

Kabbalah: The Wisdom of Your Soul

A five-part introduction
to the Judaic mystical
tradition that dates back
to Biblical times and
which has inspired
generations of people to
discover the wisdom of
their own soul



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This picture says all there is to say



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Kabbalah, Qabalah, Cabala

From the Hebrew letters Qof, Beit, Lamed

Hebrew for 'receive'

קבל

There are many different branches of this teaching so we'll take a look at the main ones today just so you know what's what. Not all of them are rooted in Judaism

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Kabbalah transcends *all* religion

Correctly used it is a scaffolding with which to build 'the house of your psyche'—to know and understand yourself, your soul and your relationship with the Divine



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It is a universal, oral tradition

Even though many will tell you that it can only be studied through knowledge of the Hebrew language



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It is the structure on which the Bible was written...

...which makes it very helpful for healing any wounds from Christianity and Judaism

True Kabbalah will *never* require you to adhere to a particular faith. It is purely scaffolding.



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Why do we need scaffolding?

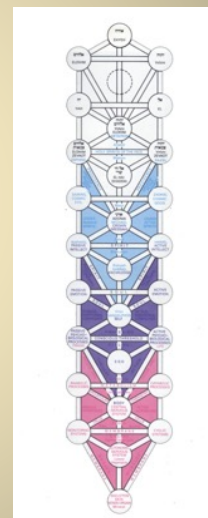
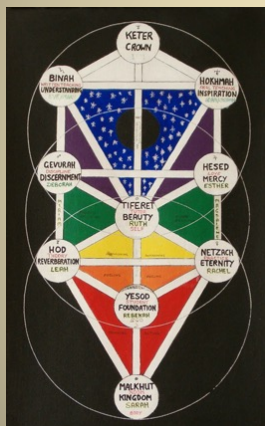
- Tradition and discipline
- Awareness of ego, self, soul and spirit
- A framework to refer back to
- Because it offers companions to help, inspire and guide us

All true mystics will transcend their tradition

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These are the diagrams

Try not to panic



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Only the Menorah dates back to Biblical days



The Tree of Life and Jacob's Ladder were designed in the 11th century, to make the patterns on the Menorah easier to understand

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Not to be confused with the Hanukiah



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Who studies Kabbalah?

Hassidic and
orthodox Jewish
men over 40



Followers of Rabbi Yisrael
ben Eliezer, also known as
the Baal Shem Tov (Master
of the Name)

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Hermetic Order of the Golden Dawn

Founded in London in 1888 by three
freemasons, Dr. W. R. Woodman, Dr. W. W.
Westcott and S. L. Macgregor Mathers

The group practiced “high magic” – meditation,
concentration, ritual and evocation (the art of
calling forth spirits, angels or demons)

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Magical or Alchemical Qabalah

Hermetic Order of the Golden Dawn

- Dion Fortune
- Aleister Crowley
- Ryder-Waite Tarot pack
- W. B. Yeats was a member ... As were Israel Regardie and Gareth Knight



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Aleister Crowley

Crowley, once described by a British court as 'the wickedest man in England' is best known for the principle of his religion Thelema: "Do what thou wilt shall be the whole of the law."



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A word or two on magic...

To a Kabbalist, magic is defined as bending the *Yetziratic* world for someone's own will – whether it be for good or for bad

To pray or to send healing is not considered magic as it is calling for the spirit in the person or situation to be blessed for the higher good at all levels

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Kabbalah Centre



The Kabbalah Centre is a highly-successful worldwide organisation devoted to the teaching of universalized Kabbalistic principles

It is no stranger to controversy...not least red string and Kabbalah water

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Bnei Baruch and Toledano Tradition

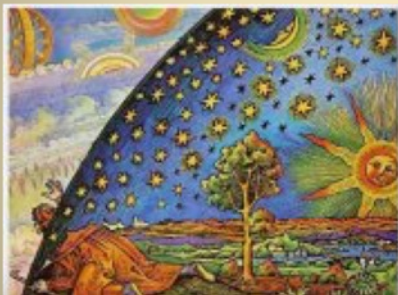
Bnei Baruch's founder teacher is Dr. Michael Laitman.

Toledano Tradition's founder teacher is Z'ev ben Shimon Halevi (Warren Kenton).

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Any true Mystery School

...is hard to get into



...And easy to leave

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My sources of inspiration:

- The Toledano Tradition of Kabbalah (Z'ev ben Shimon Halevi)
- Sacred Magic (David Goddard)
- Sophian Tradition (Tau Malachi)
- Christian Mysticism (Fr. Richard Rohr)
- The Interior Castle (Teresa of Avila/Caroline Myss)

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Famous Kabbalistic books

- ***The Zohar***, Moses de Leon/Shimon bar Yochai
- ***Sefer Yezirah***, Abraham/Rabbi Akiva
- ***Pardes Rimonin***, Moses Cordovero
- ***Tomer Devorah***, Moses Cordovero
- ***Garden of Pomegranates***, Israel Regardie

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99% of people in Biblical days did not read or write

Diagrams are useful because they help us reinterpret out-of-date teachings without Chinese Whispers

Cultural and social laws may change. Universal laws do not...



