

KABBALAH'S LIFE APPLICATIONS

Rabbi Yitzchak Schwartz

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*A series of teachings and meditations integrating Kabbalah's
classic topics with their applications in life*

Featured topics and applications;

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This is my response to popular demand from without and within me, for me to give a course in Kabbalah ----

From without;

Recently there have been a number of individuals and groups, who have requested me to present some type of course---whether on a video site, on the phone, online [email] , live or 1 on 1....

From within;

I always have been interested in a realm that i like to call 'Applied Kabbalah'---ie...applying it's main principles to our lives---transforming our lives with the tools and teachings of higher consciousness that are inherent to the wisdom of Kabbalah. Therefore, I hereby present to you a course template that I thought may be attractive for you and me to work with.....Of course, I do claim the creative privilege of exploring the best ways of presenting this material [because, I've found that what you know now, is usually only a small part of what opens up to you later]. Nevertheless, I have learned that templates and projected plans are helpful [by the way, these kabbalah teachings are a natural extension of the 'Masters Series'---these teachings, as well as all those that came before them, are all about mastering Jewish consciousness].... so here is what I came up with;

APPLIED KABBALAH

A course integrating Kabbalah's classic topics with their applications in life [meditations and teachings]

featured topics and applications;

****** What is Kabbalah?*

[The Kabbalah of G-d Centered Living]

[The Kabbalah of being one with the world]

******The Kabbalistic creation process*

[The Kabbalah of expansive abundant living]

[The Kabbalah of living the life you love]

******The Tree of life [the 10 Sefirot]*

[The Kabbalah of healing {Sefirotic Alignment Therapy}]

[The Kabbalah of total self expression]

******The Kabbalistic approach to Tikun Olam [world rectification]*

[The Kabbalah of Messianic consciousness]

[The Kabbalah of the post life]

******The Kabbalistic approach to higher world interrelationships*

[The Kabbalah of family dynamics]

[The Kabbalah of relationships]

******The Kabbalistic understanding of the soul and reincarnation*

[The Kabbalah of higher consciousness]

[The Kabbalah of self perfection]

A MEDITATIVE EXPLORATORY STYLE

Just one more introductory point ----We begin this Kabbalah series by exploring what Kabbalah is, what it's essence is, and how this essence can effect our consciousness---with regard to how we relate to G-d, our world and to ourselves in a more primal way. I would like, with your permission to carry on this exploration, by exploring meditative models of the different definitive components of Kabbalah--brought by the classic Kabbalistic works---- and then attempt to analyze the common thread running through all of these definitive Kabbalistic meditational models, and then , B'H, come up with an essential working definition, answering the question 'What is the essence of Kabbalah?'

ESSENTIAL KABBALISTIC CONSCIOUSNESS COMPONENTS MEDITATION

A. The Kabbalah of G-d Centered Living meditations;

1. Infinitizing

KNOW-----Know that the Creator is Infinite.....Know that the Creator's whole design of the Creation was to hide His infinity from us , until we could discover how to reveal once again that all is infinity.....Know that one of the essential points of all Kabbalistic teachings, is to reinfinitize the finite---thus;

a. the goal of the Tzimtzum [the creation process of contracting Hashem's infinite presence to allow for a creation to exist] creation process is to ultimately reinfinitize it all

b. the goal of the evolution process seeking the maximal synchronization between the lights and the vessels that contain them, is to produce a setup of vessels that can contain infinity

c. the goal of the Mitzvot [according to the Kabbalistic consciousness perspective] is to infinitize [and thus liberate] the ACTIONS of reality that we take/ do

d. the goal of Mystical Consciousness is to infinitize [and thus, liberate] THOUGHT

e. the goal of Ratzon [a Kabbalistic state of fusing our Will with Hashem's Will] is to infinitize [and thus liberate] our WILL and our calling in life and our capacities to be the right arm extensions of G-d's Tikun Olam process

f. the goal of the Divine bridge traits referred to as the Sefirot, are to infinitize all processes and all structures , [including those of our own persona]

g. the goal of the Tikun [rectification] of cosmic brokenness, is to transform reality into a conduit and conductor and environment for infinity

h. the goal of all upper and lower world interpersonal relationships is to tap into each other's infinite wellsprings and thereby unify with each other, and thereby reproduce infinite shefa[abundance] for all of the world to be nurtured from

i. "the innate desire of the soul, is to reunify with the infinite...this is the root of every wanting; noother object, idea or love can satisfy it's desire. It's not only what the soul wants, but what all of existence wants." [Alan Aafterman in his work, '[Kabbalah and Consciousness]

j. Humanity's goal of returning to the Garden of Eden's Paradise state, as well as the Messianic state, is to arrive at a consciousness and a reality , where all that which was lacking, will be complete--and all that which was finite will be complete

******there is so much more, friends [like turning this into a more meditative framework , and to do the same with many other primal essential Kabbalistic consciousness components], but if i don't send this out now, then i won't send anything this week..so.....until we meet again...*

*my best,
Yitzchak*

THE DEFINITIVE ESSENCE OF KABBALAH

A FEW INTRODUCTORY WORDS

Last week we presented the outline and the beginnings of a course in applied Kabbalah....This topic keeps me in a constant state of contemplation---both in terms of the content and in the way of presenting it. I would like to share with you [as part and parcel of our introductory search for what Kabbalah essentially is all about] a brief list of platitudes which the Holy Zohar [THE Kabbalistic classic] uses to express the supreme importance of Kabbalah and its study.....After this, I'd like to present various definitive components of essential Kabbalah in a meditative fashion. Our goal is to be transformed---to see life in a different way---through the lenses of a mystic.....I will try to bring out in the meditations, the transformative dimension.....I hope to be able to discover and show the complimentary interconnection between the different meditations---all designed to convey one primal Kabbalistic mindset---a mindset which at one and the same time, enables us to make G-d the center of our world, as well as making the world one with our lives.

THE POWER OF KABBALISTIC LEARNING [according to the Holy Zohar]

- 1. There is not a letter or word in the Torah that does not contain Kabbalistic secrets*
- 2. True Kabbalah causes the world to be filled with the knowledge of Hashem*
- 3. One who goes on to the post-life without Kabbalistic knowledge, though they may be filled with Mitzvot and good deeds, will not be able to enter the [innermost] gates of the world to come*
- 4. The one who occupies them self with Kabbalah, is able to sweeten up all that's difficult, cast aside harsh judgements and purify them self*
- 5. One who neglects to pay proper attention to Kabbalah, causes poverty and the elongation of the exile*
- 6. Every Kabbalistic word properly learned, creates entire worlds*
- 7. The masters of Kabbalah will be the first to rise in the resurrection of the dead*
- 8. The prayers of the Masters of Kabbalah will be received and answered*
- 9. The masters of Kabbalah have the power to nullify harsh decrees, to be in constant connection to Hashem, to bring down blessing and are called Tzadikim [righteous ones]*
- 10. There is no wisdom that compares to that of Kabbalistic wisdom*
- 11. The knowledge of Mitzvot are considered to be the BODY of the Torah, whereas it's SOUL is the secrets of the Torah [ie...The Kabbalah]*
- 12. The masters of Kabbalah, relative to others, are referred to as the children of Hashem, as opposed to being Hashem's servants, and this is because they know Hashem intimately and not just in a general way*
- 13. This list would not be complete or truthfully representative of what the Zohar enlightens us with regard to the Kabbalah's power, if we didn't bring the very harsh viewpoint that the Zohar presents with regard to teaching Kabbalah to those who are not worthy to receive it....This subject to be properly dealt with, is beyond the scope of*

this lesson.....Nevertheless, suffice it to say, that you can rest assured, that I have studied carefully the various contemporary opinions and approaches in dealing with this challenge, and have come up with a safe way to teach this material to an eclectic group of people such as yourselves.....I'd be happy to share all of the points with anyone that feels the need to know...

SEEING THROUGH THE EYES [AND SOUL] OF A KABBALIST MEDITATIONS

*****Kabbalah is referred to as 'Chochmat HaNistar' [the Wisdom of the hidden or unseen] as well as 'Chochmat HaKabbalah' [The Wisdom of Receiving]-----Accordingly, the true master of Kabbalah is one who is able to see and impact parallel unseen dimensions, nuances ,worlds, souls within and without us as well as Divine Guidance in all of its splendor..... These meditations are a way for us to begin opening up that mindset*

A. SEEING THE UNSEEN

1. SEE THE REALITY THAT WHAT MOST PEOPLE SEE IS VERY LIMITED --- AND EXPAND IT

See that there is much more to see in every dimension of life---whether it be the depth and nuance of the wisdom that we encounter, the influences that are at play in our consciousness or the Divine Providential puzzle pieces of reality, that connect everything together in a grand symphony of unity and perfection.....See yourself becoming a receiver of all that you do not normally receive.....See yourself beginning to receive in a new type of way.....See yourself becoming more and more like an empty vessel, receiving more than ever before...

2. SEE YOURSELF RECEIVING MORE AND MORE FROM THE OUTSIDE OF YOURSELF

See yourself tapping into people's unique powers and blessings---those that can help them, as well as you immensely.....See how the many-varied influences of your environment effect you , and what type of resonation they elicit inside of you

3. SEE YOURSELFBEGIN TO RECEIVE MORE AND MORE INFORMATION FROM INSIDE OF YOURSELF

See the thoughts that come into your mind.----see them as an objective observer for a minute--for five minutes and more.....See how the nature of these thoughts change according to the pressure or the pleasure that you are presented with in life....See how Hashem is guiding you towards perfection---through your thoughts as well as the events of your life.....see as much of the unseen as you can , until the HIDDEN WISDOM begins to open itself to you

b'H...

*****this was the first meditative category designed to open up the mystic's perspective...the other's such as seeing the unity, seeing Hashem in His hiding and seeing the grand perfection process are still to come b'H...*

*my best,
Yitzchak*

THE KABBALISTIC UNITY PRINCIPLE

ORIENTATION--WHERE WE'VE BEEN

Last week we began the first of a series of meditations designed to enable us to see through the eyes of a mystic. We dealt with the specific topic, "Seeing the Unseen" [corresponding to one of the titles that Kabbalah is known as, 'Chochmat HaNistar' ---'The Wisdom of the Unseen'] ...We learned that when one is deep enough inside a state of receptivity [corresponding to another Kabbalistic title-'Chochmat Hakabbalah' --'The Wisdom of Receiving or Receptivity'], than not only will they be able to see and receive that which is barely seen by most people, but one can even see the unseeable---ie...parallel dimensions in the realms of space and time and soul.....This ability to see the unseen, is the first step required for gaining a mystical perspective---for becoming a mystic who is at one with the world and one with reality....

THE NEXT STEP

The next step---the next Kabbalistic mindset, perspective or state of consciousness to be grasped, corresponds to another meaning of the word Kabbalah--from the root 'HAKBALLAH' [PARRALELISM OR CORRESPONDENCE]...This aspect of Kabbalah teaches us that everything corresponds to everything else....This leads one to be able to perceive an all-embracing unity---unifying the seemingly most insignificant details with the most profound root axioms and everything in between....This transcendent aspect of Kabbalah makes it clear why Kabbalah is regarded as a bridge to all types of systems and wisdoms, and why it's regarded as the key to Messianic consciousness and as the soul of the Torah and of life itself [see our collection list from the Zohar in last week's lesson about the superlative powers of Kabbalah]....But , I would prefer that you learn about this topic from someone far above my level ---especially in his grasp of the subject and his ability to communicate it....Here are the words of R. Avraham Isaac Kook[ר'אצ"ל];

THE MYSTICAL DIMENSION THAT EMBRACES EVERYTHING

Philosophy embraces only a given part of the spiritual world. By nature, it is detached from whatever is outside it's sphere. By this itself, it is fragmented in it's being. The grace of perceiving how all feelings and tendencies, from the small to the large, are interdependent, how they act on each other, how separate worlds are organically related--this it cannot portray. For this reason, it must always remain an aristocratic discipline, set apart for special individuals.

Greater than this is the mystical quest, which by its nature penetrates to the depths of all thought, all feelings, all tendencies, all aspirations, and all worlds, from beginning to end. It recognizes the unity of all existence, the physical and the spiritual, the great and the small, and for this reason there is, from its perspective, no bigness or smallness. Everything is important, and everything is invested with marked value. There is no lost gesture, there is no vain imagining.

Because of this advantage, mystical vision, in being able to embrace within itself all thoughts and all sparks of the spiritual, is alone fit to chart for us the way to go.

Therefore, the mystical dimension is the soul of religion, the soul of the Torah. From it's substance derives all that is revealed, all that is circumscribed, all that can be conceived by logic, all that can be carried out in actions. The far-reaching unity of the mystical dimension embraces all creatures, all conditions of thought and feeling, all forms of poetry and exposition, all expressions of life, all aspirations and hopes, all objectives and ideals, from the lowliest depths to the loftiest heights. The source of life deriving from the highest realm of the divine, which only the light of prophecy, the clear illumination, the light seen by Adam, , the supernal lights can disclose, streams into and

*passes through all stirrings of thought, all movements of the spirit.
[R. Abraham Kook זatz"l --The Lights of Holiness]*

Kabbalistic Unity Consciousness Meditations

[SEEING THE KABBALISTIC UNITY THROUGH THE EYES OF THE MYSTIC]

1. SEE HOW ALL IS INTER-INCLUDED

See how everything is inter-included in everything else---what's outside of you is also inside of you---what is needed to realize this, is to plug in and feel and resonate and recall---try to feel and resonate inside of yourself, with things that are outside of yourself ---whether they be outside of yourself in space or in time---Experiment, keep on pushing the buttons of resonance, until you can truly identify that which is outside of yourself , inside of yourself---until you can feel what a person, a place, a historical happeningetc...feels like...

2. SEE HOW ALL IS INTERDEPENDENT

See how everything is dependent on everything else---- how actions are dependent on words, and how words are dependent on feelings, and how feelings are dependent on thoughts, and how thoughts are dependent on will, and how will is dependent on HIS Will...

See how one person's will, thoughts, feelings, actions and words are dependent on other people's same faculties, and other's on them and many people's on one central person's, and this one central person's faculties is dependent on their teachers and their parents and their teacher's teachers and parent's parents faculties going back and back to the beginning...

See how the animal and plant and mineral kingdoms are dependent upon each other....See how large parts of the world's people are dependent upon a small part....See how large parts of history are dependent on one specific part....See how all these independent entities are all significant---are all necessary parts of the whole...

3. SEE HOW ALL IS SIGNIFICANT

See how the interinclusion and the interdependency of all things, makes everything significant---because everything, in it's own way and time and place, is absolutely necessary for the needs of everything else----the body is significant for the soul, the physical is significant for the spiritual, the small is significant for the big, the dark for the light...etc...etc...All is important, all is

valuable, all is complimentary to all else...

4. SEE THE RAMIFICATION[S] OF THIS UNITY

See what is learned from this mystical unity --this interincluded, interdependent unity -----See how this unity penetrates to the depths of all dimensions--all thought , all aspirations, all perfection---for when everything fits in, when everything harmonizes, when there is a special place reserved for all things---then there is peace, and there is oneness, and there is goodness, and there is clarity, and there is meaning and the soul of reality is revealed and in control --and then everyone will know and see with the supernal hidden light that all is One and that all is connected together and connected to the Divine source of all life ...

