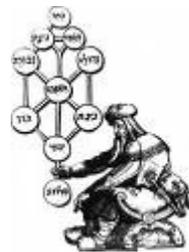


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SEFIROTIC CONSCIOUSNESS MEDITATIONS [the lower seven Sefirot]



R. Yitzchak Schwartz

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Dear friends,

This booklet is comprised of the 7 lower Sefirot;
their essential definitions....
their applications.....
their meditative internalizing exercises...

These consciousness teachings
may be tapped into during the Omer period,
when we focus on one Sefira a week,
from Chesed to Malchut,
Or they may be tapped into any time

The Sefirot depict every process and structure...
They are a bridge to G-d and to the Universe
and to the total awakening of ourselves...

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CHESED/YES SAYING

OUR SAGES [OLD AND NEW] TEACH THAT THE WORLD IS ESSENTIALLY COMPOSED OF CHESED...WHEN WE CONNECT TO CHESED, WE CONNECT TO A LIMITLESS FLOW OF ABUNDANCE....AFTER A LONG COMPARATIVE SEARCH , I'VE COME UP WITH A VERY CONCISE DEFINITION OF THE CHESED EXPERIENCE;

SAYING YES

LET'S EXPLORE HOW TO MAXIMIZE OUR SEFIROTIC TRAIT OF CHESED---IE...OUR ABILITY TO

SAY YES

AND THEREBY ACCESS SOME OF THE FOLLOWING BENEFITS THAT OUR SAGES SPOKE OF

_____:

1. ACTUALIZE OUR CALLING
2. OPEN UP OUR EMOTIONAL POWERS
3. SHARE OUR LOVE WITH HASHEM AND THE WORLD AND OURSELVES
4. BECOME A MASTER GIVER
5. CONNECT WITH MANY OTHER PEOPLE THAN WE KNOW NOW
6. OPEN UP MANY NEW DOORS OF OPPORTUNITY AND ABUNDANCE
7. IMPROVE OUR RELATIONSHIPS WITH OUR SPOUSE [PRESENT ONE OR FUTURE ONE]
8. FULFILL NUMEROUS INTERPERSONAL MITZVOT
9. MAXIMIZE OUR ATTRACTIVENESS TO OTHERS AND THEIRS TO US
- 10.HELP BUILD A WORLD OF CHESED
- 11.EMULATE G-D'S TRAIT OF GIVING AND BENEVOLENCE
- 12.SWEETEN AND MINIMIZE HARSH DECREES AND HARSH JUDGEMENTALISM
- 13.EXPAND CONSTRICTED CONSCIOUSNESS
- 14.EMULATE THE WAYS OF THE PATRIARCHS AND MATRIARCHS
- 15.PERPETUATE 'YES' SAYING IN THE WORLD [WITH ALL OF THESE POWERFUL IMPACTS]
- 16.LEAD ALIVE FULL OF INSPIRATION
- 17.LIVE THE LIFE YOU LOVE AND LOVE THE LIFE YOU LIVE
- 18.EMPOWER YOURSELF TO CARRY OUT ANYTHING THAT YOU INTEND
- 19.EMPOWER OTHERS TO ACTUALIZE THEIR INTENDED GOALS
- 20.BECOME A BEACON OF LOVE, LIGHT, GOODNESS AND POSITIVITY

So how do we say yes in life?...how can we say yes, when an inner voice keeps saying NO! The following meditation hopefully will provide a way;

SAYING YES MEDITATION

1.SAFE YES SAYING

Identify the 'NO' voice that fills your mind when you want to say YES....Ask yourself why the NO is there---What is it's purpose? How is it coming to help you? Give thanks to Hashem for your inner NO....Acknowledge it's benefit and it's role in helping you out.....Now ask yourself how it would be possible to derive this same benefit by saying yes and not saying no [ie...saying Yes in a safe harmless way]...When you are convinced of a safe way of saying YES, say it and follow through, and carry on with another YES---processing it in the same way[and another and another....etc...]

