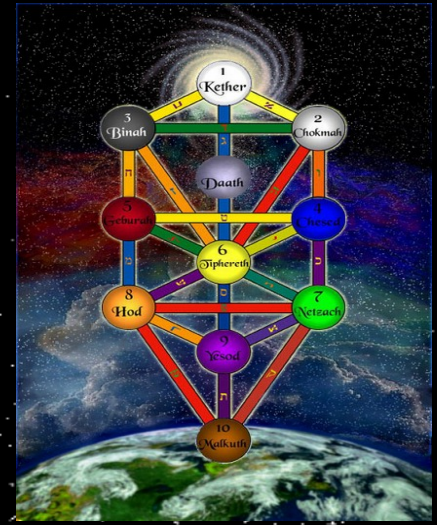
- ☆ This world is associated with the beginning of intellect or intuition. It is represented on the right side, which is the male side called Abba. The left side is the feminine called Imah. The name of God associated with this world is Yah. The patriarch King Solomon is connected to this world as well.





BINAH (UNDERSTANDING) בינה

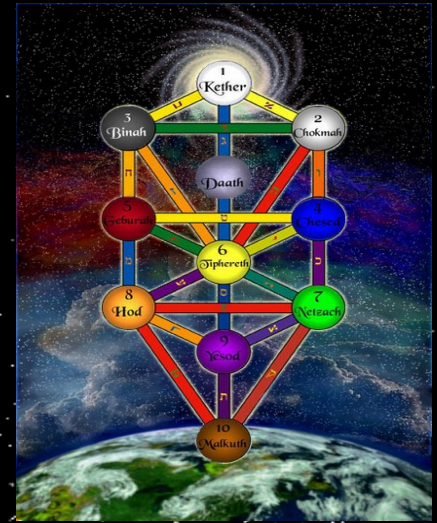
- ✧ This world consists of logic, reason, and the ability to create or Build. As the feminine it is often represented as interacting with Chochmah and being the source from which the laurels are created.
- ✧ Some people compare the interaction as that of the right brain and left brain.
- ✧ The name of God associated with Binah is Hashen הוהי.
- ✧ The matriarch Leah is associated with Binah.





DA'AT

☆ That means knowledge. Call it is not one of the ten spheres. However, some charts represent Da'at below Keter and above Teferet. We prefer the chart developed by the Ari. However, you should be aware of this sphere if you see it. In fact, it is the one that I have on our website.





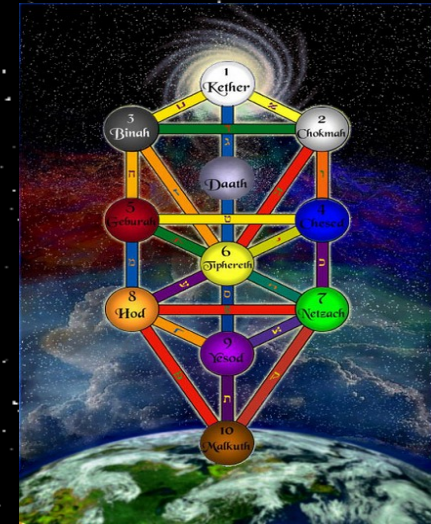
CHEESED (LOVE) דסח

✧ On the tree of life this fear is located on the right arm. It indicates that our primary actions should be ones of love.

✧ Although this file represents love, it is associated with emotion rather than with knowledge or wisdom. Therefore it must be tempered by the other spheres.

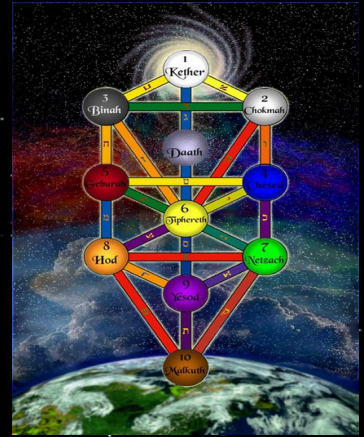
✧ The name of God associated with Chessed is El אלה

✧ The patriarch is Abraham.