May it be His Will that we all be privileged to see all of this manifested with greater and greater intensity

yitzchak

KABBALAH'S CREATION PROCESS

***WHERE WE'VE BEEN

We have covered in the last few weeks, in our attempt to grasp what the essence of Kabbalistic consciousness is all about, a few major approaches. Two weeks ago, we dealt with the aspect of Esoterics referred to as 'Chochmat Hanistar' [The Hidden Wisdom]...We focused on meditations to enable us to see and be receptive as much as possible, to all that which is seeable as well as that which is normally not seen at all.....Last week we focused on Kabbalah's Unity Consciousness. Another definitive aspect of Kabbalistic consciousness---that of making Hashem the center of our lives, was a topic that we learned together the week before we began this Kabbalah series.

***TZIMTZUM

We are now ready to plunge into the beginning---The Genesis of all Kabbalistic Wisdom---The Creation Process. The Master Kabbalist--R. Yitzchak Luria--The Holy Arizal, brings at the beginning of his master Kabbalistic work--'The Eitz Chaim' [The Tree of Life], the following description of the Creation Process;

"Before all things were created...the Supernal light was simple. It filled all existence. There was no empty space which would be space, emptiness or void. Everything was filled with the simple OR AIN SOF [transcendent light of Infinity]. There was no category of beginning and no category of end. All was one simple undifferentiated light of Infinity.

When it arose in His simple Will to create all universes, He constricted His Infinite light, distancing it to the sides around a center point, leaving a vacated [spherical] space in the middle of the light of AIN SOF...

After this constriction [Tzimtzum] took place...there was a place into which all things could be brought into existence [Atzilut], created [Briah], formed [Yetzirah] and completed [Asiyah]. He then drew a simple concentrated ray from the light of Infinity that surrounded the space.....The upper extremity of this ray touched the light of Infinity that surrounded the space and extended towards its center. It was through this ray, serving as a conduit, that the [immanent] light of Infinity was brought down and spread into the entire vacated space."

Let us extract from the Arizal's words, the essential components--there are three;

- 1. THE ENDLESS LIGHT-----This Divine presence was all there was in the beginning*
- 2. THE VACANT SPACE-----The Infinite One-G-d, removed or hid Himself*
- 3. THE KAV----- [the conduit or ray]---A graduated drawing down of the Infinite light into the Vacant space, in order to slowly, but surely reinfinite this space*

***HOW TO APPROACH THIS 3-STEP PROCESS

It's crucial to understand at this point, that Kabbalistic wisdom, in general and specifically--it's depiction of the creation process, is not meant to be looked at as something that happened once upon a time in history--and then it's over and done with. Quite to the contrary, all that Kabbalah teaches, especially regarding the creation Process, is something that transcends time and space----a revelation of holy universal physics processes that are meant to be studied carefully and seen as the templates and paradigms of all that happens in our lives. Therefore, when we analyze this 3-step Creation process called the Tzimtzum or Constriction process, we are meant to extract from the entire process or from its component arts, as much as possible ---as many life applications and ramifications as we can come up with. This 3-step process is the foundation for all subsequent processes--everything that comes after it in Kabbalah and in reality, is rooted in this primordial process.

*****UNIVERSAL EXTRAPOLATIONS OF THIS PROCESS; A CONTEMPLATION**

Let us begin to open up a different part of our minds--different than the meditative side that we keep bringing--Let's open up the contemplative side. Before I bring a number of universal life applications or extrapolations of this process, first do the following contemplation;

Focus on the 3-step Creation process--as a whole and each of its parts.....Try to come up with as many life-applications as you can [here's an example, to lead you in the right direction---The overall process teaches that hiding oneself...ie... paralleling G-d's hiding... allows for the manifestation of 'the other' ---something other than oneself]_____

*****A LIST OF TZIMTZUM EXTRAPOLATIONS**

1. birth process
2. making room for others
3. revealing Hashem's Presence everywhere [despite the illusion that He's not there]
4. revealing that which is hidden
5. nothing stands in the way of desire
6. constriction is the key to expansion
7. emulating this process in our own creative expression
8. being able to carry both sides of paradox
9. single-minded hyper-focus
10. the spiritual growth process of yearning for that which is beyond us

*****TZIMTZUM EXTRAPOLATION MEDITATIONS**

1. The Birth Process

The Source -----The 2nd step of the Tzimitzum process ---the Vacant Space--represents an absence and a void [of the infinite Divine presence].... As the saying goes, "Nature abhors a void", therefore the Void automatically 'gives birth'. In the Creation process, the birth is a grand birth of all created beings. So we see that a void elicits a birth process--the greater the void, the greater the birth [as we see from the magnanimousness of the Creator's Void and the resulting birth process....

The Birth Process Meditation-----Identify in your life a birth process that you are presently going through.....Know that everyone is usually being born in one way or another sometimes more; in an intense and meaningful way-- sometimes less.....Know that this birth process usually comes as a combination of Higher Divine influences [ie...Hashem determines that you are ready to be slowly and surely eased into a new reality] , as well as your own expression of willingness and readiness [whether you have done this in a conscious or unconscious way]Know also that a birth process will usually unfold on it's own, but you can turn up the intensity by increasing the urgency...ie.. the unbearable impact of not yet being born.....Therefore, do this---Once you identify and realize the nature of your birth process---what it is all about---how far along you are---how ready you are to be born----- then decide if you want to turn up the intensity of your Void or your urgency---act accordingly---first in a meditative mode ---projecting in your mind where you are at in the birth process, and where you would like to be----then make it or let it happen in real life....

*more to come
my best,
Yitzchak*

KABBALAH'S CREATION PROCESS SERIES

[extrapolations, meditations and life recipes]

Orientation

We are in the midst of extrapolating! Last week we discussed the 3 primal steps of the Creation process. Our approach is to relate to this and subsequent Kabbalistic processes as being holy physics principles. We brought different possible extrapolations or life applications and began to expound upon one of them ---"The Birth Process"---in a meditative framework. Let us continue with another extrapolation [which actually is comprised of a few of the other ones as well];

T'ZIMTZUM EXTRAPOLATION MEDITATIONS [part 2]

***Constriction is the key to expansion

The Source---We learn from the 3-step 'Tzimtzum Creation Process', that in order for Hashem to create His Universe[s] and relate to them, He chose to constrict or restrict His Presence [according to most scholars, this meant that He hid Himself from this constricted space, but in any case, His felt Presence was restricted].

The Extrapolation---The Divine-based physics principle that we see etched into the very fabric of nature and the Creation, is that constriction elicits expansion....Before hand, the Creator was alone, and after the Tzimtzum Constriction, there exists a Creator and a Creation. One important Sage explains at great length and depth, that this doesn't imply any change in the essence of the Creator [which is an impossibility], rather this new situation can be explained as being a change in our human viewpoint, or it can be explained as G-d enacting a hiding filter to prevent His being seen.....In any case, there occurred a constriction that gave rise to an expanded reality that comprises now both the Creator and His Creation....

The Expansion Meditations

1. Beyond Your Capacities

Recall , in the past, when you CONSTRICTED all of your energy and focus in one particular area of your life---whether the focus was getting past the obstacles involved, or awakening and expressing your inner psychic powers that were connected to this area---recall how this constricted focus, enabled you to become EXPANDED beyond your normal capacities....

Project and experience this same ability to eventually expand your capacities in other areas of your life that require focused care at this time...

2. One Dimensional Breakthrough

Recall a time that you CONSTRICTED your focus to one particular goal or dimension or point--as opposed to being scattered in many directions. Perhaps you hyper-focused on one word for several seconds while praying or learning.....perhaps you focused on one phrase or mantra for a relatively long time. Perhaps you kept digging deeper and deeper into discovering the essence of a certain subject.....See how any or all of these one-dimensional efforts elicited for you

an EXPANDED awareness-----a clearer , deeper and often unlimited knowledge of that which you were focusing on....

Experience this now.....Choose a phrase and keep repeating it until all of your thoughts become calm and expansive....and /or....Recite the paragraph of a prayer [preferably by heart with your eyes closed if possible], allowing approximately seven seconds for each word until your consciousness becomes focused and elevated.....and/or....Contemplate what the essence is of any particular idea or person---keep penetrating deeper and deeper in your contemplations until you arrive at a place of knowing essence on some level.....and /or.....Choose anything else you would like to hyper-focus on, and keep your focus, until you break through to an expanded state of mind.....

3. Overcoming obstacles [a collection of personal recipes]

One of the greatest musar giants –the Saba of Nevordik [R. Yosef Yuzel Hurwitz], who's Yahrtzeit's the 17th of Kislev [and also happens to be one of my all-time favorite teachers] –when he would walk into the Study hall in the morning with a big smile on his face—it was known that he was in the midst of some huge tribulation or challenge—Why the smile?!—because R. Yuzel understood that without the trial there is no growth—in our terms—no constriction means no expansion..... That very obstacle is an expression of the Void—a constriction that is not bearable –that needs to be overcome.....When we look at the obstacles in our life in this way, then we understand that they are the keys to our growth and self-actualization....in that spirit, I present to you the recipes and approaches in my own life [many of them , in any case] that I have come up with to cope with and transcend the many Voids or obstacles in my own life....My hope is that some of these will be useful for you too, and maybe you can come up with a list of your own

1. PRIMAL JUDAISM —approaching every aspect of Jewish observance and outlook as a challenge to OVERCOME THE OBSTACLE of possible monotony and rote that can set in, by making the present practice the most primal and inspiring and self-expressive that I can...

2. FINANCIAL FREEDOM—The OBSTACLE is formidable—not to be a slave to money in the multi-varied ways that we can be trapped—such as worrying too much about getting it when you don't yet have it, worrying too much about losing it once you have it, worrying about constantly bringing in more and more as well as worrying too much about overspending for the things you need. This 'Financial Freedom' life approach seeks to minimize all of these worries, by having a perspective or outlook similar to that of our Forefather Yaakov [which he expressed when he offered gifts to his powerful and murderous brother Eisav—who viewed his wealth as proof of his arrogant power]....Yaakov conveyed his outlook about personal wealth as being something given to him by Hashem for the sake of taking care of all of his needs—which means that one's efforts in attaining , maintaining and spending money, are all done in a liberated way—liberating yourself

from obsessing about needing more [or less] than you need for your particular needs in life, as well as letting go of the notion that it's all dependent solely on your efforts, rather than seeing that it truly comes from the ONE ABOVE!!One more point that I must add, is that ultimately I strive b'H , not only for the desired peace of mind that I just described in financial affairs, but also to achieve a level of ZERO-worry and effort in the attaining, maintaining and spending of money—and if you strive to take this all to the extreme limit of no VOID-PRESSURE at all with 100% will power, then you'll begin to see how miraculously that nothing will stand in the way of manifesting your pure Ratzon/will!

3. TOOLS —The OBSTACLE to overcome , is that when we learn something, which we do all the time, then we often learn it in a shallow way—intellectually at best, but not deep inside of ourselves and not in a way that we can apply it or actualize it—Collecting and practicing your own extended collection of life tools helps you to internalize and actualize, as well as giving you a wide choice of ways to cope with challenges—in a tried and tested way that works for you....

4. MMM [Mystical Musical Meditations]—The OBSTACLES that this approach addresses itself to, are the same as those that we brought in TOOLS above, with the added dimension of receiving wisdom in a way that immediately gets deep inside of you, and inspires and awakens you in a way that only music can

5. TORAH-IN EXILE—The OBSTACLE is based on the fact that we are taught by Kabbalistic sources that Torah wisdom, beyond being a guiding light to the nations, is also a source of wisdom encompassing all other wisdoms, and these sublime aspects of Torah wisdom are not manifest to most people [often-times quite the contrary is true—where Torah wisdom is seen to be archaic and not up to par with the 'enlightened 'times that we live in —therefore this approach seeks to identify Torah's roots in all seemingly non-Torah sources and then to redeeming it and bringing it back home from the exile that it finds itself in...

6. NITZUL —The OBSTACLE giving rise to this approach, was that I noticed that too many of the resources that I have amassed [wisdom, writings, songs, books, insights ...etc..], are lost, or at least not so accessible to me, when I really need them....'Nitzul' [a type of salvaging process] concerns itself with creating lists and frameworks that enable me to have instant access

7. HEALING FLOW—The OBSTACLE involved here is a blocking up of a natural flow in a normally flowing cycle—such as a psychological , physical, emotional, spiritual, relationship cycle, or any other type of flow-cycle—and therefore, 'Healing Flow' employs many different types of healing all aimed at opening up the flow

8. LOWER SOUL—The OBSTACLE is a failure to tap a crucial part of ourselves that if ignored, will constantly try to sabotage us, and on the other hand, if properly harnessed, can inspire and empower us with endless energy—therefore this approach defines ,identifies and integrates our lower soul powers...

*****ok folks, I see that I'm really getting in to expanding this particular contraction generated expansion area a bit too much—so , in order to not to overwhelm you [or me] at this point —I will bring the other Void/Obstacle inspired Life Approaches' [so far] by title only —you'll have to figure out for yourself at this point what is the OBSTACLE/VOID motivation of each approach [at least those that are obvious], and I hope at some time in the near future I can pick up where I left offI just want to remind you again , that it's a good idea to have your own life-coping strategy collection—for yourself in your life ,as well as a legacy left to those who will continue carry on your path after you've gone on to a better world...here's the other ones I've collected so far;

9. Maximal wisdom processing 10. Radical self expression 11. Radical independence
12. Meditation 24\7 13. R. Kalonymous Kalmann Shapira-ing 14. Tikun Olam-ing 15. Beyond-ing
16. Paradise-ing 17. F. A. B. 18. P.L.U.G.I.N. 19. Life Explorer 24/7 20. Community tapp-ing
21. Above-Nature-ing 22. Passionate Creative express-ing 23. Torah 24/7 24. All of Torah-
ing 25. Infinite Empowerment 26. Co-Create-ing 27. Kabbalah Consciousness-ing and
holy physics principle-ing
28. Fusing with Hashem 29. Revealing Hashem where He's normally not found 30. Unifying my
life
31. Becoming a Master Sage, Mystic, Tzadik and Chassid now 32. No-pain-gain-ing 33. Bridge-
ing
34. Equanimity 35. Ki Karov-ing 36. All of me-ing 37. Cake and Eat it too-ing 38. Toss your
burden up to Hashem 39. Seeing life's highlights as Divine Guidance 40. Spider-charting

all my best friends and may you're constrictions turn into expansions,
yitzchak

"" The spiritual benefits of this lesson are intended as a continuation of 'The Spiritual War Effort' that we spoke of at length last week.....May the positive energy that we conjure up b'H serve as a shield to protect those in need...

THE SEFIROT --- LIFE APPLICATION APPROACHES

"" MOVING ON FROM 'TZIMZUM' TO 'SEFIROT'

After learning about the Tzimtzum Creation process over the last few weeks, the next logical step and major Kabbalistic topic to deal with, is the Sefirot....it could be said that one who knows the Tzimtzum process, knows life's most fundamental physics principles-----but to able to fully apply and communicate fully these principles, one needs to have a clear knowledge of the Sefirot--the fundamental Kabbalistic language of reality perception....