2. EMPOWERED BY THE LIST

Go through the above list of 20 benefits that you can derive from saying yes....Just say them, and focus on the powerful impact that you can derive from being a yes sayer, or from just saying yes one time.....Now search for one opportunity to say yes in your life that you would not normally say yes to [as opposed to a yes that is internally obstructed by an internal NO, search for a yes that would be ok].....Fire yourself up by the impact of yes saying—and just say YES---Enjoy the power of yes saying--

-and say yes some more [where you wouldn't normally do so]

3. FUSE WITH HASHEM'S YES

Examine the 'MAYBES' in your life at this time---those decisions or processes that you now are dealing with, that you are presently indecisive about....Consider the possibility that all these maybes are no longer your decisions to make, but rather, you toss them up to Hashem to decide for you....With this new perspective, what do you think Hashem would decide? Answer this question in 1 of 2 ways [or both];

A.What would Hashem decide now?

B.What will Hashem decide over the next period of time....What does Divine Providence dictatewhich Maybes turn out to be NOS and which ones turn out to be YESes

4.YES -----JUST THE WAY IT IS NOW

Look again at the NOS and MAYBES in your life....Say to yourself [in a sort of mantra way] that these are perfect just the way they are....Allow your mind to reveal to you how what seemed to be not ok , is actually ok.....keep this up until you find that many of the MAYBES and NOS are actually YESes

GVURA— THE POWER OF SAYING NO

***NO CAN BE EMPOWERING

Although saying no, by definition, would seem to be disempowering , when you look closer at the impact caused by saying a good, well placed 'NO', you'll find it to be very empowering.....and that's the way it should be---we are after all dealing with the expression of one of the Holy Sefirot, and when it is expressed properly and harmoniously, it [like all other Sefirotic expressions] possesses the means to empower and elevate and sanctify our lives....

Let's explore what type of 'No Sayings'in our own past have been empowering--and we will derive from these, the lessons required to empower our lives now and in the future

***GVURA IS SAYING NO

Let's take a step backwards....lets' examine a list of descriptive terms that describe the Sefira GVURA [drawn from a variety of sources]....our goal is to see how SAYING NO is [at least one] theme that is central to all these terms;

1. restraint
2. discipline
3. judgement
4. justice [DIN]
5. boundaries
6. fear [of losing something good]
7. rejection
8. strength
9. rebuke
10. constrict [conceal]

When we examine these terms, we can see that the functional feature at work---the inner voice common to all the terms is SAYING NO.....whether we restrain, we fear, we are repulse or repulse others, we exercise restraint or we display strength---we activate the inner directive of SAYING NO

***EMPOWERED NO SAYING FROM THE PAST

Let's now take a look at a possible list of empowered no sayings that we may have experienced in the past [it's actually a list that I came up with upon examining my own most empowering no sayings]....let's try to

discover from the list the factors or tools that empowered us, so that we can derive these tools or meditations for facilitating future empowered no sayings;

1. refusing to say yes if there's a strong INNER NO
2. refusing to say yes when it contradicts my inner lower self
3. saying no to worry
4. saying no being in need of finding favor in the eyes of others
5. saying no to commitments that do not represent my total self expression
6. saying no to inauthenticity
7. saying no to lack of total utilization of my resources

8. saying no to a situation where I find myself being used, abused, controlled, intruded upon, taken advantage of or enslaved by others
9. saying no to wasting time
10. saying no to surviving rather than thriving
11. saying no to settling for less than the best for my beloved ones
12. saying no to senselessly just doing what everyone else is doing
13. saying no to being overwhelmed and overextended
14. saying no to danger
15. saying no to risky , doubtful commitments
16. saying no to non-holistic partial conclusions

SAYING NO EMPOWERMENTS

RE-EMPOWERMENTS

- A. Recall past empowerments [see the list above to guide you to discover your own most empowered no sayings] and experience the empowerment that you gained
- B. Examine which 2 or 3 factors empowered you the most in your past empowerments [like the feeling of liberation or transcending...etc...]
- C. Now identify the possible dis-empowerments that you expect or anticipate to cope with in the future [similar to your past dis-empowerments that you needed to overcome most likely]
- D. Now re-empower yourself by drawing on your best past 2 or 3 empowering feelings [B above] to say No to your present and anticipated future disempowerments