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Magic and Mystery

The 'Age of Enlightenment' brought an end to mystery within conventional faith. Mystery and the rational mind don't work very well together



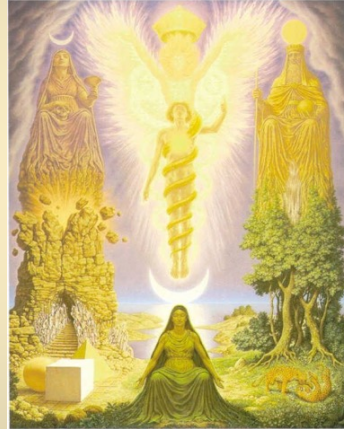
Hagar and the Angel by Allison Clarke

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Raising the Level

Religion is frequently low-level

It provides a basic floor to walk on but not a dance floor where we can *all* dance together in different costumes

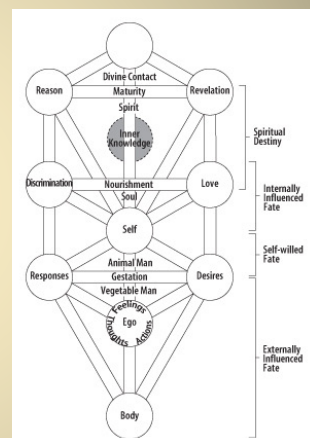


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Let's begin at the beginning...

Kabbalah is 'the received wisdom' — a direct communion between Divinity and you

It's easiest to have that communion when you have a vessel or container in which to receive the Divine



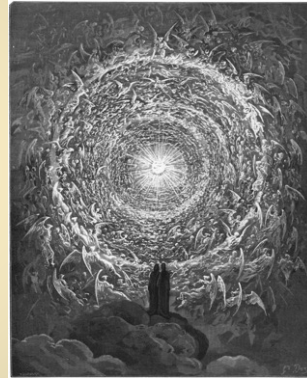
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The Kabbalistic story of creation:

In the beginning there was only the Absolute.

The Absolute is beyond gender, beyond anything comprehensible

And It wished to experience itself in manifest reality



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God wished to behold God

Or God wanted to have a baby

Or God wanted to play

We must always remember that we are children of the Creator. Just as we, as children, enjoyed make-believe (fairy islands ... Toy farms), so does God. It's just that God's make-believe becomes reality

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The Kabbalistic 'How.'

As God is Absolute, It (not he or she) had to contract to create a space where It was not

This is called zim-zum. A cosmic womb



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Adam Kadmon

Into that space flowed the *idea* of the Cosmic Being called Adam Kadmon — the primordial human being (as well as the primordial everything else)



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This is why we are said to be made in God's image

Every human soul is one cell in the Cosmic Body of Adam Kadmon

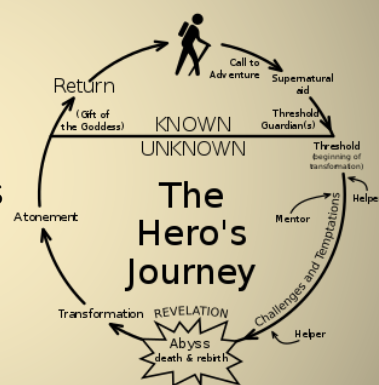
Every human soul has a home and a destiny.
Every one of us has been sent into reality in order to make manifest the glory of God

We are all travelling home

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We take four journeys over many lifetimes

- Learning to live in manifest reality
- Finding our way back home
- Teaching and guiding others who are starting their second journey
- Going home to become greater sources of guidance

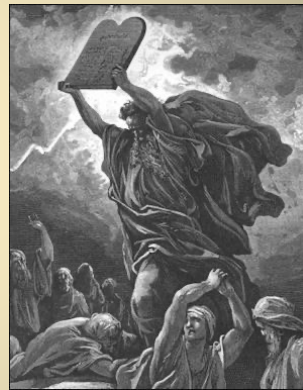


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We will get it wrong

Kabbalah teaches that
humanity is still very
young

The process of evolution on
all levels is certainly
happening. We can only
learn through experience



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We will all become perfect

The Christ Consciousness is the consciousness of
Adam Kadmon

When a human achieves that level of
consciousness then their journey is completed

Every single human being is both capable of
being, and destined to become, Christ

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There are a thousand different routes

No route home is wrong

However, it can be helpful to chose one particular route as a committed path in order not to become confused

That choice is up to *you*. You must never allow yourself to be coerced into one particular way

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You are a vital part of this process

- No one is greater or lesser to God
- Every personal preference is offering God the chance of experiencing manifest reality
- Every choice we make affects the whole



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So tonight...

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I know you are there.

*I know you are here in
me. I acknowledge
you. I am listening.
Show me how best
to enjoy this life*