"" MY PERSONAL APPROACHES

Over the years, I personally have studied taught and created modules tapping in to the Sefirot from a number of different angles;

- a. Their Translated Meanings-----I have sought out a sort of all-encompassing translation chart of the individual Sefirot, based on my extensive collection of works whose focus was Sefirotic translation [all with a slightly different stress or nuance]
- b. A Measurement System-----I have developed a system of sizing up a person's personality traits based on their affinity to each of the Sefirot---past, present and future--- -- which elicits a Sefirotic Personality Profile
- c. Workshop-----I have run a few workshops designed designed to enable people to awaken and actualize their Sefirotic powers and to utilize their Sefirotic Profiles in order to succeed in many areas of life
- d. Synergetic Dialogue-----A Knowledge of the universal applications of the Sefirotic template, has enabled me to have the great pleasure and privilege of carrying on a number of ongoing dialogues with a number of experts in various fields such as science, psychology, religion, business...etc...We always discovered that the Sefirotic template shed a lot of guiding light and understanding in each of these realms
- e. Sefirotic Alignment Therapy [S.A.T]----- The S.A.T. is a healing system I have innovated b'H, which reframes a person's physical, emotional or interpersonal [or numerous other] profiles in a sefirotic context---and thereby guide them towards harmony and allignment
- f. The Merkava-----R.Yitzchak Luria--the holy Ariza'l---developed this meditation--- It is a visual and mental exercise where one focuses on a chart of the Divine Names, punctuated by the Hebrew vowel points, all of which correspond to the different Sefirot.....The purpose of this meditation is to draw a person towards fusing their different personality traits with those of the corresponding Divine Sefirotic traits, in order

to connect to Hashem in the most intimate way---whereby one's own traits are Divinized and Infnitized

''' Necessary preparatory Knowledge

I'd love to be able to share with you as much as I can of these above approaches, but first there is a need to learn some basic introductions...We need to understand what the Sefirot are in general---what are their individual descriptions , how they interact with each other and how they can be applied in life....That would entail a huge amount of preparatory learningTherefore, in the meantime, What I suggest , is that we occupy ourselves in this present lesson, with a number of basic Life Application approaches, which correspond to some essential definitions of what the Sefirot are all about in general....We hope to begin to deal with the necessary definitions of the individual Sefirot from next time onwards-----for now, let's just whet our appetites and have a taste of the wide-range of modes of creative expression that the Sefirot can open up for us

SEFIROTIC LIFE APPLICATION APPROACHES

1. All Processes and Structures

The Sefirot as a unit make up a template This template has a head or a beginning stage , a body/midsection or an intermediate stage and an end or closing stage....The universal way that the Sefirotic System deals with these components, qualifies the Sefirot to serve as a paradigm model for all structures [which all contain a head, a midsection and an end]----- as well as a model for all processes [which all contain a beginning, middle and closing stage]To express it in a more concise way----every type of structure and process can be explained by and rectified by the Sefirotic dynamic....

Universal Processes and Structures Approaches

1. Fine Tuning Processes-----Focus on any process that you are presently going through in life, such as a relationship, a business project or an acquisition of the wisdom of a certain topic [or any other process that you wish to work with],and see how it measures up to the parallel ideal Sefirotic process, and make any needed fine-tuning adjustments to the process you are working on....

SEFIROTICS 101 --some basics

****Last week my computer ate up most of my introductory Sefirot lesson....Nothing happens by chance, though why it happens is more often than not , not immediately understood.....So I'll just try again....What I did manage to do , was to convey a few approaches that I have taken in the past in working with the Sefirot.....Before we can get back to focusing on those approaches, we need to cover some basics...

SEFIROTICS ---A FEW INTRODUCTORY POINTS

A. Orientation

Entire books have been written in an attempt to accurately depict the ten Sefirot---some of them bring a discuss a spiritual anglesome, a psychological angle....some a synthetic angle...ie... How the Sefirot apply to many different realms such as the way they describe the essence of the lives of the Patriarchs and Matriarchs, their description of the color spectrum or the days of the week or the Holidays...etc...The more that we practice seeing the Sefirot at play in the endless processes and structures of life until the Sefirotic become for us the spectacles through which we view everything, the more that we begin to see the awesome interconnected unity of it all...

However, in order to begin to have a working access to the Sefirot, we need to reduce the length of our initial definitions as much as possible and create a Sefirotic chart...The definitions that I have come up with, are the result of a long-time study of many works on Sefirot, each seeking to capture essence--each highlighting a slightly different point---my definitions are what I feel are the essential definitive point of each Sefira... I present these definitions in the form of a self-profile measurement chart---Each Sefira will be presented in the First person singular mode, and what you need to do in order to gauge yourself , is to grade yourself on a scale of 1 to 10;

A. PAST---How strong or passionate have I been in this Sefira in the past

B. PRESENT--- How strong or passionate am I presently with each trait

C.FUTURE--- How strong or passionate would I like to be in each trait

Your scores---though requiring some more analytical work---which we hope to eventually get around to---will provide for you, at least a beginning of an understanding of yourself past, present and future, but before we get around to our assessment chart, we first require to cover some basic principles concerning the Sefirot...

B. Some Basic Principles

1. The Universal Structures and Processes Factor

R. Arye Kaplan z'l, writes in his classic work on Kabbalah, 'Innerspace' the following, " The Sefirot...constitute the inner structure...of the Universes...Nothing in the Universe takes place except through the medium of the Sefirot." He goes on to describe their role in G-d's Providential scheme and in man's psyche as well as in various other manners....We can perhaps express it in a slightly different way---The Sefirotic template is the underlying foundation for all structures and all processes....

To illustrate one application one application of this Universal Principle---I have found that with a clear knowledge of the Sefirotic model in hand, I have an instant ability to engage in dialogue with experts in almost any field of wisdom---be it science, religion, business...etc...The essential makeup of any particular field's process or structure, can be mapped out and plotted against the Sefirotic template, and thereby measured as to it's past, present and future viability....

2. The Bridge Factor

R. Kaplan in 'Innerspace', goes on to say, "They are the bridge between G-d and His Creation....The Sefirot are reflected in man....They enable man to interact meaningfully with the world around him." We see that man is a microcosm---ie...What is outside of man [G-d and the world], is also inside of man, and enables mankind therefore to bridge themselves to the world---a dynamic that includes bridging the Infinite to the finite, man to all that s outside of man in the Universe and in the highest form of bridging--mankind is able to participate in the rectification of the world [Tikun Olam]....

3. The 'Chariot' factor

R.Kaplan also writes, "The Sefirot are the most basic modes of G-d's creative power...It is through the Sefirot that G-d interacts with the Universe..."

One of Kabbalah's most important teachings or analogies is referred to as 'The Merkava' or 'The Chariot'.....G-d is pictured as the Charioteer and the person [everyone according to the privilege and level that they are on] is seen as being the Chariot itself---being directed from above in all of it's actions...The Sefirot, therefore , enable a person to fuse with G-d in the most profound, intimate and all-encompassing ways....

4. The Comprehensive Personality Factor

A very important work on the Sefirotic personality system called 'The Ten Keys', by R. Mattis Kantor, brilliantly expounds upon the principle that the Sefirotic setup is a most comprehensive and authoritative guide to the the human personality.....The more that we tap in to the holistic wisdom of the Sefirot, the more that we are able to awaken and activate the still dormant parts of our personality....Beyond only awakening that which is asleep in our psyche, we also can heal and align and harmonize our personality with the wisdom and directives of the Sefirotic system....And by extension, we can utilize these same directives to heal and align other realms beyond us---such as the interpersonal realm, the community realm, the Global realm and the spiritual realm...

THE SEFIROTIC PROFILE CHART

KETER [comprised of 3 traits]

G-d-ing---I'm someone whose innermost motivation is to be surrounded by Gd
Primal Pleasure---I'm someone who takes pleasure in everything I encounter

Ratzon [Will]---I live the life I love and am in sync with my 'Calling'

CHOCHMAH: Wisdom-ing----- I'm primarily focused on receiving wisdom

BINA: Package-ing---I seek to contain the wisdom in a conveyable package

DAAT: Internalizing---I seek to internalize the wisdom until it is my life-view

CHESED: Mushroom-ing---I'm a person of boundless positivity and giving

GEVURAH: Withhold-ing---I fear losing what I have---I say no all the time

TIFFERET: Blend-ing---I am a natural bridge person, unifying opposites

NETZACH: Overcome-ing---I love to overcome and transcend life's challenges

HOD: Enable-ing---I enable others to be and do their best

YESOD: Communicate-ing---I communicate the totality of myself

MALCHUT: Receive-ing---I open myself to completely receive from others

All the best,

Yitzchak

KETER RATZONING

ORIENTATIONS

1. OUR LAST 2 LESSONS

In our last 2 lessons, in addition to bringing a number of introductory principles and basic definitions, we brought [as samplers and tastes of where you can go with fundamental Sefirotic knowledge], a number of Sefirotic approaches designed to achieve self awareness, healing and spiritual elevation....We didn't , by a long shot, go into the proper depth that each of these approaches and definitions deserve---only a taste...

2. COVERING ALOT IN A LIMITED SPACE

I've been asking myself lately, "How do I want to present these Sefirotic lessons"? "Where do I want to go with it ultimately"? How can I possibly get across so much information in such a limited amount of space and time [a few weekly emails]?" To properly begin to convey the essence of even one Sefira---all the more so to convey all of the Sefirot working as a whole system, ---We would need to dedicate an entire season or booklet to the cause [not a bad idea--but we have other plans on the agenda] that we don't presently have at our disposal...

3. RUNNING AND RETURNING

In light of these challenging questions, I have decided that I must dance the Kabbalistic dance referred to as 'Ratzo VShov' meaning 'Running and Returning'---or , in the context of our sefirotic lessons---I will alternate between elaborating in a deeper way on one Sefira, and then exploring all of the Sefirot in their holistic interactive breadth--and then perhaps back again to seeing one aspect in depth...

4. RATZON-ING ---THE 3RD ASPECT OF KETER

Therefore, I now bring you a more elaborate close-up view of one of the 3 dimensions of the Sefira 'Keter'--that of 'Ratzon-ing' or PrimalWill-ing...truth be told , Ratzon-ing is the lowest of the 3....The highest one we refer to as 'G-d-ing' ---a consciousness where one embraces and is totally embraced by G-d Awareness....The next one is Primal Pleasure---a consciousness where one takes spiritual pleasure in all aspects of living, especially in regard to the pleasure one derives from Hashem connection....-----but we will at this point, begin with the lowest level of Keter--Ratzon-ing--since it actually contains the other 2, and also the upcoming teaching [which I wrote in the summer of 2007 for our 'Paradising My Life' booklet/series] is a very important teaching in its own right---

'RATZONing' LIVING THE LIFE THAT I LOVE

WHY RATZON-ing IS SO VITAL

A. THE CONCEPT OF 'RATZON'

The Approximate translation for 'Ratzon' in English, is 'Will' ---ie...a person's primal desire, but the concept contains so much more. The root letters--- Ra TZ oN, when rearranged, spell out the word TZ iN oR, which is a channel. Thus Ratzon's conceptual meaning also includes a primal channel. Add to this meaning, that of the Sefirotic source of Ratzon---'Keter'--the crown, the highest Sefirah or Divine based character traits; Just as a crown on a King's head is a part of the King, yet something separate and above him, and it also represents the King's rulership over all of his subjects, so too does Ratzon represent a channel, bridging the Divine Will which is both within the person's grasp, and beyond them----together with a person's own will.....and that very Will is the ruler, soul or main internal motivator of the rest of the person's persona or character traits.

B. MY ESSENTIAL AND TOTAL SELF

When a person connects to their Ratzon or Will, they connect to their essential self-----which bridges the Divine Will inside of themselves, with their own unique individual will, and in turn connects that profound Will with all the rest of who they are as a person. When I'm 'Ratzon-ing'---I'm truly All-of Me-ing'!

C. TIKUN OLAM

When I'm Ratzon-ing, I'm doing my part in Tikun Olam---Rectifying the world--by doing my part in helping to fix the effect of the fallout of Adam and Eve from their Paradise state in the Garden of Eden. [Kabbalah teaches us that Adam and Eve's body\soul were the composite of all of humanity]. We are taught that Adam [and perhaps Eve as well] was frustrated in his Garden reality. He didn't just want to exist in that pristine state. He, the choicest of all G-d's created beings, was willing to plunge himself into the world of darkness and unclarity in order to work his way back up to Paradise----thereby activating and expressing all of his human faculties and power---total All of

Me self expression, or so he thought----but he left out the most important part---a self expression that's dictated by and fused with the Divine!-----
Adam's Ratzon or total self expression fused with, or an expression of, the Divine Ratzon!

D. 'WHAT DO YOU WANT, YITZCHAK?'

For many years, I had a mastermind partner. He coached me through all of my challenges and dilemmas in life and I coached him in turn. The most important question that he always asked me, in order to set me straight and solve 90% or more of my problems, was 'Yitzchak, What do you want?' If I could only connect with my very illusive Will, all the rest would follow----G-d's Will for me, the tikun of my life...ie...the actualization of my personal calling---the inner motivation of all of my human faculties, the Divine Providential realm would also kick in, whereby people in my life and all the other elements of nature and the 'Universe' would enable my will to manifest. Certainly the dilemma that my mastermind partner addressed himself to, would be solved in the most profound way!

RATZON-ing---PRACTICAL APPLICATIONS, LIFE TOOLS AND MEDITATIONS

A. FUSING MY WILL WITH HIS WILL-----For obvious reasons, this will be the most important of the applications that we'll discuss. Here's a meditation that you can do to help open up this realm-----In your mind's eyes picture yourself in your 'zone'; that aspect of your life, where you find yourself to be higher, more plugged in and more powerful than other people---your'strong suit'---Experience this in all of its aspects---how you feel while in your zone, how others relate to you, your ease of accomplishing...etc...now STOP....

go back to square one----now infuse every aspect that you just visualized, as being enabled by, and infinitely empowered by Hashem. Afterwards, practice doing this type of fusing in real life...

Another fusion meditation you can do, is to view everything in your world; people, thoughts, situations...etc..as being PUPPETS, Divinely sent to guide you to fulfill your Calling-----the only difference between normal PUPPET SHOW reality and FUSION, is that in 'fusion', YOU ARE A PUPPET TOO---and turn yourself into being an agent of Hashem's Will---constantly being guided to fulfill and fuse with HIS Will.

B. IDENTIFYING MY RATZON\CALLING

1. FROM THE PAST-----Analyze the 10 most significant experiences of your life, and the common denominator that they all seem to be pointing to, regarding your life's Calling

2. FROM THE PRESENT-----Make a list of the highlights of your life [daily, weekly and\or longer term] and assess which of them that you most resonate with---and try to discover the one constant theme that constantly comes up, and it's connection to your Calling in life

3. FROM THE FUTURE-----If you had no limitations in what you could become and accomplish in life, not money, not intellect, not spiritual capacities, not interpersonal capacities...etc...what would you ultimately like to become and to accomplish?

C. DAY TO DAY RATZONING 24\7 --- R.R.R. [which stands for Raising your Ratzon Resonation level]-----on a scale of 1-10, [10 being the highest], grade the Ratzon level of your upcoming daily activities and challenges, then work on upgrading....HOW?

1. First of all--Make a plan that will give you peace of mind and help you to feel as if you've nearly completed the task. All that's left to do, is to mechanically walk through the steps of your plan---check your Ratzon level---you'll probably find it's gone up a point or two....

2. Next---ask yourself if you are doing the activity with -'all of yourself'-----ie...lower soul, higher soul, your inspired side...etc...Ask Hashem to send you ways to satisfy the entirety of personality. You can take pen and paper and let the ideas come to you as if you're being dictated to....grade yourself, and if your score hasn't climbed to a 9 or a 10, KEEP DOING THE EXERCISE UNTIL IT DOES!