GEVURAH (POWER) הרובג

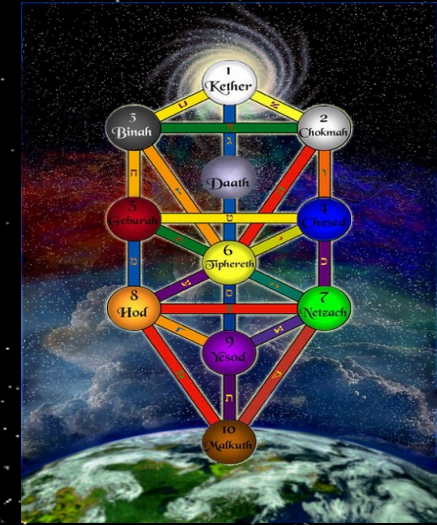


- ☆ This fear is associated with judgment, justice, and control. It can also imply fear or restraint.
- ☆ Each fear has desirable qualities. The key is applying them in the right balance. Chesed and Gevurah balance each other.
- ☆ The name of God associated with Gevurah is **מִיְהוָה**
- ☆ The patriarch is Isaac.



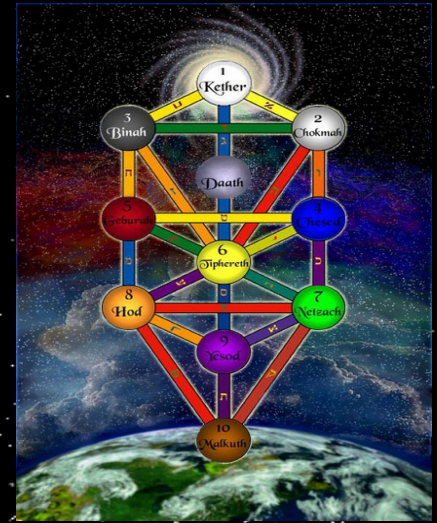
TEFERET (BEAUTY / HARMONY) תפראת

- ✧ Not only is this fear perfectly balanced between right and left it is also in the center of up and down. On the tree of life and represents the heart in equilibrium.
- ✧ The divine name associated with Teferet is Hashem הוהי (just like Binah) though when pronounced in the case **ינדא** is used.
- ✧ The Patriarch is Jacob or Israel.





NETZACH (VICTORY/ ETERNITY) נצח



- ✧ The qualities of this fear are persistence and the ability to overcome obstacles. It also implies Patience and Consistency.
- ✧ The divine name that goes with this fear is **הוהי תואבצ**.
- ✧ The patriarch out associated with this fear is Moses.



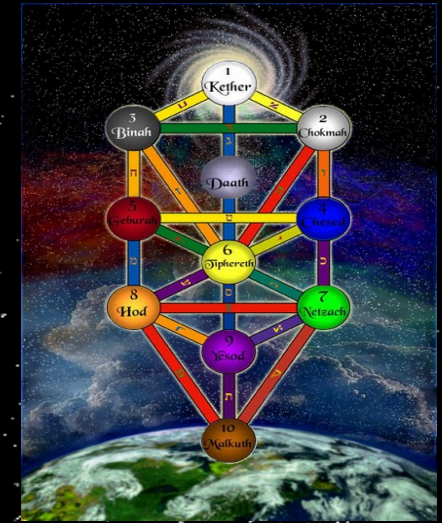
HOD (SPLENDOR) הוד

✧ This sphere contains many of the same qualities as its opposite Netzach, but since it is on the left, those qualities are directed inward instead of outward. These terms and analogies I'm not perfect expressions.

✧ The lower seven worlds are each associated with a day of the week. Hod is Friday. The joining or marriage begins with the start of the Sabbath. Hence, many Kabbalist believe this the best time for conception.