CAN'T STAND IT ANYMORE TRANSFORMING

- A. Identify the challenge[s] of your life that are intolerable
- B. Experience the full emotional impact of this intolerable experience....work yourself up to the point where you simply cannot stand it anymore---where anything would be preferable
- C. SAY NO in one of 2 ways;
 1. Allow a whole new way of coping or way of being enter your mind and go with it
 2. Create or Co-create or project a brand new way of coping or a brand new set of circumstances....

TIFFERET/BRIDGE-ING

TIFFERET IS THE BRIDGE-ING OR RESOLUTION OF CONTRASTING ELEMENTS INTO A NEW HARMONIOUS WHOLE WHEN WE EXERCISE TIFFERET, WE BRIDGE;

1. OUR YESES AND OUR NOS
2. CERTAIN TYPES OF PEOPLE WITH DIFFERENT TYPES
3. CERTAIN PARTS OF OUR PERSONALITIES WITH OTHER PARTS
4. OUR WEAKNESSES WITH OUR STRENGTHS
5. WHAT WE FEEL WITH WHAT WE EXPRESS
6. WHAT WE ARE MEANT TO DO IN LIFE WITH WHAT WE ACTUALLY DO
7. THE PARTS WITH THE GREATER WHOLE

Let's explore how to bridge each one of these;

BRIDGE-ING;

1.YOUR YESES AND YOUR NOS

When you feel like saying yes, but you know you should say no....when you feel like you're attracted , but you know that you better reject that feeling....when you feel like expanding, but you're scared to go beyond your normal limitations.....when you feel like you'd like to give, but a voice inside says you'd better take...when you feel like understand one side of the picture, but you also know that the other side is correct too-----

 become a master of people bridging by first of all recognizing the differences just as they are---no need to change them --- just accept them---next---put yourself in their places---see the world as they see it [put on their life spectacles]---do this even if you are bridging many people at once [a charismatic teacher or performer can do this simultaneously with many people at the same time]...finally to really be able to bridge properly-- communicate to both or all sides [or sometimes just to yourself] what the other side needs and desires and negotiate a win win or a bliss bliss deal that satisfies everyone

3. CERTAIN PARTS OF YOUR PERSONALITIES WITH OTHER PARTS

Tifferet corresponds to the trunk of the body/soul, bridging the right side with the left and the upper part with the lower-----
 -----so get yourself

together....bridge your emotions with your actions by acting in a fully emotionally expressed way.....bridge your conservative side with your liberal side by lifting yourself above both of them, tap into your Daat/Knowing and choose just how much to lean more towards one side than the other.....bridge your perceptive power [Daat] to your communicative power [Yesod] by being charismatic [Tifferet] and relating to everyone exactly in the way that opens them up the most.....bridge your theoretical and hypothetical assumptions about life to the realm of practical application by constantly trying out the best tools for expressing your theories.....bridge your heart to your mouth by speaking your heart to Hashem and to those who would be most likely to listen

4. YOUR WEAKNESSES WITH YOUR STRENGTHS

Tifferet/Bridge-ing also represents the power of healing....the healing takes place when that which is blocking our natural flow is somehow neutralized or re-integrated-----

-----identify a weakness that you have, then identify it's sister trait---it's corresponding strong trait.....bridge them

by meshing them together into one to neutralize the weakness and thereby create a new entity—an entity of harmony and healing and alignment....for example;

Bridge a weak part to a strong part

Bridge a small part to a large part

Bridge a shy part to an outgoing part

Bridge a low self-esteem part to a self-confident part

Bridge a sick part to a healthy part

Bridge a failure part to a successful part....etc...etc...