D. RATZON SPARKS RESONATING----The basic idea of gathering or raising the Holy Sparks, is that our lives are filled with detached bits and pieces of our soul. We are constantly being sent from ON HIGH, our lost soul parts, in order to recover them and reintegrate them into ourselves---thereby making ourselves more whole people. These sparks present themselves to us in many different ways---through our conversations, either directed or not directed at us---through thoughts coming into our minds at all times, either connected or not connected to the content of the book we are presently reading, to the prayer that we're presently praying or the challenge that we're presently coping with. The way to tell that it's really our very own soul-sparks, is to feel the resonance or Ratzon or desire that is awakened in our mind. Practice going through your day 'Sparks-ing', by gauging the resonance level you feel with your incoming thoughts---look at those that are more powerful, and see inside of yourself, how this thought or stimulus fills some essential lacking in your life---then embrace it and integrate it.

E. HOLISTICALLY EXPANDING YOUR RATZON LEVEL

1. **INTERINCLUSION ['HITCALLELUT']**-----Ask yourself how you can increase the Ratzon level of __x__ and conversely the __x__ level of Ratzon. For example, How can you increase the Ratzon or Primal Desire Level of a piece of wisdom, and conversely, the wisdom level of your Ratzon....Do this for any and all traits, and I can guarantee you that your Ratzon horizons [and all other horizons] will be limitlessly expanded

2. P.L.U.G. I.N. -----

P=PRESCENCE----- Be 'present' with all that is going on right now, all that is immediately in front of you, all that is deep inside of you and what is all around you.....

L=LOWER SOUL-----Integrate into your conscious life your lower self in a healthy way [ie.... we are definitely not referring to the part inside of ourselves who's very purpose in life is to destroy us, sabotage us, throw us off..etc..sometimes referred to as the evil inclination or 'Yaitzer Hara']. If this lower self or inner child is left out, squashed, blinded...etc..., then any and all attempts to be great and high and paradised will fail due to a constant inner struggle , not to mention the fact that if we successfully integrate the lower self, then we empower a huge amount of energy into all the rest of our psyche....

U=UNIFY-----connect together all the disparate components of your life into one nuclearly powerful unified unit.

G=GROOVING-----take pleasure in all aspects of life, people and Hashem, who's making it all possible

I=INFINITIZING-----open up, expand, liberate and eternalize all constricted, finite, enslaved and temporal aspects of your life

N=NITZUL [TAKING ADVANTAGE OF ALL YOUR RESOURCES]-----
-----Salvage and take advantage of all of the resources and abundance available to you from the past, in the present or potentially in the future

F. MANIFESTING RATZON IN YOUR LIFE;

1. CO-CREATING----

a. Co-Create With Hashem-----Declare your desired projected reality of your ideal self with absolute faith and clear intention

1. OUR LAST LESSONS

In our last 2 lessons, in addition to bringing a number of introductory principles and basic Sefirotic definitions, we brought [as samplers or tastes of where you can go with a fundamental knowledge of Sefirotics] a number of Sefirotic approaches designed to achieve self measurement, healing and spiritual elevation...We did not by a long shot, go into the proper depth that each of these methods and Sefirotic descriptions deserve--- only a taste....

2. COVERING ALOT IN A SHORT SPACE

I've been asking myself lately, "How do I want to present these Sefirotic lessons?"...."Where do I want to go with it ultimately"?"How can I possibly get across so much information in so little space/time [a few short weekly email lessons]"? To properly begin to convey the essence of one Sefira, we would need an entire essay, not to mention that we would need to convey the application of All the Sefirot holistically in order to properly understand and apply the approaches that we

a. Let Hashem Make It Happen For You-----Surrender control to Hashem--- to let Him take care of it in His own time and His own wayWith powerful faith, watch how Hashem is surprising and delighting you daily, by unfolding slowly but surely, your personal vision

b. Be Open To His Guidance-----Open up a Divine channel in your thoughts and in the events of your life, guiding you to take the practical steps needed to do what it takes to make it happen

2. R. KALONYMOUS KALMAN SHAPIRA'S RATZON-ing FORMULA---

The Piaszczenza Rebbe teaches that if a person would hyper-focus all of their human capacities and powers to achieve what they want,...ie.. they MUST have it, then they will achieve it

3. THE RATZON COUNSELING STRATEGY

a. Yearn for and envision a projected future way of being or personal accomplishment, which is beyond your present level or capacities. Then place yourself into that future reality, and describe it as if you're giving a GRADUATION SPEECH---and then tell exactly how you got there

b. Find a partner or coach [human or Divine] to coach you on a daily or weekly basis, and use your 'graduation speech' as a roadmap to achieve what you want to achieve

c. Now add the finishing masterful touch of the CoCreation steps that we brought above, in order to fuse G-d into the process of actualizing your goal

my best,

Yitzchak

MULTI-DIMENSIONAL SEFIROTIC CHART

ORIENTATION

We mentioned last week that one of the greatest challenges in learning about the Sefirot, is that there just is too much to cover in depth and breadth and not enough time/space to cover it....Our temporary solution was /is to dance the dance of 'Ratzo V'Shov'---'Running and Returning'---ie...to give a taste of the depth and come back and give a taste of the breadth [and back again]...So, in the last week or two, we did some depth work---we brought a few introductions dealing with the applications and definitions of the Sefirot, as well as a semi in-depth look at one aspect of the Sefira--Keter--'Ratzon'.....This week we'll return back to a look at the breadth of the SefirotWe'll begin to see with the aid of a chart , how the Sefirot or the Sefirotic unit is a Universal language describing many dimensions of life

POINTS TO KEEP IN MIND IN ENCOUNTERING THE CHART

- a. The ultimate goal of the knowledge derived from such a chart, is the ability to begin to wear our 'Sefirotic Glasses'----ie...to be able to see everything through the perspective of the Sefirot--and the goal of 'Sefirotic Seeing' is to be able to see the essence of everything----and once we are able to do begin to do this, then we can start healing, harmonizing and alligning--- Sefrotically
- b. Some of the Sefirotic coordinates of some of the categories are the subject of differences of opinions...It's beyond the scope of our lesson to deal with this at this point [also I feel that it would be detractive to the chart's flow to bring the sources of these Sefirotic coordinates]
- c. It would be worthwhile to pay attention to the common denominators that are found across the board in the same Sefira---for example--pay attention to what is characteristic of the Keters of all of the categories....etc..
- d. It also would be worthwhile to pay attention to the relationship patterns that become apparent----ie...the relationship of each Sefira to the one that is below it , as well as the one that is above it...
- e. Notice how each dimension/category divides itself up into the head and body and feet of a Sefirotic process----try to understand why the different components fall into their particular hierarchal places
- f. If we were to take the chart to the next level, we would see how the individual groups all would reorganize themselves into a mega Sefirotic group --- showing an amazing display of the unity of all reality

g. Many of the entries only have 5 representative Sefirot, instead of 10---Usually this refers to a construct whose six lower Sefirot [from Chesed down to Yesod] are all contained in the body or the Tifferet of the sefirotic Unit

h. Some of the entries only have the Sefirot from Chesed down to Malchut, leaving out all the higher Sefirot---- This usually points to a reality where our ability to fathom the upper realms are limited until a future time when the upper above-nature Sefirot will be accessible

i. Finally, I urge you to look at this chart with your 'out of the box' type creativity and see in these Sefirotic matrixes, new ways of thinking and living which are as yet undiscovered

MULTI-DIMENSIONAL SEFIROTIC CHART

**1. HASHEM'S PROPER NAME-----KETER Crown of the Yud/ CHOCHMA Yud/
BINA Hei / TIFFERET Vav/ MALCHUT Hei**

**2. FAMILY PERSONAS [PARTZUFIM]-----KETER Grandfather [Arich Anpin]/
CHOCHMA Father [Abba]/ BINA Mother [Ima]/ TIFFERET Son, Groom [Zeir Anpin]/
MALCHUT Daughter, Bride [Nukva]**

**3. WORLDS-----KETER Primordial Man [Adam Kadmon] / CHOCHMA Atzilut/
BINA Briah/ TIFFERET Yetzirah/ MALCHUT Asiyah**

**4. NUMBERS-----KETER Tens of thousands/ CHOCHMA Thousands/ BINA Hundreds/
TIFFERET Tens/ MALCHUT Singulars**

**5. SOUL LEVELS----KETER Yechida/ CHOCHMA Chayah/ BINA Neshama/
TIFFERET Ruach/ MALCHUT Nefesh**

**6. THE ELEMENTS-----KETER Light / CHOCHMA Fire/ BINA Wind/
TIFFERET Water/ MALCHUT Earth**

**7. TORAH STUDY APPROACHES-----KETER Secret of the Secret/ CHOCHMA
Secret
BINA Derivative, Homiletical/ TIFFERET Alluded/ MALCHUT Simple**

**8. HUMAN PROCESSING-----KETER Pleasure and Will/ CHOCHMA /BINA
Thought/
TIFFERET Feeling and Speech/ MALCHUT Action**

**9. INFLECTION OF LETTERS----KETER Silence/ CHOCHMA Musical Notes/
BINA Vowel sounds/ TIFFERET Crowns/ MALCHUT Letters themselves**

- 10. THE FIVE SENSES-----KETER Taste/ CHOCHMA Sight/ BINA Hearing /
TIFFERET Smell/ MALCHUT Touch**
- 11. LIFE FORMS-----KETER G-dly beings/ CHOCHMA Speaking beings/ BINA Animal
life/
TIFFERET Plant life/ MALCHUT Mineral life**
- 12. COMPONENTS OF A LIMB-----KETER 'Brain of the bone'/ CHOCHMA Bone/
BINA Connective tissue/ TIFFERET Flesh/meat/ MALCHUT Skin**
- 13. THE 5 BOOKS OF MOSES-----KETER Braishit/ CHOCHMA Shmot / BINA
Vayikra
TIFFERET Bamidbar/ MALCHUT Devarim**
- 14. DIVINE NAMES {**the names are changed somewhat in accordance
with Halacha}-----KETER Ekye/ CHOCHMA Ka / BINA Havaya pronounced Elokim/
DAAT Akwa/ CHESED Kel/ GVURAH Elokim/ TIFFERET Havaya/ NETZACH Havaya
Tzevakot/
HOD Elokim Tzevakot/ YESOD Shakai and Kel Chai/ MALCHUT Adnut**
- 15. LETTERS OF THE ALEPH BET-----KETER Aleph/ CHOCHMA Mem/ BINA
Shin/
CHESED Beit, Hei, Lamed/ GVURAH Gimel, Vav, Nun/ TIFFERET Dalet, Zayin, Samech/
NETZACH Kaf, Chet, Ayin/ HOD Pei, Tet, Tzadi/ YESOD Raish, Yud, Kuf / Malchut Tav**
- 16. BEIT HAMDASH [HOLY TEMPLE]-----KETER Kruvim[Child-like figures in
Holy of Holies]/ CHOCHMA Kaporet / BINA Aron [Ark]/ DAAT Menorat Hameor/ CHESED
Menorah/
GVURAH Shulchan [Table] / TIFFERET Mizbeyach Hazahav/ NETZACH Kiyor/ HOD
KANO/
YESOD Mizbeyach HaOlah/ MALCHUT HaChatzer and Hakilayim**
- 17. DIRECTIONS-----CHESED South/ GVURAH North/ TIFFERET East/
NETZACH Up/
HOD Down/ YESOD West/ MALCHUT The Holy Heichal**
- 18. PATRIARCHS AND OTHER LEADERS-----KETER Mashiach/ CHOCHMA
Cohen Gadol [High Priest]/ BINA Head of the Beit Din/ DAAT Nasi/ CHESED Avraham/
GVURAH
Yitzchak/ TIFFERET Yaakov/ NETZACH Moshe/ HOD Aaron/ YESOD Yoseph/
MALCHUT David**
- 19. PROVIDENTIAL TRAITS-----CHESED Wisdom/ GVURAH Wealth/
TIFFERET Reproductivity/ NETZACH Life/ HOD Government/ YESOD Peace/ MALCHUT
Grace**
- 20. FALLEN ANTI-TRAITS-----CHESED Foolishness/ GVURAH Poverty/
TIFFERET Desolation/ NETZACH Death/ HOD Slavery/ YESOD War/ MALCHUT
Repulsiveness**

21. SCHOLASTIC SPECIALTIES----KETER Master Craftsperson/ CHOCHMA Exact scientist / BINA Natural Scientist/ DAAT Psychologist/ CHESED Sociologist / GVURAH Judge or master of law and justice/ TIFFERET Healer/ NETZACH Teacher/ HOD Economist/ YESOD Media or Communications person/ MALCHUT Master of government , state, politics...etc..

22. THE SOLAR SYSTEM-----CHESED Moon [many say it's Malchut] / GVURAH Mars/
TIFFERET Sun [many say this is Yesod] / NETZACH Venus/ HOD Neptune/ YESOD Saturn / MALCHUT Jupiter

23. DAYS OF THE WEEK-----CHESED Sunday/ GVURAH Monday/ TIFFERET Tuesday/
NETZACH Wednesday/ HOD Thursday/ YESOD Friday/ MALCHUT Shabbat

24. THE FACE/HEAD-----KETER Skull/ CHOCHMA Right Brain/ BINA Left Brain/
DAAT Middle Brain/ CHESED Right Eye/ GVURAH Right Ear/ TIFFERET Right Nostril/
NETZACH Left Eye/ HOD Left Ear/ YESOD Left Nostril/ MALCHUT Mouth

25. COLORS-----KETER Clear / CHOCHMA White/ BINA Red/ TIFFERET Purple/
CHESED Blue/ GVURAH Orange/ TIFFERET Green/ NETZACH Grey/ HOD Brown/
YESOD Yellow/ MALCHUT Black

26. HOLIDAYS-----KETER Future Redemption/ CHOCHMA Yom Kippur/ BINA Rosh Hashonah/
DAAT Simchat Torah/ CHESED Pesach/ GVURAH Sukkot/ TIFFERET Shavuot/
NETZACH Purim/ HOD Chanukah/ YESOD Rosh Chodesh/ MALCHUT Shabbat

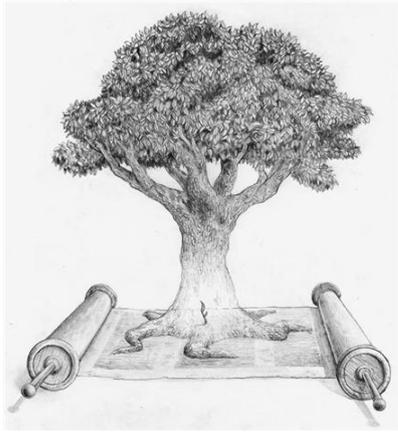
27. MONTHS-----CHESED Nissan, Tishrei/ GVURAH Iyyar, Cheshvan/ TIFFERET Sivan, Kislev/
NETZACH Tamuz, Tevet/ HOD Av, Shvat/ YESOD Elul, Adar / MALCHUT 2nd Adar

28. ASTROLOGICAL SIGNS-----CHESED Sheep, Scales of Justice/ GVURAH Bull, /Crab
TIFFERET Twins , Bow / NETZACH Cancer, lamb/ HOD Lion, Bucket/
YESOD Virgin,Fish/ Malchut Yisrael

29. TRIBES -----CHESED RueveN, Binyamin/ GVURAH Shimon, Dan/ TIFFERET Levi, Naftali/
NETZACH Yehudah, Gad/ HOD Yissachar, Asher/ YESOD Zevulun, Yoseph/
MALCHUT BenOni

30. PRE- ISRAELITE SETTLEMENT LANDS AND INNER EARTH WORLDS-----KETER Kadmoni/
CHOCHMA Kini/ BINA Knizi/ CHESED Eretz/
GVURAH Adamah/ TIFFERET Gei/ NETZACH Nasi/ HOD Tziah/ YESOD Arkah/
MALCHUT Tevel

31. SKY SPHERES-----CHESED Arvut/ GVURAH Machon/ TIFFERET Maon/
NETZACH Zevul/ HOD Shechakim/ YESOD Rakiah/ MALCHUT Vilon



**may we grow in the shade of the Tree of life
and thanks to my friend's friend for illustrating this idea ,
Yitzhak**

TIKUN

Dear friends,

We are moving on to a new Kabbalistic topic --"The Tikun of the Cosmic breakage"
I am departing from my usual style this week....Usually, all that I teach, are my own personal compositions...In this case, I wanted to find a teaching, that has summarized already a topic , that like all other Kabbalistic topics, are very technical , abstract and difficult to 'translate' from the original text-source to a summary form that is at least somewhat brief and universally understood. I am bringing someone else's summarization, because, in this particular topic, I felt that my teaching efforts would be much better spent in the experiential realm. I've been searching far and wide--both offline and online to find just the right summarization. The search was very interesting---What an amazing world wide web we have available to us! So , as you'll see below, I located this article by R. Moshe Miller, a guest speaker at the ascent Institute in Tsefat, Israel. I hope you get a lot out of it....