✧ The divine name associated with this fear is מִיְהֵא תוֹאבֵצ.

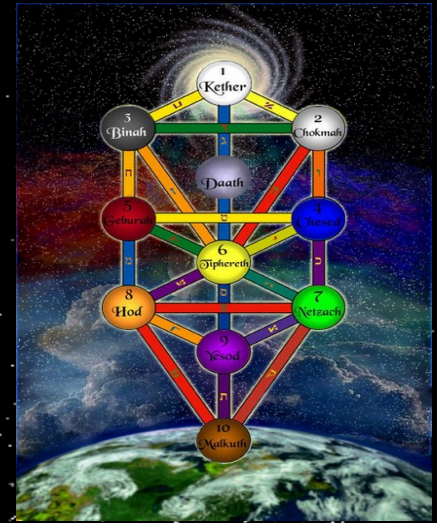
✧ The patriarch associated with this fear is Aaron.





YESOD (FOUNDATION /CONNECTION) יסוד

- ✧ This sphere is considered to be the foundation of the tree of life and the connection to the lowest world in both directions. On man it is represented by the genitals because of his ability to connect and on. It is the bridge. It is on the center Path.
- ✧ The divine name associated with this sphere is **ידי**.
- ✧ The patriarch associated with this world is Joseph.



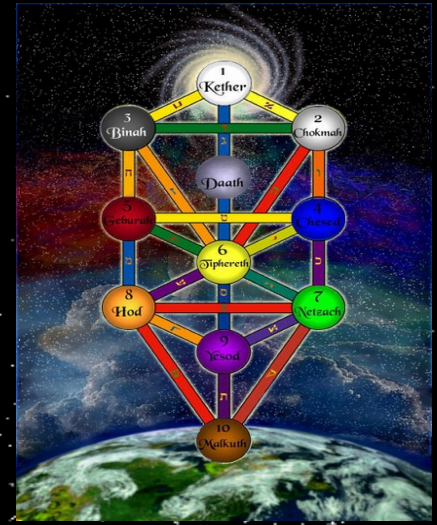


MALCHUT (KINGDOM)

מלכות

- ☆ In a sense, this world is the culmination of the other spheres. Although it is the lowest, it is also the last receptacle. It is centered on the tree of life. And it represents the feminine or opposite of Yesod, which means that it has creative or reproductive possibilities. From Malchut the physical world emerges.
- ☆ The divine name associated with this world is Shechinah or Adoni.
- ☆ The patriarch associated with this world is David.
- ☆ This is just a basic description of the tree of life. Closer examination will reveal that there are many patterns, connections, combinations and paths. We will study some of these in greater depth. As you go deeper into the tree of life through prayer and meditation, it reveals itself to you with increasing clarity.

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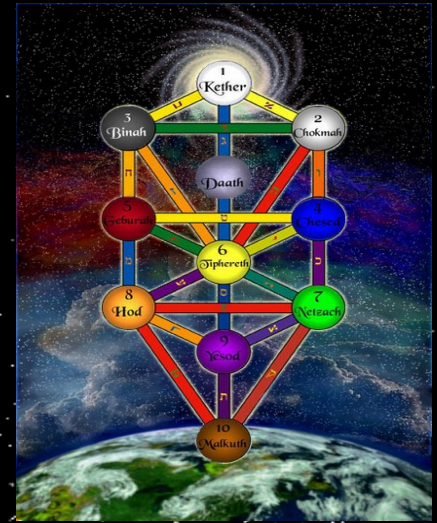




MALCHUT (KINGDOM)

מלכות

- ✧ The Kabbalist teach that with in each sphere the entire tree of life is re-created.
- ✧ The tree of life is a complete system. No one part can be known or used without the others.
- ✧ One goal of Kabbalah is to apply each situation in life to its proper place. It is a higher level of awareness as to which worlds are in balance and which qualities are needed to repair the tree.
- ✧ Try to think of situations or examples with each of these fears would be necessary in your life.





THE END