5. WHAT YOU FEEL WITH WHAT YOU EXPRESS

An authentic person is a person with charm...a person who's attraction is the fact that they are truly representing themselves to others, and others can feel comfortable to do the same with them and comfortable to not have to worry about properly reacting to hidden agendas-----

-----identify the discrepancy between what you normally say and what the truth is....reveal to yourself why you are afraid or hesitant to tell it like it is....perhaps it's because the other person would think less of you...perhaps it's because you would insult them.....now reveal to yourself the feeling that you get inside when you don't tell it like it is.....reveal to yourself how you would feel if you could tell it like it is.....now, in a quiet state of mindfulness, run through a scenario of you telling it like it is---what would it be like and feel like and what would be the repercussions [if any] and what would be the benefits.....now, resolve to speak authentically, and to the extent that you need to tone it down and be cautious—do that as well....practice authenticity in other communications in this way....

6. WHAT YOU ARE MEANT TO DO IN LIFE WITH WHAT YOU ACTUALLY DO

Ratzon living is living the life that you truly want to live because it's truly the life you are meant to be living....this is a very worthwhile way to live, but it is very illusive to actually do it.....the missing ingredient is Tifferet---the ability to bridge---to bridge your normal day to day way of living to an ideal way of living—to a way of living that you truly want and are meant to live-----

-project an ideal you, a you that is truly an expression of who you want to be, of what you were meant to be, of what you were meant to do to become that ideal person.....step into this ideal future, and see it in all of it's details....focus on how you got from your present state of being to this ideal state...what did you do to get there?.....now toss up to Hashem your projected ideal vision of yourself, and let it go.....let Hashem make it happen for you in His own way and in His own time...rest assured that slowly but surely, your vision will manifest....rest assured that whatever you need to do to assist Hashem in the process, Hashem will prompt you in the many ways that Hashem prompts people...

7. THE PARTS WITH THE GREATER WHOLE

Not only does Tifferet/Bridge-ing connect different parts that exist now, but it also relates to what bridging what exists now to what can potentially exist in the future---with Tifferet, we can bridge the good sides of ourselves to be even better---we can bridge the partial way that we see things to a greater and more whole way....we can bridge a simple way of engaging life to a Divinely infused way....we can bridge the me-centered way we engage life to a microcosmic way, where what is inside of us is actually parallel to what is in the entire Universe, and we have

the power to activate these parallel parts-----
-----identify a problem that you may
have, a dilemma, a challenge.....in your normal way of thinking,
what would you do to solve the problem.....now look at the
problem in the context of a much greater , much more whole ,
much more expansive orientation.....notice how the problem, when
viewed in a much wider context [of space and time] seems
smaller....notice how the problem , when placed in a wider
context sometimes doesn't seem like a problem at all, but rather
like a necessary step in the unfolding of a growth or perfection
process that you need to go through presently....

NETZACH/ OVERCOMING

NETZACH-----it's place in the Sefirotic template
The Sefira Netzach corresponds to the right leg---the
stronger leg....The legs take us to where we want to
go....Another function of the legs is to stand us up strong
and steady so that we don't fall.....Nezach is the first of the
lowest group of Sefirot [Netzach, Hod, Yesod and
Malchut]...This group corresponds to the lowest of the 4
Kabbalistic Worlds --the World of Asiyah/Doing---the
World that's farthest away from pure G-dliness, and as a
result, is the place of the most darkness, uncertainty and
obstacles....This is the world that demands our greatest
independence and efforts---the only way to get things done
in The World of Doing.....Here is where we need the
power of Netzach/Overcoming the most..... Regarding the
universal Sefirotic process, we are presently at a phase
where we have already conceived and internalized of a Gdly
inspired vision and have already begun to actualize
this vision and express it to others in a balanced,
harmonious way---now we must take it to a new
level---from the theoretical to the actual, and that's where
the Netzach power of overcoming steps in.....