After the article, is where I come back in to the picture....The subject matter at hand , the "Tikun", is a topic that, like all other Kabbalistic topics, presents not a cosmic history lesson, but rather a sort of lesson in universal physics...It applies to all of us in many different ways....With that in mind, I will present , after the article, a few Meditative Prayers [or Prayer Meditations, if you prefer]. The goal, is for us to be able, with Hashems active help, to be beneficially transformed by the main paradigm themes that 'Tikun' deals with.

by Rabbi Moshe Miller

The Shattering of the Vessels

"The shattering of the vessels" (in Hebrew, "*Shevirat haKeilim*") of the world of *Tohu* is the key concept in explaining the basic problem of diverseness and multiplicity in Creation as well as the origin of evil[1] and is a central component in the Arizal's system of Kabbala, where it receives a full exposition[2]. The concept of *Shevirat haKeilim* is linked together with the mystical account of the eight kings who "reigned in the land of Edom before any king ruled over the Israelites" (Gen. 36:31) and the Midrashic account of the building and destruction of the primordial worlds (*Bereishit Rabba* 3:7, 9:1), as will be explained below. Although the idea of *Shevirat haKeilim* is also found in several sections of *Zohar* (in *Sifra d'Tzni'uta*[3], *Idra Rabba* [4] and *Idra Zuta* [5]), the concept and its ramifications are very difficult to understand there without the elucidation of the entire subject in the writings of Rabbi Yitzchak Luria.

The Arizal explains that when it arose in the Divine Will to create the finite world, the first step was to "withdraw" or conceal of the infinite *Or Ein Sof* in the process known as "the first constriction" or "*tzimtzum harishon*". The first "world" (plane of existence) that came into being after the *tzimtzum* is called *Adam Kadmon*. But even though *Adam Kadmon* is a post-*tzimtzum* world, it is still a "meta-world", so-to-speak - undefined, unified, and transcending time, comprising a single transcendent primordial thought.

"Light emitted from the eyes of Adam Kadmon ... signifies a descent from an internal, essential level to an external 'sensory' level..." The existence of the finite world as we know it, and as G-d intended it, is still not possible in *Adam Kadmon* due to its extremely lofty state. In order for a finite world to exist, the light in *Adam Kadmon* had to go through several more stages of quantitative contraction and descent. In one of these stages of descent, one of the several types of light emitted from *Adam Kadmon* is manifested as ten individual qualities or attributes that act as separate, independent points of light, or quanta of energy. Technically, this is called "light emitted from the eyes" of *Adam Kadmon* or "*or ha-einayim*". This metaphorical term signifies a descent from an internal, essential level to an external "sensory" level where the beam of light is refracted into discrete quanta. Each of these points is an extremely powerful concentration of light (the level of *keter* of each of the ensuing *sefirot*) as it descends from *Adam Kadmon*. These *sefirot* compose the world of *Tohu* (chaos or disorder).

The first "world" outside of *Adam Kadmon* is called *Akudim*. In it is the first development of a vessel, such that ten degrees of light are bound together (in Hebrew, "*akudim*") in a single vessel (Writings of the Ari, *Shaar HaHakdamot*, *Derush 1 b'Olam HaNikudim*).

The existence of vessels (for the lights that issued forth from *Adam Kadmon*) begins only in the world of *Akudim* - in which there is but one general vessel for all the ten lights - and below. Subsequently, the world of *Nikudim* (another name for *Tohu*) was

emanated, in which ten vessels were formed for the ten lights. All of them were the aspect of *keter* of the ten *sefirot*, so that there were ten lights of *keter* of the ten *sefirot*. Each of these ten *keter*-lights had an individual vessel. The remaining nine parts of the lights (i.e., *chochma*, *bina*, *chesed*, etc.) in each of the *sefirot* were incorporated within the *keter*-light of each of the *sefirot*. For this reason they are referred to as ten "*nekudot*", meaning individual "points" of light, rather than as ten complete *sefirot*... Now these ten *sefirot* were emanated in such a way that they were situated one above the other. (Ibid., *Shaar HaHakdamot, Derush 1 b'Olam HaNikudim*)

" The *sefirot* of *Tohu* were situated one above the other in a single line ... unlike the array of the *sefirot* in the world of *Tikun*, in which the *sefirot* are arranged in harmonious triads..."

The fact that the *sefirot* of *Tohu* were situated one above the other in a single line indicates that they act as independent entities, unlike the array of the *sefirot* in the world of *Tikun*, in which the *sefirot* are arranged in harmonious triads. Thus each *sefira* of *Tohu* existed as an autonomous fiefdom, so to speak, independent of, and even in opposition to, the others. Moreover, each *sefira* in *Tohu* is the manifestation of an absolute and quintessential aspect of the light of *Adam Kadmon* (the level of *keter* of each type of light, as explained above).

Furthermore, the vessels themselves were in a state of immaturity and were therefore unable to contain the intense light flooding them.

"...Only the *malchut* aspect of the seven *sefirot* was emanated... and therefore they were called *nekudot*, for *nekuda* and *malchut*[6] are synonymous[7]. In addition, not only were they [in a state of immaturity], even in this state they were not clothed one within the other, nor were they bound together as a unit. Nor were they divided into arrays, [namely,] of kindness in the right array, severity in the left array and the mitigation between them in the middle array [as in *Tikun*]." (*Etz Chaim, shaar 9, ch. 8*)

Due to the intensity and exclusivity of the lights and the inability of their vessels to contain them, the vessels of the lower *sefirot* of *Tohu* shattered and the lights they contained remained above. The fragments of these vessels then fell to lower levels, becoming absorbed into the various worlds below the world of *Tohu*.

" The three uppermost vessels had the ability to contain the lights designated for them and did not die..."

"Since the lights of these ten *nekudot* were so intense and powerful... the [vessels] did not have the power to contain them and the vessels "died", meaning to say, they descended below to the level that is now called [the world of] *Beriya*. This descent was their demise. But this was only as regards the seven lower *nekudot*, whereas the three uppermost vessels had the ability to contain the lights designated for them and did not die... The vessels of the seven lower [*nekudot*] descended to the world of *Beriya*... but their lights remained above, exposed, without vessels." (Ibid.)

Scripture hints at this process in describing the succeeding kings of Edom: "These are the kings who ruled in the land of Edom before any king ruled over the Israelites[8] . Bela son of Be'or became king... He died and was succeeded as king by Yoav... Yoav died, and he was succeeded as king by Chusham... Chusham died, and was succeeded by... etc." (Gen. 36:31-39). The Arizal explained that this refers to the *sefirot* of *Tohu*, each of which rules exclusively, and then shatters and "dies."

Thus *Tohu* was a primordial form of existence that "was created in order to be destroyed, and destroyed in order to be rebuilt" in a superior form (see *Mevo L'Chachmat HaKabbala* part 2, *shaar* 6, ch. 7). The order of creation that followed the disintegration of the world of *Tohu* is called the world of *Tikun* (literally translated as "rectification" or "restoration"). Regarding *Tikun*, the Torah states, "And G-d looked over everything that He had made, and indeed it was very good" (Gen. 1:31). In the words of the *Midrash (Bereishit Rabba 3:7; 9:2)*, as explained by the Arizal, "these please Me" refers to the *sefirot* of *Tikun*, whereas the *sefirot* of *Tohu* "do not please Me".

The *sefirot* of *Tikun* were emanated in such a way that they work together interdependently and harmoniously, as *partzufim* (literally, "visages" - sing. "*partzuf*") - compound structures of the *sefirot*. A *partzuf* is a metaphorical figure of human likeness, used to represent the expansion of an individual *sefira* (or group of *sefirot*) into a configuration with ten *sefirot* of its own. *Partzufim* include *Atik Yomin*, *Arich Anpin*, *Abba*, *Imma*, *Zeir Anpin (ben)*, *Nukva (bat)*. As mentioned, the *partzufim* work as symbiotic harmonious systems instead of the discrete, independent, overpowering *nekudot* of *Tohu*.

" What could not be elevated into *Atzilut* remained in *Beriya*..." Although the *sefirot* of *Tohu* shattered and "died," nevertheless, a residue of the lights that were contained in the vessels remained clinging to the fragments of the vessels. These are referred to by the Arizal as the 288 *nitzotzin* (literally "sparks") - the initial number of fragments from the vessels that broke. The entire process is alluded to in Scripture in the first couple verses of Genesis: "In the beginning of G-d's creating the heavens and the earth, when the earth was *tohu* and void, and darkness was on the surface of the depths, and the sovereignty of G-d hovered (in Hebrew "*merachefet*") above the surface of the waters...." The Arizal explains that the word "*merachefet*" is actually a compound of two words: "*met*" and "*rapach*" - signifying that 288 (the numerical value of *rapach*) fragments had died (in Hebrew, "*met*") - an allusion to the shattering of the vessels of *Tohu* into 288 initial sparks. (*Mevo She'arim, shaar* 2, ch. 8)

Although the fragments of the vessels initially fell into the world of *Beriya*, when their rectification (*tikun*) began, the most refined aspects of the vessels were able to ascend and became absorbed in the world of *Atzilut*. What could not be elevated into *Atzilut* remained in *Beriya* and became an integral part of it. What could not be absorbed into *Beriya* then descended into *Yetzira* and *Asiya*. The aspects of the vessels that could not be absorbed in even the lowest realm of holiness became the vitality of the realms of impurity, known as the *kelipot*. (Ibid.)

The shattering of the *sefirot* of *Tohu* is not a coincidence, nor does it signify a flaw in the creative process. On the contrary, it serves a very specific and important purpose, which is to bring about a state of separation or partition of the light into distinct qualities and attributes, and thereby introduce diversity and multiplicity into creation, as explained above. In addition, the shattering of the vessels of *Tohu* allows for the possibility of evil, and gives man the opportunity to choose between good (for which he gains reward) and evil (for which he is punished). Thus G-d's attributes of *chesed* and *gevura* - the attributes from which reward and punishment derive - are revealed in the world[9] , which is one of the primary purposes of creation. (See beginning of *Otzrot Chaim*)

Footnotes:

- [1] See at length Rabbi J. I. Schochet, *Mystical Concepts in Chassidism*, ch. 7.
- [2] See *Etz Chaim*, *Heichal HaNikudim* (Shaar 8, ff.); *Mevo She'arim*, Shaar 2, part 2, chs. 1-11; *Shaar HaHakdamot*, *Derush b'Olam HaNikudim*.
- [3] Literally, "Book of Concealed Matters." This is a commentary on *Bereishit* - the first section (*parsha*) of the Book of Gen. (*Zohar II*, 176b-179a).
- [4] *Idra Rabba*, or Greater Assembly. In it Rabbi Shimon bar Yochai reveals the mysteries of the extremely recondite passages of the *Sifra d'Tzniuta* to his disciples (*Zohar III*, 127b-145a).
- [5] *Idra Zuta*, or Lesser Assembly. Here are described the passing of Rabbi Shimon bar Yochai and the teachings that he revealed just prior to his death (*Zohar III*, 287b-296b).
- [6] *Malchut* - that does not have anything of her own. *Etz Chaim*, *shaar 6*, ch. 5; *shaar 8*, ch. 5.
- [7] The *orot* of the *sefirot* of *Tohu* are called *nekudot* for a different reason - because all of the lights are sublimated within *keter*.
- [8] Representing the rectification of *Tohu* as will be explained in the next section.
- [9] See *Etz Chaim* 11:6; *Shaar HaHakdamot* p. 228ff on the *Mishna* in *Avot* 5:1.

Rabbi Moshe Miller a guest teacher at Ascent

THE TIKUN OF THE COSMIC BREAKAGE PRAYER MEDITATIONS

1. BROKENNESS

Ribbono Shel Olam---Master of the Universe
You saw fit to plant
into the mechanics of Reality
a need for brokenness to proceed rectification
and a need for darkness to proceed light...
In your Infinite wisdom,
You saw that this would be the best way
ultimately,
to give of your endless abundance,
to deserving, transcending, appreciative receivers of your light

But nevertheless, it's so hard for us
when we are broken, Hashem
broken---with out any real idea
of how to fix ourselves up....
And we feel confused
and our thoughts are scattered
and we feel we can't move
because we have no motivation
or inspiration.....
And we are scared
with noone or nothing to calm our fears
and prove to us how all is for the best
and all is for a reason....
And so we clutch at straws
and fall in and out of love
with every new person, idea or direction
that offers us a bit of hope...
A hope of being rescued....
But we really don't trust anyone or anything
and so we remain alone, unconnected,
bitter, weak and in despair

'FROM THE DEPTHS I CALL OUT TO YOU HASHEM...
AND YOUR EARS HEAR THE VOICE OF MY SUPPLICATION'[Psalms 130]....

And then suddenly I hear a 'still small voice'
a Divine Fatherly Voice of comfort and caring and guidance
and endless love....

A voice that assures me that this too will pass
that this is all for my best
the best possible thing that could happen to me...

And I cry out to You, my Father in Heaven
I CAN'T DO IT UNLESS YOU DO IT FOR ME,
Take all my worries and troubles and burdens...
I toss them up to you
knowing that you will take care of it all

And I thank you for feeling relief...
And I feel humbled...
And I feel a deep empathy
with all those who are also broken....
Help me truly internalize these feelings ...
Help me to truly appreciate
all that you do for me at all times,
and help me to see how all of my brokenness

is a stepping stone
and a launching pad
towards Tikun--
a wonderful, pure and amazing rectification
of my very being...
Amen

2. LACKING

Ribbono Shel Olam---Master of the Universe
You saw fit to create the world in a state of lacking
We come in to your world as your partners,
partners in completing that which is lacking,
partners in unifying and making whole,
that which is partial and finite and unconnected....

And we often feel that
the lacking
is overwhelming
and we often feel
that we can't wait
until the era when
all will be whole and perfect
just the way it is now---
true freedom
true bliss...
So we jump into that
space,
and we tell ourselves that
all is perfect just the way it is
always---
then we fall from that blissful space and we are rudely awakened to the reality of
lacking...

Teach us , oh Lord--
to dance the dialectic dance of
lacking and completeness---
to step into a blissful, peaceful
Shabbat mindset
on Shabbat and even in the middle of the week
sometimes....
and to know that all is perfect...,
and that you are guiding us towards perfection
in everything that we do and encounter...
And then show us how

to step back into
'the lacking' ---
and be inspired to tie things up---
1 step at a time--
with joy
with your Siyyata Dishmaya--Divine Aid

Help to see that every second is an opportunity
to do what has never been done,
to fix what only I can fix,
to grow and to heal ...

Help me to see the Holy Sparks
that are you sending me
constantly....
lost parts of my Soul
that I can recover and redeem...
Whether I access these lost parts
by choosing the right choices,
doing the right things,
clarifying that which was unclear
or by seeing your Divine Hand in Everything...

And help me to see, Ribbono shel Olam,
the unity of it all, the interconnectedness of it all,
and help me to live my life from a this wholistic perspective,
and to expand my consciousness
to an extent that I see allness
from within and from without....
to the extent that everything that
I choose to do and say and feel and see,
comes from my core--
from my highest self

And help us all to live in a world
where we all are overflowing
with inner wellbeing
and we merit to see
how everything and everyone
has their special appointed pace in the
grand scheme of things....
where everyone will understand
that all of
'the lackings'
that we have experienced

were all necessary
in order to come to a state of
'shlaimus'--wholeness and perfection,
to a state of being where everyone will seek
out nothing
except for the knowledge
that there is nothing
but YOU
Amen

MESSIANIC CONSCIOUSNESS PRAYER MEDITATIONS

There is a Universal pattern....a pattern that first appears in the Kabbalistic "Tzimtzum" Creation Process, and then goes on to manifest in the Tikun of the Cosmic Breakage Process, and repeats itself in multiple fashion in history and nature and human behavior....

The first phase is characterized by Divine light that is so bright and clear, that it leaves little or no room for seeing things in any other way.... whether it is expressed as the Endless Light at the inception of Creation or the light of the Garden of Eden at the inception of human history or the Hidden light [Ohr Ganuz] with which a fetus in the womb sees from one end of the Universe and of their life and of their life's mission and of their personal portion of Torah--to the other end....

Then suddenly, the light is replaced by darkness...Mankind is tossed out of Eden--the fetus is born with nothing but a subconscious memory or image of the light it once saw....The darkness phase has a duration that is many many times longer than the duration of the initial light phase....the final phase is the restoration of the original light---a restoration phase that unlike the 1st light-phase, promises to remain in place eternally.....

Perhaps the deepest lesson that we can learn from this Universal pattern, is that in order for the light filled final phase to remain in place permanently----it must derive the lessons learned from the middle stage of darkness....Light only shines forever when it is the birth product [and ultimate contrast] of darkness....

What I'd like to now present, in a prayer format, is a futuristic perspective of Messianic consciousness....My hope and prayer is that by revealing a bit of the nature of the ultimate light that awaits us all, we will be able to see our way clear to learning how to overcome the obstacles that presently are holding us back from moving out of the darkness and into the light...

Let it be Hashem's Will that our humble attempt at portraying and praying for an ideal Messianic state of consciousness [based on classic sources drawn from our Sages], should serve to open up a small opening from down below, that will a huge opening to open up from Above, and that we witness the true world Tikun of Messianic consciousness that we've been anticipating for so long...

THE PRAYER MEDITATIONS

Ribbono Shel Olam---Master of the Universe

The Sages of our Oral Torah,
especially those representing
our homiletically perspective
of Midrash and Aggadata,
teach us that the Messianic era
will bring with it
a shift in consciousness...

We ask that
the portrait that they portray,
become a reality that begins
right now to manifest
in our hearts
and in our individual lives
and in the entire world....

***PROPHECY

Open up for one and all
the gates of prophecy
and the gates of
Universal G-d seeking and knowing....

***WELLSPRINGS

Open up the physical wellsprings
that are destined to overflow
with blessed and healing waters,
as well as the spiritual wellsprings
of expanded wisdom and consciousness....

***FRUITFULNESS

Open up the innate power of the
fruitless trees of the field--
to bear fruit of quantity and quality
never before known--
And open up as well,
the wombs of the mothers
who had always experienced hardship
in bearing children...
Help them bear children
of a quantity and quality
never before known--
Please open up as well
people's ability to reproduce
and bear spiritual fruit
in their deeds and wisdom
spiritual impact in the world....

***NATURE'S SHIFT

Open up for us ,
the reality of a shift
in nature itself,
when the lion and the lamb
will dwell together peacefully,
and nations will no longer lift up
their swords against other nations....
and disease and death and sorrow
will be banished forever,
where the moon will shine with
the intensity of the sun, and the sun
will shine with 7 times more intensity than that...
where darkness itself will be transformed
into light....

***HOLY NATION

Open for us the reality of
Your Holy Nation
realizing it's destiny
and being restored to it's former glory,
and beyond....

Restore to us the spiritual Crowns
that we lost at Mt. Sinai,
as a result of the sin
of the Golden Calf...

Restore us to our rightful role
among the nations---
as priest and teachers and
bearers of Divine light,
instead of being objects of
ridicule and hate and anti-Semitism
and self effacing assimilation...

Open up our eyes to see
how all those who intended to destroy us
will be destroyed...

Allow us to witness a time
when not only will we be removed
from the exile,
but the exile will be
extricated from within us...

Open our eyes to see
our city Jerusalem and it's Holy Temple,
along with the rest of the Holy Land,
rebuilt and restored
in all of its physical and spiritual splendor...

And speedily bring Mashiach to lead the way
in all of this magnificent birth process,
and guide him to open up
a global consciousness transformation...

and let the dead rise
and the evil inclination be banished....

***CONSCIOUSNESS SHIFT

Open up for us the reality
of a true shift in consciousness,
whereby hearing and understanding
will be replaced by seeing...
and 'intended-outcome type of thinking'
will be replaced by total presence...
'There and then thinking' will be replaced
by 'here and now thinking' ...
'Moving toward thinking' and
'Intended outcome thinking'
will be placed by
'All is perfection just the way it is thinking' ...

Open up for us a reality where
Time itself will be replaced
by timelessness...
Finiteness gives way to infinity...
Puzzle-piecing gives way to completeness...
Getting there gives way to being here...

Seeking out Hashem gives way to
seeing Hashem everywhere and all the time....

***ANTICIPATION

Open up for us
the thirst and yearning and anticipation
to cry out
for the onset of this Messianic consciousness,
and to not be satisfied with anything less,
not with the 2nd or 3rd rate
type of existence
we are steeped in at the present time...

And just like in the initial stages
of the Exodus from Egypt,
when the slaves screamed out a primal
wordless scream to be redeemed,
and You Hashem did not ignore them
nor refuse to reply as you did
so splendidly,
so too now Dear Gd,
plant inside of our hearts and mouths,
this same primal scream--
so powerful,
that You will not refuse to
reply immediately and splendidly....

Amen

TIME

ORIENTATION

In the overall context of our Applied Kabbalah Course, we are we are presently dealing with a few topical applications of the Tikun Process. Last week, we presented Messianic Consciousness Prayer Meditations.... The lesson that's listed next in our course, is the topic of Post Life Reality.....There are different ways to approach this topic....What struck me first and foremost, is that in order to understand the post-life, you need to understand the realm of Time,,,,

TIME IN THE POST LIFE

Time in the post-life is experienced on the one hand, in a whole different way than we experience time presently inside of our bodies.....On the other hand, the major focus of the post-life is on the time that we spent here in this life.....

TIME IS TIKUN

Kabbalah teaches that time is Tikun....The word time in Hebrew is Z'man, whose numerical value is 97---the same numerical value of the combination of the 2 Divine Names [MAH and BEN], that represent the rectifying and that which needs rectifying aspects of reality respectively....Time is not measured in terms of getting from one point on a temporal line to the next , rather of getting from a lesser state of perfection or Tikun to a greater state....

TIME IS AN OPEN SYSTEM [beyond birth and death]

The Time=Tikun outlook radically changes the way we relate to time.....Birth and death are transitional states bridging what comes before the beginning or birth point to what comes after it ,as well as what comes before and after death....It's an open system, not a closed system of entropy where everything comes to an end and dies eventually----Rather, everything moves toward perfection and to a state that is beyond time....

TIME IS A COLLECTION OF OPPORTUNITIES COPED WITH SUCCESSFULLY [SPARKS]

The measure of Time in life, is the number of Sparks we collect---ie...the opportunities that we succeeded at--- in order to complete that which is lacking in ourselves....The Post-Life is a replay ad-infinitum of these opportunities that we took advantage of....

TIME LIMITATIONS LIBERATED

We liberate and transcend time limitations [and thereby nullify it altogether] by elevating and transforming the realm of the temporal to becoming Infinite and Eternal.....We rectify

the Primordial Sin of Adam--which plunged humanity into an almost irreversible death cycle, by living a consciousness reality where every experience is infintized as much as possible...We also do this rectification by identifying and tapping in to the Divine Eternity factor involved in every action, feeling, word and thought that we elicit...In these and other ways, death and finitude fall away---No more time, no more death--We return to the Garden of Eden....

TIME LESSONS INTERNALIZED

Let us do some meditations of the main points that we've discussed so far, and thereby try to experience and internalize these points, and B"H , begin to transform the way that we relate to time---from being something that is time-bound and lacking to being something that is beyond time and perfect....

TIME MEDITATIONS

1. Time in the Post Life

In your mind's eye, allow yourself to travel forward in time--beyond your present life--to your post-life....Experience how differently everything feels when you in your essential state of being are no longer in your body....specifically focus on how you are no longer bound to time....Simply by exercising your will power, you are able to travel instantly from the earliest experiences to your latest ones...Your whole life is an 'open book' ----simply focus on any specific part of your life--and you are there...Now take a few moments to 'tour' different times in your life----see what you can see---pay attention to how you resonate with each place that you visit and how far along is each place in terms of it's level of perfection....

2.TIME IS TIKUN

Recall a specific episode or process in your life--a process that began in a very un-rectified way---a cluttered, chaotic, painful r unclear way....Notice how slowly but surely [or perhaps in your case--quickly and suddenly], the rough edges became smoothed out---the clutter and chaos were replaced by order---the pain was replaced by pleasure and the unclarity by clarity....Be aware that this progression towards rectification is something that happens in many processes in your life--with the passage of time involved in each process....Now project into your future, a life process that is either in the beginning stages or soon to begin....Foresee that whether or not the process begins with difficulties, with Hashem's constant guidance--and your adherence to this guidance---all is smoothed out with the passage of time---and you see how all will turn out in the best possible way, exactly as it should....

3. TIME IS AN OPEN SYSTEM [beyond birth and death]

Go back in time to your birth...You don't need [and most likely won't be able] to remember anything at all of what really happened....Just allow yourself to imagine what it was like.....Feel how it feels to be a newborn....Feel the newness and the amazingness of it all...Feel as much as you are able....Now watch your life progress from the infant stage--over time--all the way to the present....Now go back to the time when your Soul was in the World of Souls---you hear in great detail how all of the major events of your life are lessons ----in order to teach you what you need to learn in order to move forward as much as you can towards your perfection process...Take a few minutes for this as well.....Now move to the time just beyond your death---the time of your 'life-review' --where all that you have done is sized up for its level of perfection----take note of what is rectified and what is still lacking and in need of further rectification---perhaps to be played out in a subsequent lifetime, perhaps in some other post-life rectification reality....Here too, take a few minutes to experience as much as you can in order to truly feel that the time span that makes up our life, expands beyond birth and beyond death....

4. TIME IS A COLLECTION OF OPPORTUNITIES AND CHALLENGES SUCCESSFULLY COPEDED WITH [SPARKS]

Contemplate deeply the countless opportunities that you are presented with at all times---opportunities to complete yourself--complete that which is lacking....Start now and work your way backwards, and notice every single Soul--completing opportunity or Holy Spark that comes your way....Notice how well you reacted....How well does your chosen plan or feeling or thought or communication help to complete yourself....Now notice how these Sparks, large and small, when successfully taken care of--are the true measure of the passing of time ---the true landmarks that we will be remembered by when we pass on from this world...Project from this moment onwards, that all opportunities that come your way from within or from without are customized and personalized especially for you, in order for you to become completed....Now take a few minutes to pray that Hashem will help you meet all these challenges as best as is possible....

5. LIBERATING TIME LIMITATIONS

Open up your ability to transcend and liberate time limitations as best as you can...Here are a few ways to do it;

A. Extend time-----When you say a word or see a sight or feel a feeling etc., focus totally all of your attention and go much slower than you would normally go.....Take 7 seconds for each experience instead of 1 or 2....Try a few extensions now....

B. Eternalizing Holy acts-----Experience saying a Holy word, doing a Holy act or Mitzvah, thinking a Holy thought of connecting with Hashem or intending a Holy intention of being benevolent to others.....Now focus on experiencing these Holy acts with the knowledge that each act has eternal reverberations....Every single Holy act will be repeated and relived in deeper and deeper profundity for the rest of time....Take a few minutes to experience how different and powerful the doing of these acts becomes....

C. Presence-ing-----Experience the present moment that you find yourself in...Experience all that you feel and think and see...etc...Realize that this moment never has existed before in the unique way you are experiencing it and it will never be repeated--it is absolutely and utterly unique....Be here now---totally....Don't miss a drop---past tensions do not exist, nor do future worries....take some time to experience this.....

for now,
Yitzchak

PREPARATION FOR THE AFTERLIFE MEDITATIONS

POST-LIFE ACCLIMATIZATIONS

a. Pleasure

CLOSE YOUR EYES AND FOCUS ON THE WORLD TO COME---YOUR
WORLD TO COME EXPERIENCE----EXPERIENCE
SPIRITUAL PLEASURE--ENDLESS EXQUISITE PLEASURE--IN ORDER
TO WORK YOURSELF UP TO THIS PLEASURE, START WITH THE
PLEASURE OF THIS WORLD AS FOLLOWS;

EXPERIENCE THE SPIRITUAL PLEASURE THAT YOU HAVE FELT OVER
THE LAST 24 HOURS....

NOW EXPERIENCE THE SPIRITUAL PLEASURE OF THE LAST WEEK
[LET IT TRULY SOAK IN..].....

NOW EXPERIENCE THE SPIRITUAL PLEASURE OF YOUR LAST
MONTH....

NOW EXPERIENCE THE SPIRITUAL PLEASURE OF YOUR LAST
YEAR....

NOW EXPERIENCE THE SPIRITUAL PLEASURE OF YOUR WHOLE LIFE
[NOT WITH YOUR INTELLECTUAL MIND, BUT JUST LET IT
EXPERIENTIALLY COME IN TO YOU].....

NOW EXPERIENCE THE LIFETIME SPIRITUAL PLEASURE OF ALL THE
PEOPLE ALIVE TODAY.....

NOW EXPERIENCE THE LIFETIME SPIRITUAL PLEASURE OF ALL THE
PEOPLE WHO HAVE EVER LIVED AND WILL EVER LIVE [ALLOW THIS
PLEASURE TO SATURATE YOU AND EMBRACE YOU AS LIGHT AND A
HARMONIOUS WARMTH DEEPER AND DEEPER]

NOW CAPTURE ALL OF THIS PLEASURE THAT YOU HAVE JUST
EXPERIENCED IN A GLOWING BALL OF LIGHT AND HOLD IT IN
YOUR HANDS AND GROOVE ON IT FOR A WHILE....

NOW TRANSPLANT YOURSELF TOGETHER WITH THIS GLOWING BALL
OF LIGHT INTO YOUR FUTURE WORLD.... AND SEE HOW THIS
BALL DIMS COMPARED WITH THE LUMINESCENCE THAT YOU ARE
EXPERIENCING---NEVERTHELESS, YOU FEEL HOW EVERY
MOMENT OF SPIRITUAL PLEASURE THAT YOU'VE EXPERIENCED
IN YOUR LIFETIME PREVIOUS TO YOUR MOVING ON TO THIS POST
LIFE IS THE GATEWAY ALLOWING YOU TO EXPERIENCE THIS
PLEASURE HERE IN THE AFTERLIFE....NOW ALLOW YOURSELF TO
EXPERIENCE THIS PLEASURE AD INFINITUM....ALLOW IN AS MUCH
AS YOU FEEL YOU ARE ABLE TO---THEN A LITTLE BIT MORE AND
MORE....