A SHORT MEDITATIVE EXERCISE;

Picture one of the visions that you have that you
would like to actualize.....Picture what it would
take to make this vision a reality....Think back to
other visions that you have actualized in the
past.....What did it take to make it happen? Based
on your past experience, project what type of
Netzach/Overcoming know how it would take to
actualize your present vision

NETZACH-----tapping it's essence

Until the messianic era will shift the consciousness of the
world to be one of perfection, we live in a world of
'Tikun'... '.....This means that everything is lacking and needs
fixing , healing, completing and perfecting.... The more
that we are present with this reality and step up to the full
time challenge of overcoming, the more we live in Netzach
The more that we live in Netzach, the more that we are
inspired to take on the challenge of overcoming everything
at all times.....More than this, if you really look closely at
your life, you'll find that you are **ALREADY** a master
Netzach\Overcomer person....you probably just haven't
yet brought this to your conscious attention [until now].....

ANOTHER MEDITATIVE EXERCISE;

Picture [in your mind's eye] a day in your life...notice how many different challenges that there are that you need to overcome....Notice how many unique and innovative solutions that you come up with.....Now extend this day to a week and then to a month and then to a year and then to a lifetime until now.....Afterwards, extend your Netzach Overcoming tool coping power to the present and to the future....Project the expected obstacles and the tools and strategies [and state of mind] that you will need in order to overcome , and picture how, with Hashem's constant help, you will carry them out.....make a list of your tools...make a list of the top 10 tools....keep adding to the list until you ultimately have a tool chest.....then transform this tool's chest to become your own personal diagnostic chart for coping with any and every situation

NETZACH-----a few other applications

1. Dominance-----*overcoming* another person's will or control and/or influence, by imposing my own

EXERCISE-----Bring to mind a relationship that you have where either you are presently dominating the relationship, or, to the contrary, someone is dominating you.....identify

what aspects of the relationship need to be overcome in order to effect a harmonious balance---a balance between dominance and submission---a balance that would allow both you and the other person [people] to be fully self expressed.....Create the ideal relationship ,with Hashem's help and the other person's as well, as best as you can

2. Competitiveness-----*overcoming* the obstacles and challenges of another person or of various circumstances that would prevent you from reaching your goal

EXERCISE-----Identify your goal....Identify the opposition forces---those people or circumstances that stand in your way....Generate the excitement and adrenalin and innovative tools that you needWith a healthy sense of competition, make it happen

2. Seeing Hashem's Providential Mastery----*overcoming* the illusive perspective that the governing of the world is haphazard---and seeing instead, that the world is governed in the most magnificent way....all is run by Hashem , the conductor of this grand symphony [the MENATZEACH/Conductor---the root of which is Netzach], and we too are musicians in the symphony [and actors in the play]

EXERCISE-----Begin to see life in the world as being a grand symphony---though it may not be clear at the present time, nevertheless, view

every detail that you see as playing a significant role [including all of your own encounters as well]

3. Eternity -----*overcoming* the standard perspective of time as being finite, and seeing instead, that all that you encounter and engage in also has an element of eternity [the word Netzach means eternity]

EXERCISE-----Open up your eyes to see and experience Eternity now.....Do this by projecting in your mind, that when any and every act, word, feeling or thought that you engage in, will continue to reverberate forever.....the more that you get used to doing this, the more that you will elevate and sanctify all that you do

Transcending all limits -----*overcoming* the assumption that you are a person who has limited capabilities and capacities, and open yourself up to the magnificent possibility of overcoming as many barriers as possible and transcending as many limits as possible and living in an above-nature extraordinary way

EXERCISE-----Identify an area of your life that you feel are limiting your capacities and capabilities.....now look closer....if you were to project extending and expanding your limits --- if you were to ask Hashem to help make it happen for you---if you were to enlist all of your powers and all of your friends powers and all of your innovative tools, wouldn't you feel like you could go beyond your present limits?! Now , just do it---do it in this one area of your life and another and another and see how many of the present walls of your life come tumbling down.....