NOW, COME BACK TO THE HERE AND NOW, AND SEE HOW YOU WILL
BEGIN TO EXPERIENCE THIS SPIRITUAL PLEASURE MORE AND MORE
AND MORE IN YOUR LIFE

b.Eternity

CLOSE YOUR EYES AND FOCUS ON THE REALITY OF ETERNITY...SEE HOW EVERY GOOD WORD AND FEELING AND THOUGHT AND ACTION THAT YOU HAVE EVER CARRIED OUT EXTEND AND ECHO IN YOUR FUTURE WORLD INFINITELY CONSTANTLY BRINGING MORE AND MORE REPRODUCTIVE BLESSING TO YOURSELF AND TO THE SOULS OF THIS WORLD AND THE NEXT....

SEE HOW YOUR LOVE FOR HASHEM AND HIS CHILDREN GOES ON AND ON AND DEEPENS AND NEVER ENDS....

SEE HOW EVERY PIECE OF DIVINE WISDOM THAT YOU'VE EVER EXPERIENCED WILL CONSTANTLY BE RECALLED AND RE-EXAMINED, BUT IN A WAY THAT OPENS UP FOR YOU CONSTANTLY DEEPER AND MORE AND MORE PROFOUND MEANING

NOW COME BACK TO THE HERE AND NOW, AND SEE HOW YOU BEGIN TO RELATE TO THE GOOD DEEDS AND THOUGHTS AND FEELINGS AND ACTIONS THAT YOU DO IN A MUCH MORE PROFOUND WAY....

SEE HOW MUCH MORE YOU ALLOW YOURSELF TO EXPERIENCE AND EXPRESS LOVE FOR OTHERS AS WELL AS FOR HASHEM.....

SEE YOURSELF FOCUSING WITH MUCH GREATER CONCENTRATION AND PRESCENCE ON EVERY SINGLE BIT OF WISDOM THAT YOU TAKE IN AND SEE HOW PRECIOUS IT IS IN YOUR EYES NOW THAT YOU KNOW IT'S ETERNAL AND HAS INFINITE VALUE

C. Closure

EXPERIENCE HOW YOU WILL COME TO A CLOSURE OF ALL UNFINISHED 'BUSINESS' THAT YOU NEEDED TO TAKE CARE OF IN THIS WORLD, SO THAT YOUR NEXT WORLD WILL BE UNFETTERED AND NOT DISTURBED BY THIS WORLD'S AFFAIRS....

AND EVEN BETTER THAN THAT, THIS WORLD WILL CONSTANTLY PAY OFF 'DIVIDENDS' TO YOU WHEN YOU ARE IN THE NEXT WORLD DUE TO ALL OF THE 'INVESTMENTS' THAT YOU HAVE LEFT FROM, AMONG OTHER THINGS, YOUR CHILDREN'S GOOD DEEDS, THE IMPACT OF YOUR OWN GOOD DEEDS AND ACCOMPLISHMENTS, THE STUDENTS AND OTHERS WHO CARRY ON YOUR HOLY WAYS, THE CHARITY THAT YOU HAVE GIVEN, AND MANY OTHER ACCOMPLISHMENTS THAT SERVE TO ENABLE OTHERS TO BE GOOD AND RIGHTEOUS

EXPERIENCE HOW YOU WILL ALLOW YOURSELF TO CLOSE WITH PEOPLE---- TO FORGIVE ANYONE AND EVERYONE, ANYTHING WRONG THAT THEY HAVE DONE TO YOU, AND ASK HASHEM [AND THEM IF POSSIBLE]FOR THEIR FORGIVENESS OF YOU ALSO.....

EXPERIENCE HOW YOU WILL ALLOW YOURSELF TO LET GO OF THAT WHICH YOU FEEL THAT YOU STILL HAVE YET TO DO IN THIS WORLD WHEN THE TIME COMES TO MOVE ON----SEE YOURSELF SHARING WITH OTHERS ALL THAT YOU NEED TO SHARE TO ALLOW YOURSELF TO PEACEFULLY MOVE ON, SO THAT THEY WILL TAKE CARE OF IT FOR YOU AND YOU CAN LET IT GO.....

NOW EXPERIENCE , AFTER YOU WILL FEEL CLOSED AND DONE, A

WONDERFUL FEELING OF SATISFACTION AND GRATITUDE TO HASHEM
FOR ALLOWING YOU TO DO WHAT IT IS THAT YOU NEEDED TO
DO....

ALLOW YOURSELF NOW TO FEEL THAT NOTHING IS LACKING, AND
YOU WILL BE ABLE TO SETTLE INTO A PEACEFUL AND RESTFUL
'BE HERE NOW' STATE OF PRESCENCE---FOREVER

NOW COME BACK TO THE PRESENT MOMENT, AND SEE HOW YOU ARE
ALREADY OPENING UP AN AWARENESS OF THE IMPORTANCE OF
CLOSURE, AND HOW THIS 'CLOSURE AWARENESS' IS TRANSFORMING
THE WAY THAT YOU DEAL WITH YOUR OWN AFFAIRS, AS WELL AS
YOUR RELATIONSHIPS TO OTHERS AND TO HASHEM.....

AND HOW YOU ARE ALSO OPENING UP A SENSE OF 'BE HERE NOW'
PRESECNCE IN A MORE PROFOUND WAY THAN YOU HAVE EVER
EXPERIENCED BEFORE [ESPECIALLY ON SHABBAT]....

ETERNAL BLESSINGS
yitzchak

INTERPERSONAL RELATIONSHIPS

based on Kabbalistic principles

A. HANDBOOK

R. Arye Kaplan ztz'l wrote ['Innerpace'-- Chap. on 'Partzufim'] that if someone were to 'translate' - ie...apply into our reality-- the inter personal dynamics of Kabbalah's upper world Personas ['Partzufim']--we would have a masterful handbook or guidebook directing us how to conduct interpersonal relationships....

'TRANSLATION'

This idea or vision tremendously inspires and drives me....How wonderful and important it would be to be able to have, widely accessible and available to us, this aspect of Kabbalah [just as we have available to us other types of Kabbalistic 'translated' into the realms of self knowledge and spiritual knowledge.]....There has been some good 'translation' work done with the Sefirot into the interpersonal dimensions, but--to the best of my knowledge-- not with the other 'mainline' aspects of Kabbalah.....Therefore , though the task is way beyond my capacities in time and scope etc..., let us at least begin--with the hope that others [and myself] b'H, will pick it up where we leave off..

OUR APPROACH

After alot of internal deliberation as to how to approach this challenge, I decided it best to list the most inclusive and appropriate principles that the Arizal brings [mainly in his foundation work-'Eitz Chaim'---'The Tree of Life']..We will take these principles with a short explanation and short meditation into the interpersonal dimension;

KABBALISTIC RELATIONSHIPS

1. TZIMTZUM [MAKING ROOM]-----This universal creation process can be applied in many ways interpersonally. Perhaps one of the most powerful ways is that Hashem removed part of His felt Presence , in order to make room and thereby enable the existence of others...

Try to make room for others in your life in many ways; be quiet, don't be overly controlling, truly listen to others and receive what they have to give...etc...and see how they thrive and become so happy with you, that they will make more room for you as well...

2. HALBASHA [INFLUENCING OTHERS]-----This is a dynamic whereby the more primal and influential Divine Presence is girded inside the receiver of this influence [in order to help benefit and rectify them]....

Identify someone in your life whose main connection with you is that they are influenced by you---such as one of your children or students [or certain friends] ----With great humility and altruism , keeping in mind the powerful influence that you have on their life----pray to Hashem that your influence be in sync with

Hashem's plan for their ultimate growth and perfection---with quiet trust in THE ONE ABOVE, allow yourself to be the channel for this influence

3. OROT AND KEILIM {lights and vessels} [ENPOWERING OTHERS] ----One of the central dynamics in the Kabbalistic Tikun or rectification Process, is the synchronization of the lights and vessels into a unit that maximizes the expression of the light....

Focus on a person in your life who you enable and empower to express their potential power and wisdom and totality.....Yearn, pray and intend that Hashem grants you the wisdom to maximally enable and empower them....Now switch roles, and see how you can maximize your role as the internal light or driving force ---while someone else [or a group of people] becomes your 'vessel' --the one who enables and empowers you....

4. THE DESCENT OF THE 'NUKVA' [SAVING THOSE WHO ARE DEPENDENT ON YOU]-----One of the main roles of the Kabbalistic Female Persona [also referred to as the 'Malchut or Shechina'], is to descend from her pristine home in the World of 'Aztilut', into the lower worlds of relative darkness in order to raise up and redeem fallen exiled souls that are stuck in that darkness...

Identify those people in your life who look to you for help---whether the help be financial, physical, emotional intellectual or spiritual....Allow your entire being to be filled with compassion and a drive to save and redeem and elevate these peopleAsk for Hashem's help to devise ways and means to accomplish this goal...

5. TIKUN OF THE COSMIC BREAKAGE [DEEPENING YOUR CONNECTION]----
-The central theme of the Tikun or rectification process is 'CONNECTION'....'Shvira' or Cosmic breakage [which includes intrapersonal as well as interpersonal dynamics] is all about DISCONNECTION...

Bring to mind one of your primary relationships....Identify the areas of the relationship that are connected, as well as those that are disconnected----

for example; regarding topics of interest --which ones can you easily talk about and which ones not....Traits and life outlooks that you share and those that you don't....the degree of pleasure that you feel in being with this person and under what circumstances etc...

Now, with this information in mind, foresee a new reality whereby you are able to connect in ways that you have not been until now....See how you will 'break-

through, and how Hashem helps you in the process....When you are ready, share this exercise with your appropriate friends, and seek together to achieve your and their goals....When you feel up to it, do the same with the other significant people in your life...

6. HITCALLELUT [BONDING WITH EVERYONE INSIDE AND OUTSIDE OF YOURSELF]-----This dynamic is basically an extension of the Tikun-'connection' dynamic that we just brought above....Now, we are extending the concept to it's ultimate expression....'Hitcallelut' means that everything that exists in Unit A , exists in or is transferred to Unit B and all other units, and likewise, all that exists in all the other units, exist in Unit A----What comes out of the process, is that one unit or person is so intimately connected to everything and everyone in their world, that their levels of love and empathy and influence and unity with others are on a much higher plane than one could imagine.....

Make a list of the 10 most important people in your lifeFor each person, identify the most attractive aspect of that person--an aspect that you yourself share in common with them....Take a minute to experience and appreciate these common traits.... Intend to strengthen your bond with each of these friends based on these traits.....Now search for other common traits or interests or outlooks etc...that you share with them---and as before, seek to strengthen your mutual bonds based on these common traits.....Now take this to the next level by identifying that which you have in common with everyone that you meet up with in life--and bond accordingly....Finally seek out those traits and outlooks etc...that others are strong in and that you are weak in...Seek out their help in helping to strengthen you and do the same for them....The goal is to be as inter-included and inter-connected with people in your world as is possible...

7. LVUSH [METAPHYSICAL BONDS WITH OUR PRIMARY RELATIONS]-----
--Kabbalah teaches that we all have metaphysical bonds with the primary people in our lives---our parents, our children , our spouses, our siblings, our students, our masters and our closest friends....This bond is called a 'Lvush' ...The Lvush transcends the normal boundaries of time and spaceIt outlasts our lifetimes...It exists whether or not we are in the same physical dimension with our primary person....Similarly, the mutual interaction, influence, support and experience that we share with each other transcends all limitations of space and time and circumstance.....

Bring to mind one of these primary relationships--whether that person is presently in your life or not.....Experience their presence right now....Experience

how your mutual bond transcends all limitations of time and space...Experience the support and encouragement and influence that you feel that is being constantly sent to you by them... Lovingly, send it all back to them....Pray for their wellbeing, and intend that their lot should begin improving steadily from now on....

8. YICHUD/UNIFICATION [THE INTIMATE BOND]-----Perhaps the most important principle in the entire gamut of Kabbalistic wisdom, is the principle of Unification of the male and female paradigms--in order to give birth to new life....These Upper World Unifications , just like the ones in our world, are accomplished by the male and female going through a number of preparatory steps----all designed to cultivate their coming together intimately with the totality of their beings.....

Bring to mind your actual or potential spouse....Focus on ways that you can sweeten up your relationship....Focus on ways that you can deepen your mutual love ---perhaps by recalling all of the different reasons that you love them....Seek out your mutual goals in life and how you can achieve them...seek out ways that you can succeed in bringing out the best in each other....express all of this to each other as often as possible....

there is much more....We've just begun to skim the surface....May we all merit to deepen our interpersonal connections...
Yitzchak

EXPERIENCING THE SOUL

1. Orientation

We are getting close to the end of our applied Kabbalah Series...

This last subject matter deals with the Soul---it's definitions, it's subdivisions, it's multiple life perfection process--otherwise referred to as 'Reincarnation'--and finally --how we experience the Soul inside of ourselves, both in our present state of being, as well as in a future perfected and enlightened state of being...Bear with me---I'll try to at least highlight these aspects of the Soul in this and one or two other lessons B'H....

2. A Definition---'A PART OF THE DIVINE'

The Soul is referred to as '..part of the Divine..' [Job Ch. 31/verse 2]....These seemingly simple words, convey most of what we need to know about what the Soul is---it's Divine essence, but only a part....

3. A PART of the Divine

Only the lowest part of the Soul is inside of the body....The great majority of the Soul reaches beyond the body up to the highest heights....This explains the essential upward striving of the soul [as if it wants to escape from the body and return to its Heavenly Home]....The Soul, prior to entering the body, was in a World of Souls--a very pure and sublime world---where the souls are as yet untested by the coarse and dark reality of the materialistically oriented body....Besides the Soul's memory of life prior to the body, the Soul also has a super-consciousness that draws from that part of itself that is presently not inside of the body [which comprises the great majority of its makeup]...Just like a candle flame that is constantly striving to reach beyond its limiting, grounding wick, the Soul strives to reach beyond the limiting mindset and consciousness that it is presently confined to inside of the body---a striving to grow, to go beyond itself and to somehow return to its Infinite Divine roots...

4. Internal and Transcendent Levels

As a result of the Souls being partially inside and partially outside of the body--there comes into being 2 inner drives--an internal drive and an external drive;

A. The internal drive is called the 'Ohr Pnimi'-The inner light--where the

person seeks to perfect that part of the Soul that is inside of themselves....This internal drive is further subdivided into 3 other drives or Soul levels---referred to as;

Nefesh--the lowest level closest to our physicality and experienced as the inner drive to be active and to do and accomplish...

Ruach-- the middle level experienced as a bubbly overflow of energy and thought associations and insights...

Neshama--the highest level of internal Soul, experienced as that part of ourselves that guides us in Divine purity and wisdom and creativity through a conduit that draws down all of this Divine guidance from above...

B. The external or surrounding or transcendent Drive is called the 'Ohr Makif'--the transcendent drive....This drive is based on the little bit that we can fathom and pick up on of the part of our soul that is beyond our body...It is also subdivided;

Chaya--this is experienced as the part of ourselves that is not concerned with our own personal perfection, but rather with cosmic perfection --Tikun Olam [rectification of the World]. We all have this level accessible to us---but rare is the person whose dominant trait is Chaya....This person is a very inspirational person, a visionary--someone whose main concern for themselves and for all of the myriads of people that they motivate, is to serve as the primary agents of Hashem in bringing one and all in the nation and in the world to a state of healing and enlightenment...