HOD/EMPOWERING

WHEN YOU EXAMINE CLOSELY
TO SEE HOW EMPOWERED OR DISEMPOWERED
YOU AND OTHERS ARE IN EVERY ASPECT OF LIFE,
AND HOW MUCH OF A DIFFERENCE IT MAKES,
THEN YOU REALIZE THAT EMPOWERING
YOURSELF AND OTHERS
IS PERHAPS ONE OF THE MOST PRIMAL
OF ALL HUMAN DRIVES

A. HOD\EMPOWERING-----some general points of orientation

1.VIS A VIS NETZACH

Hod is on the left side of the Sefirotic setup----opposite the Sefira Netzach ...These 2 are like 2 sides of a coin....The Netzach dynamic of dominant competitive conquering and overcoming of all obstacles that stand in it's way....therefore , Netzach is in need of support---a support systemThis need spurs Hod into responding by becoming Netzach's chief enabler or empowerer....In terms of relationships, this means that the Hod partner is awakened to be of service to their partner, since their prime goal is to enable their partner to become empowered and succeed

2. VIS A VIS SOME POPULAR HOD DESCRIPTIVE TERMS

- A. 'DEVOTION'-----One who is motivated to empower, can be counted on to be very devoted constantly
- B. 'ADORATION'-----A true empower-er is driven to do so, because they adore the one that they empower
- C. 'SUBMISSION'-----As opposed to Netzach's conquering domination, the Hod empower-er constantly has their sights on submitting themselves to Netzach's empowering needs
- D. 'GLORY'-----An empowerer sees to it that the other person Shines---that the empowerment that has been lost becomes found ----until it manifests as true glory
- E. 'RECIPROCAL RELATIONSHIP'-----When an empowerer steps into a relationship, they naturally elicit the other person's response---a response that inspires them to elicit a response in turn
- F. 'THE GID HANASHE' [sciatic nerve]-----Eisav's Angel, though He lost the 'wrestling match' with Yaakov, nevertheless managed to leave Yaakov [the Jewish people] partly damaged....the damage was to the sciatic nerve in the left leg --the part of the body that corresponds to Hod/empowerment....the damage that resulted was a lack of spiritual empowerment---the disability to stand up on one's own feet , literally and financially , when it comes to matters of the spirit, such as Torah support
- G. 'AARON THE HIGH PRIEST'-----Aaron possessed the trait of enabling and empowering those who were lacking, including those who were dis empowered by broken relationships

B. A HOD\EMPOWERING MEDITATION

AWARENESS OF DISEMPOWERMENT----bring to mind an experience or situation in your life....ask yourself how empowered or powerless you are....on a scale of 1 to 10, how would you rate the experience....extend this to another experience and another until you begin to develop a sense of the level of empowerment that you are holding by presently in most all situations that you find yourself **RE-EMPOWERING OURSELVES**----- begin to re-empower yourself by re-focusing on all the powerless experiences of your life....find something in or around the experience that you feel to be positive and that has redeeming value for you [including the realization that ultimately this experience is G-d sent and ultimately for your best] ---focus on this to the exclusion of all the other negative aspects of the experience....if you still feel disempowered, then give it over to Hashem, expressing your need for Hashem to take over control [until ultimately you will be reempowered].... do this [and any other type of re-empowering tool that comes to you] for another challenge in your life , and another and another, until you feel that you are beginning to experience a shift in your life....

RE-EMPOWERING OTHERS----- begin to shift the focus of attention in your re-empowerings from yourself to others, repeating all that you've done in the previous steps for yourself, and to do it instead for others...

RE-EMPOWERING THE PAST AND FUTURE----- begin to extend your empowerings to your past, by simply saying thank you for all of the empowerings that you have been given and that you have been allowed to give to others by the ONE ABOVE....keep repeating the thank yous and let the memories come to mind, one by one.....see how often that your and others powerlessness was replaced by empowerment, and be thankful for that, and for how often you and others you have helped, have been bestowed with empowerment in your life.....with this awareness, project a future of empowerment ---a level of empowerment that is beyond any level that you have ever experienced

Yesod/ALL-ING

A. ALLNESS FUNDAMENTALS

1. YESOD/THE MALE ORGAN

The male reproductive organ functions as a reproducer with great pleasure and vitality when active and total abstinence when not.....It enlists and represents the entire DNA of the body in its primal communicatory act...The corresponding qualities are found in the consciousness of a Yesod person..... When they [often referred to as a Tzadik/Tzadket] discerningly choose to engage in a propitious, healthy and holy relationship or activity [as opposed to a spiritually harmful one, which they choose to abstain from], they do it with an expression of total vitality and pleasure and self expression---so much so, that they inspire the same in the recipient of their full-communications [and the fruits of their communication are reproductive and blessed---that is to say, that the goodness that they create is perpetuated by any one coming into contact with them—even indirectly]

2. YESOD/THE SEFIROTIC PROCESS

The Yesod is the harmonious and fully expressed communicator of all the Sefirot [thus it is the only Sefira that corresponds to reproduction]....The way that this is expressed in the consciousness of the Yesod person, is Allness....Whatever they think, feel, speak or do is an expression of allness....They constantly seek to engage more of life, more fully lived and expressed, more unified, more impactful, more abundant, more experienced.....They therefore make all decisions in life, based on allness---to the extent that what they choose will empower their allness, to that extent they are prepared to jump in [and so too, the opposite]

B. ALLNESS LIVING

Review your daywhat were the activities/experiences that you had?....Measure the ALLNESS level of your daily activities...How fully expressed and alive and pleasurable were they? Try to experience how the more that they were activities expressing your ALLNESS, the more inspired you were—in all ways.....Project your upcoming day.....How can you change your day completely, by injecting ALLNESS? See the anticipated activities /experiences of your day without ALLNESS, then see them with it.....Here are some illustrations of how to inspire your day with ALLNESS;

1. Reframe an upcoming interaction with someone as being an opportunity to bond with that person in a totally unique and creative and meaningful way [that will elicit from them their bonding ALLNESS in return]
2. Reframe an upcoming errand that you need to run as being an opportunity to accomplish your goal with as much expression of your inner powers as you can enlist---your power of creativity and feeling and love and innovation and sensitivity...etc...etc...etc...
3. Reframe an upcoming spiritual experience [prayer, study, meditation...etc...] as being an opportunity to express yourself in a way that you never have before, nor will you ever be able to again....see that your experience will resonate for Eternity....see that your experience will have the power to effect, not only yourself and those around you, but the entire world....see you're your experience will be one that will perpetuate similar experiences in your life in what will be an upward spiral of spiritual power and bliss

MALCHUT/RECEIVING

When we receive selflessly with our entire being,
with the intent of channeling it all onwards,
then we will constantly be filled to the brim with Allness,
and more important than this,
we will constantly give birth to brave new worlds
and brave new ways of being in the world

A. MALCHUT/RECEIVING FUNDAMENTALS

The Holy Zohar defines the Sefira Malchut as follows; “ ...Malchut has nothing of her own, except what she receives from that which is above her...”.....Malchut is all about selfless receiving.....making oneself into a empty vessel anxious to be filled and anxious to pass it on to others.....Malchut is the female paradigm---she attracts the seed of life that will impregnate her with the giver’s essence----she will then nurture that life essence to the point of birth and beyond---to the point of maturity.....

The corresponding qualities found in the consciousness of the Malchut person; -----they view their life and their world as a profoundly abundant reality---an endless collection of opportunities---each one to be passionately savored and embraced and acquiredThough they see that life is full of possibilities and opportunities, they resonate with that one special opportunity, to the exclusion of all of the others....they focus on one opportunity, one man, one seed.....they embrace this seed of life and nurture it with tender loving care and compassion----they nurture it until this seed blossoms and is born---until it becomes a fully independent being in it’s own right.....All of this is accomplished by their selflessly and lovingly and endlessly valuing what they receive---whether it be a mate, a child, a seminal idea, a project or anything else that is given over to their tender loving care.....