Yechida---this is the highest Soul level, that is experienced as a drive towards pure Dvaikut or G-d consciousness 24/7...The Yechida person focuses all that happens to them in life to be within the context of G-d---constantly seeking ways to bring about a reality for themselves and for the world, where nothing else exists except for G-d---a return to the Infinite Divine Womb...

5. A Part of the DIVINE

The bottom line, is that the Soul is Divine ...It's main drive is G-d...Doing G-d's Will, emulating G-d, being in G-d consciousness..etc...And this is what it is doing inside of the body and inside of the world---where G-d's presence is hidden--the Soul comes to wake up and reveal G-d in the midst of this

hiddenness---it comes to transform a person who naturally has a strong inclination to follow bodily, non-G-dly drives--into seeking G-d in the midst of day to day mundaneness....The Soul is assisted in it's task by Soul-ike aids, such as the Mitzvot, which are all designed to bring G-d into our lives, in all aspects of life--especially those aspects where G-d's presence is not felt or found....The Torah, as well, aids the Soul in its mission--by revealing G-d's Will and guidance, in endless realms of life, where G-d's will and guidance are not knownPrayer also seeks to bridge this gap....

The Soul, in its mission to Divinize--goes through a perfection process which spans 1000's of years and many lifetimes, until it finally reaches its goal and a state of enlightenment...

Experiencing the Soul Meditations

****Experience your Soul--your deepest essential self---as reaching beyond yourself--all the way up to the highest of heights--with only the lowest part of it inside of yourself....Focus on the fact that that part of yourself -your Soul-that is above and beyond you contains all of the consciousness and wisdom that you will eventually fathom and internalize , as you continue to grow....

****Experience your Soul's lowest level-Nefesh-a a quiet space --a space that motivates you to act and accomplish things---to be grounded and aware of your body and the world around you-- to be aware that all that you sense and encounter in the world, are opportunities for growth and perfection....

****Experience your Soul's next highest level-Ruach-as a busting, bubbly overflow of energy and ideas and connections and associations and insights--sources of wisdom showing you how everything is unified and comes together when you contemplate it....

****Experience your Soul's next level-Neshama-as a serene and sublime knowing---a knowing that is at one and the same time yours-yet beyond you-- a gift from Above....Feel the purity and joy and love and creativity....Let these feelings fill you up from head to toe....Connect to a deep knowing that is beyond your normal wisdom--and remember this

sacred space, so that you can access it when you need to in life....

****Experience your Soul's next level-Chaya-as an inner drive that is concerned not with yourself so much , but rather with the wellbeing of the world at large....Feel the inspiration that you feel when you begin to envision how you can help to make the world a better place....Let your vision play itself out without any limitations.....Feel how Hashem constantly empowers you and others to contribute to the manifestation of the vision in unique ways that you and every other person can contribute...

****Experience your Soul's highest level-Yechida-as an inner drive to be at one with Hashem--to return to the Divine Infinite womb--to be motivated in all that you do by nothing else except to be a conduit for G-dliness in the World, especially where G-d's presence is not felt...

all the best,
Yitzchak

EXPERIENCING THE SOUL MEDITATIONS

part 2

***We ended our last teaching with a meditation for experiencing the Soul and it's different levels....Now, we will continue with a couple of other Soul experiences----- those that every one is able to experience now-----and those that only the rare individuals can experience---but that in time to come, many many will be able to experience...

1. Universal Soul Experiences

Experience the various Soul Expressions that most everyone experiences;

a. ...when you do an extraordinary good deed and feel very good about it, or have overcome doing something wrong, and have a wonderful feeling of satisfaction

b...when you feel guilt over doing something very wrong

c...when you feel a very deep longing, and you sometimes don't even know why

d...when you suddenly feel that your life is not going in the right direction, and that you must change

e...when you first wake up in the morning and you have a very strong feeling about yourself [good or bad]---based on what you have or have not accomplished or become recently

f...when you feel embarrassed about being exposed at doing things below your level

g...when you feel a strong fear or intuition about losing or harming something precious to you

h...when you feel a powerful drive or craving to attain a spiritual state of being such as wisdom, happiness, will-power, holiness...etc

i...when you feel all tingly inside when you exchange an expression of love with a beloved one, or anyone for that matter

j...when you are in a situation of 'do or die' , and you feel an overpowering need to survive

k...when you feel a need to perpetuate your unique teachings, insights and other

spiritual contributions---- to people now in your lifetime -----and to others who will receive them after you pass on

I...when you feel a strong desire to extend eternally and infinitely the most powerful of your spiritual experiences and accomplishments

2. Experiences of the Enlightened Ones

[based on the 'Lights of Holiness' by Rav R.A. Kook ztz'l]

Experience the following Soul-stirrings and drives that are felt by those who are well on their way towards achieving levels of perfection and expanded consciousness and enlightenment;

a...the inner Soul drive to know yourself and to react properly to your inner summons

b...the inner Soul drive to become so clear and enlightened, that you know that a similar awakening of the masses is sure to follow

c...the inner drive to purify and intensify all of your intentions, until you see that most all of your intentions manifest in reality

d...the inner awakening and knowledge that the true experience of enlightenment is not something that you anticipate to experience in the future, but rather something that you constantly are immersed in now

e...the inner awareness that your unique essential self or Soul spark must be completely free to express itself with maximum originality and authenticity

f...the inner drive to liberate your unique ability to create without any interference

g...the inner wisdom to distinguish when to detach yourself from others, in order to strive for deeper enlightenment-----and when to get involved with others--those who need you, though they be on a much lower spiritual level than you are

h...the inner drive to be in a constant state of amazement and celebration of all of the Divine wonder that emanates at all times

i...the inner consciousness of knowing that all there is, is in a state of continual becoming

j...the inner concern for the wellbeing of the whole Universe and everyone in it and everyone that you personally encounter

k...the inner capacity to see everyone with a Divine Eye filled with caring and benevolence and love for everyone ---and a desire that they all do and become the best that they can

my best,
yitzchak

REINCARNATION PRAYER MEDITATIONS

****Reincarnation is a topic that almost always arouses curiosity and fascination. In keeping with our meditational style of internalizing the essence points, I hereby present to you some prayer meditations focused on what I feel to be some of the most important principles of Kabbalah's approach to 'Gilgulim'--Reincarnation. Here, as in many of our topics, it must be pointed out that we are only skimming the surface. There are thick Torah/Kabbalah texts focused solely on this subject---a subject that deals with the perfection of the person in this lifetime as well as over the course of many lifetimes.

A. THE TRANS-GENERATIONAL PERFECTION PROCESS

1. Back to the Garden of Paradise

Adam Harishon and Chava [Adam and Eve] ----The 1st man and woman, served as the composites of all humanity....Their primal choice was whether to listen or not to listen to G-d's command not to eat from [ie..ingest the consciousness] 'The Tree of the Knowledge of Good and Evil' ...and thereby ingest into their and humanity's system, DOUBT....They chose not to obey....They and humanity from that point onwards, were presented with the historical challenge or legacy of returning to the Garden and to Paradise, by overcoming any doubt whatsoever-of G-d's omnipresence and omnipotence--the dualism of good and evil elevated to the unity of only good....This is the deepest purpose of every individual Gilgul/reincarnation ---to make strides forward towards this ultimate state of consciousness...

Ribbono Shel Olam----Master of the Universe---Bring us back to the Garden---the world at large, as well as each and every one of us, myself included.....Shine for me Your Light--a light so bright , that I have no doubt about what to choose....I choose only You....I make Your Will , my will...In every decision, I ask, 'What does G-d say?' or 'What finds favor in G-d's Eyes?'---and I choose and act accordingly.....Help me and all of us reveal Your Presence---in everything that we do---until the world becomes an unlimited Kingdom of your Majestic Presence....Help us now to open the Gates of this Garden of Eden Consciousness...

2. The Humanity Soul Maps

There are 3 maps that serve as the basis of the historical subdivision and categorization of humanity within the context of Adam and Eve's Soul map bodies....The elements of each map are represented in different points of historyUsually the pattern is that the higher, more primal levels appear earlier in history, and the lower levels come later--an ongoing decline of the level of the trans-generational Soul levels...

There is a Sefirotic map--extending across history from Keter's earlier generation Souls down to Malchut's latter generations...

Similarly, there is a body part map extending from the head down to the feet...

And there is a Soul level map--from Yechida down to Nefesh....

We now, in these last or completion generations prior to Mashiach's coming, represent the lowest

of Souls---the Malchut level, the Nefesh level and the Heal of the Foot level ['Ikvata D'Mashicha]..

Ribbono Shel Olam ---Help our generation to know who we are ,and to tap in to our unique strengths and to overcome our weaknesses....We represent the lowest levels...We can therefore impact reality in the most powerful ways even though we accomplish the least of all generations...Though we may be on a level that is lower than all other levels, of all previous generations---unlike them--we have a greater ability to bring the entire world to it's culmination--to Messianic consciousness--the lowest levels ushering in the highest of levels.....Help each one of us individually, to open up the gates of encouragement--and be encouraged right now, by the fact that the slightest efforts on our parts, elicit the greatest impacts---and through this---help us to be the ones who bring the Mashiach very very soon!

3. The Global Soul Redemption

We the Jewish people, as a result of the Original Sin, are mixed up in the Adam/Eve Soul map or body with the nations of the world...This means that the Jews, who by their nature, have an affinity for a certain nation, are exiled to that particular nation, and some of us get trapped in the host culture [ie..assimilation, intermarriage..etc..] , and others of us, have to go in to rescue them and other non-Jewish Souls who really deep down, belong to our people, and these 'rescuers' find themselves charged with the task of bringing them back home to their roots--not in a missionary type of way--and often times not even in a conscious way...These Souls are scattered across the dimensions of time and space and soul....Therefore , we wandering, exiled Jews, have found ourselves 'doing time' in various places across the globe---all for the sake of bringing our people back home....all of us are destined, ultimately to come back home to our country and to our people and to our unique way of living....

Ribbono Shel Olam---Bring our people back home---back to our Holy land, to be together with the rest of our people---to return to our unique way of living....Help us in this grand homecoming process, to see your Providential Hand swooping us up to return to our roots....Return us to our destiny---to truly be a light to the nations---showing to ourselves and to everyone , not only who we are and can potentially become, but who THEY are and can potentially become as well....Open up for us the gate of global and national and personal redemption....remove us from the exile...Remove the exile from within us....

B. THE HIDDEN SOULS IN OUR LIVES

1. Permanent and temporary residents of our bodies and Shabbos guests

Most of us are born with more than one Soul inhabiting our bodies....We can have up to 3 or 4 that reside within us from birth to death....There is one main resident --the Master of the House---while the other ones are there to help the master [the baal habayit] in his struggles and to suffer with him in his sufferings--the goal of everyone is self perfection....In addition, we have temporary residents---Souls who come into us for a short time, in order to take part in a wonderful act or Mitzva that we are doing in order to share with us, our suffering---either for their own 'Tikun' benefit, or to altruistically help us...Sometimes this visit lasts a minute--sometimes it lasts for years....In addition, everyone receives an extra Soul [Neshama Yetaira] ...These are actual people coming from their other worldly home to enter inside of us for the duration of the Shabbat--to add life, flavor and consciousness...

Ribbono Shel Olam----Help us to maximally tap into and to rectify , all of the Souls who inhabit our body....We generally have no idea who they are or that they are there at all-- but with your help, Hashem, we can sensitize ourselves to feel ever so slightly, the different inclinations that we have stirring inside of us, in quantity and in quality....Help us to know what to do in order to help all these Souls heal and rectify ---and to utilize them to help us do the same....

2. In the Elements

Another manifestation of hidden Souls, are those that are stuck in what is called the 'Kaf HaKela'--literally 'The Slingshot'---these are the Souls that are undergoing severe post-life rectifications....They return postlife, to this world's atmosphere , either as 'homeless' beings---neither here nor there--not really in this world, nor in the usual post life realities of Gan Eden ,Gehinnom or Gilgul....Their fate is a payoff-- measure for measure, for not having been either here nor there during their lifetimes--in anything that they did---they are slung from one side of the world to the other....Often these post-life Souls find themselves 'in the elements' ...ie...they inhabit created beings that belong to one of the 4 Elemental categories---mineral, vegetable, animal or [sub]human...These unfortunate Souls, unlike all other reincarnated cycles [which come back into full fledged human beings], are aware of their previous human form and of their being trapped in a non human form at the present time, until their 'Tikun' is completed--also a measure for measure Tikun for acting like subhuman beings in their lifetimes...

Ribbono Shel olam---You are the Source of compassion---a compassion that is infinite and beyond our ability to fathom....Please direct your compassion to those poor unfortunate souls who are trapped in a world that is very difficult for them to cope with...Help them come to their Tikun swiftly, thoroughly and as painlessly as possible....Please keep us from thinking and feeling and speaking and doing those things that would condemn us to do 'time' in such a reality...Help us to make the most of our time in this lifetime--fruitfully and in a blessed way----in a way that brings out the best in us and in others and with the recognition of your presence---and not in a way that is anything less than decently human....

3. Hidden Soul bonds ['Lvushim ']

We are connected to the primary relationships of our lives by metaphysical bonds known as Lvushim or Spiritual Garbs....These Lvushim connect us to our parents , children, siblings, spouses, best friends, masters and students in ways that transcend our normal ways of conducting relationships with these people....We feel what they feel...We are motivated beyond the call of duty to help them achieve healing and rectification...We do not lose contact with them even when one or both of us move on to the post life reality...

Ribbono Shel Olam----Enable us to do whatever we need to do to enhance our connection with our primal relations...Help us to help them, and help them to help us in any and every way possible...Please open the gates for us to express our love and caring and benevolence...Help us to exert ourselves to help them actualize themselves in both direct revealed ways, and in hidden ways as well...

C. LIFE'S MYSTERIES POTENTIALLY EXPLAINED

1. The Smoothness Factor

Every thought, feeling, speech and act that we do in life, is rooted in, and influenced by that same expression that we did in previous lifetimes....The way to know how we expressed ourselves in previous lifetimes, is to feel how smooth these realms resonate for us now---the smoother it goes, the more rectified that we are and were...The harder that it is, the more rectification is required...

Ribbono Shel Olam----Help us resonate with what we need to still heal and fix up in life...Help us sensitize ourselves to the degree of smoothness with which we act , speak, feel and think....Please open up for us the gates of awareness and willpower and wisdom--so that we can know what we still need to heal and how to go about doing the healing --all with a healthy degree of will-power---both in regards to ourselves and to others as well...

2. Our Calling in life

We come into this life with unfinished business to take care of....This includes the 1 or 2 major things that need taking care of--both negative areas to rectify and positive powers to emanate properly....In addition, we have specific challenges that call us into action and to respond to properly at all times 24/7....Both the general and the specific areas are rooted in the unfinished business that has not been taken care of in previous lifetimes, as well as the specific root-Soul and root-tasks that we have....The 'playing field' that we use to complete ourselves, is life itself in all of its multiple dimensions---people, problems, goals, drives..etc..etc.---all calling out to us to respond properly...

Ribbono Shel Olam----Open up for us the knowledge to know what we are here for in this lifetime--the main reasons and drives--those that we feel that we must take care of at all costs, as well as the positive powers that we have --those realms that we are 'head and shoulders' above our peers....Show us how to utilize these powers in the best possible ways...Show us how to see that everything that comes our way--whether people or thoughts or challenges, are all customized and personalized just for us...Open up the gates to see how all of this comes from You, and how we can truly fulfill our Calling in life....