B. MALCHUT/RECEIVING -----IT’S KABBALISTIC MULTI-DIMENSIONAL EXPRESSION

Malchut is the last Sefira.....It therefore integrates the features and powers of all of the Sefirahs that precede it.....As a result of it’s receiving of the entirety of the Sefirotic Unit, it gives birth to an entire new unit of Sefirahs, and it becomes the incipient initiator or the KETER of that new body of Sefirahsthe word ‘Malchut’ means Kingdom....a true King, Queen or leader is one who selflessly receives all of their power and wisdom from ABOVE, and then benevolently channel what they receive into the governing of their Kingdom....The paradigm-Biblical-‘Malchut’ figure is King David---everything about him, from his complete fathoming of G-dliness [‘...yours, Hashem, is the Greatness and the Gvurah and the Tifferet {and all the rest of the Sefirotic graspings of G-dliness}.....’{a verse recited by David from Chronicles and from the daily morning service}---to his role as the eternal paradigm King of Israel---in his life and in Messianic times {King Mashiach the son of David---the King David who is alive forever}----all these are very beautiful descriptions and illustrations of the essential definition of the Sefirah Malchut---The Sefirah of selfless and complete receiving in order to channel it onwards.....this same definition serves as the essential description of the numerous ‘Kinuyim’/‘Descriptive terms’ that are used to describe Malchut and the role that it plays in our lives.....Here are a few examples [see if you can identify this definition in these terms...];

- a. The feminine paradigm
- b. Regality
- c. Prayer
- d. The Holy Temple
- e. The Shechina [Divine Presence]
- f. The Matriarchs
- g. The Oral Torah
- h. Shabbat
- i. Community
- j. Emuna\Faith
- k. The Land
- l. Ruach HaKodesh /The Holy Prophetic Spirit
- m. The Moon

- n. Closure
- o. Review /Inventory
- p. Name [of someone or something]

C. MALCHUT/RECEIVING MEDITATIONS

1. TOTAL RECEIVING

Be totally open to receive....receive the voices from inside yourself.....receive the information from outside of yourself....receive the messages that come to you with every interpersonal encounter.....receive the people that you encounter, not only as you perceive them, rather put yourself in their place and see things the way that they see things.....be receptive to the birth process that you are going through---your active role in the birth process, as well as your passive role in birthing---by watching Hashem make it all happen....

2. RECEIVING YOUR INNER VOICE

Receive the voice inside.....the Divine voice that is constantly speaking to you...learn to distinguish this voice from all the other voices---the ones that are counterfeit and misleading and shallow and confusing ---the inner noise and static that is always vying for your attention.....notice how this voice speaks softly, sometimes imperceptibly soft, but with a crystal clear message---the message that you know deep down in your heart and Soul---the message that is constantly directing you to choose that which is healthy and whole and Holy and empowering and good and loving.....begin to practice receiving your inner voice by attempting to answer a few questions and doubts and challenges that you are faced with, and try to determine which inner voice inside of you gives the true answer....continue in this manner until you begin to recognize your inner voice with more and more clarity

3. RECEIVING FROM PEOPLE [and the rest of the world outside of yourself]

Receive from people and the world in a complete and selfless manner.....see how all things that you encounter are actually messages from Hashem---through these people to you---[even when they're not directly talking to you].....notice how the questions and problems that you are coping with, are answered up by the people that are people-ing your life.....receive people not in the way that YOU see them, rather in the way that they see themselves.....put yourself in their place and see the world through their eyes....this way you can truly understand them.....this way you can truly see what they need and thereby help and heal them....this way , you can see that they have what you lack and need , and they can heal you

4. GIVING BIRTH TO WHAT YOU RECEIVE

Receive and be open to the Birth Process that you are going through, or that you are helping to facilitate.....bridge your active role in the birth process with your passive role....see how, despite all of YOUR efforts to bring the birth to it's fruition and actualization, actually it's really all being orchestrated by THE ONE ABOVE in His own way and in His own time.....see how that which you are giving birth to in life, directly corresponds to what you receive and how you receive it.....notice that the more that you see the birth process coming to it's actualization, the more you see it's beauty and it's wonder and how this birth process is perpetuating other related birth processes---some insignificant and others, very profound.....