

Sefirah	Meaning	Name	NIV Name
Keter	Crown; Grandfather	Ehyeh Asher Ehyey	LORD
Chakmah	Wisdom; Abba, Father	Yah	
Binah	Understanding; Aima, Mother	YHVH(read Elokim)	
Chesed	Love, Light, Mercy, M	El	Sovereign LORD
Gevurah	Strength, Severity, F	Elokim	
Tiferet	Beauty, N	YHVH(read Adonoy)	
Netzach	Victory, M	Adonoy Tzevaot	
Hod	Splendor, Glory, F	Elokim Tzevaot	Almighty Lord
Yesot	Splendor, Foundation, N	Shaddai (El Chai)	
Malkut	Zion Kingship; Daughter	Adonoy	

Primary Soul attached to body but but other souls may be backseat passangers.

Gen 1.30 Animals are vegetarians and not aggressive. Same in Messianic Age.

Each of us has the ability to relate to plant kingdom on soul to soul level.

Originally Adam a Hermaphrodite. Both Male and Female parts.

Nachash = enchanter, magician, witch doctor, and snake. Fruit not an apple.

Gen 3.3: Danger in making rules too strict.

Part of free will is taking responsibility for your actions. Ingratitude towards Eve was Adams sin.

Two paths: Obeying God's rules and emulating God.

Circumcision: Return to Adam state without garments of skin.

When both male and female profits were at same time, female at higher level.

Everything in the physical world originates from its roots in the spiritual world, except for man's free will. What we do feeds back through the tree of life and this cause makes another effect.

Jewish mystics teach that we can recognize the coming of the Messianic times by the lifting of God's curses to Adam and Eve. Eve: painful child birth and subservience. Adam: Till soil by sweat.

Teaching of the Kabbalah openly is necessary in the pre-messianic times.

Cherubims are seen as obstacles to overcome, and represent milestones in our spiritual development.

Suffering will not come from without us in hell but from within us. It will be from the awareness of what we have done against the king. Yet the suffering borne from this awareness will bring us closer to God. So even hell can serve to draw us nearer to God.

One does not be a Jew to be close to the Holy One; Judaism accepts no exclusiveness. There are many paths.

Jews must follow the Torah path to achieve closeness to God, but non-Jews are not required too.

7 Noahide Laws should be followed by everyone: 1. no murder; 2. no steal; 3. no idolatry; 4. no incest; 5. no cruelty to animals; 6. no name in vain; 7. establish system of justice.

Only in the physical realm can man and God be brought together.

Through objects or rituals man and God can be bound together.

The physical body allows us to link to the highest reaches of the divine.

Astrology works because the spiritual forces linked to heavenly bodies affect us.

Tefillen = box with scrolls which allows human body to receive spirit energy.

Mezuzah = on door posts of houses to improve spiritual atmosphere.

Jewish Holidays are spiritual windows. Sabbath most important.

rest = stop creating or interfering with the world. God and nature in harmony.

Talmud says Messianic age will be an era in which a total Sabbath will reign continuously.

Prayer is intended neither to bless nor to thank God. Its purpose is to elevate our own consciousness.

Repentance (Teshuvah) = to return to the source. The knowledge of the sin is transformed into a longing for good. We should travel back in time and mentally recommit the sin-but commit it again with our current awareness.

Sins that we commit against others usually must be rectified on a physical as well as a spiritual plane.

Midrash?

Moses used magic and ran away because identity as a Kabbalist is known.  
Can coerce angels into doing things as you climb spiritual ladder.  
Demons exist between spiritual and physical realm and can be coerced.

Messiah must be annointed by a prophet. Function to raise human consciousness and achieve universal peace. Every generation has its potential messiah.  
Can come when people are truly observing the path of God, or latter after 6000 years with world destruction and messiah leading remnant in 2239 A.D..

Second coming is not prophesied. Messiah is son of Man not God. In line of David. a Na'arah (Young Girl not necessarily a virgin) will give birth.



The prophets indicate that Messiah will die and son will carry on his mission. Messiah will do nothing to alter the torah.

Adam was first Messiah and he failed.

During flood all sons of God were destroyed, but not men.

Jews have responsibility to behave conscientiously; as a nation of priests.

Only the Jewish path can elevate all of humanity. That's why its so hard.

Abraham was also progenator of other eastern mystical systems. Gen 25.6

Yom Kippur = Day of Atonement, Judgment decision for book of life.

Meditation: Seek to enter a definite sacred region within.

Exercise 1: Sounds of Creation. Reach state of Chokmah.

Shin (White Noise); Mem (Pure Tone); Aleph (Silence) 5 Minutes

Exercise 2: Shalom. Repeat as above using the word Shalom.

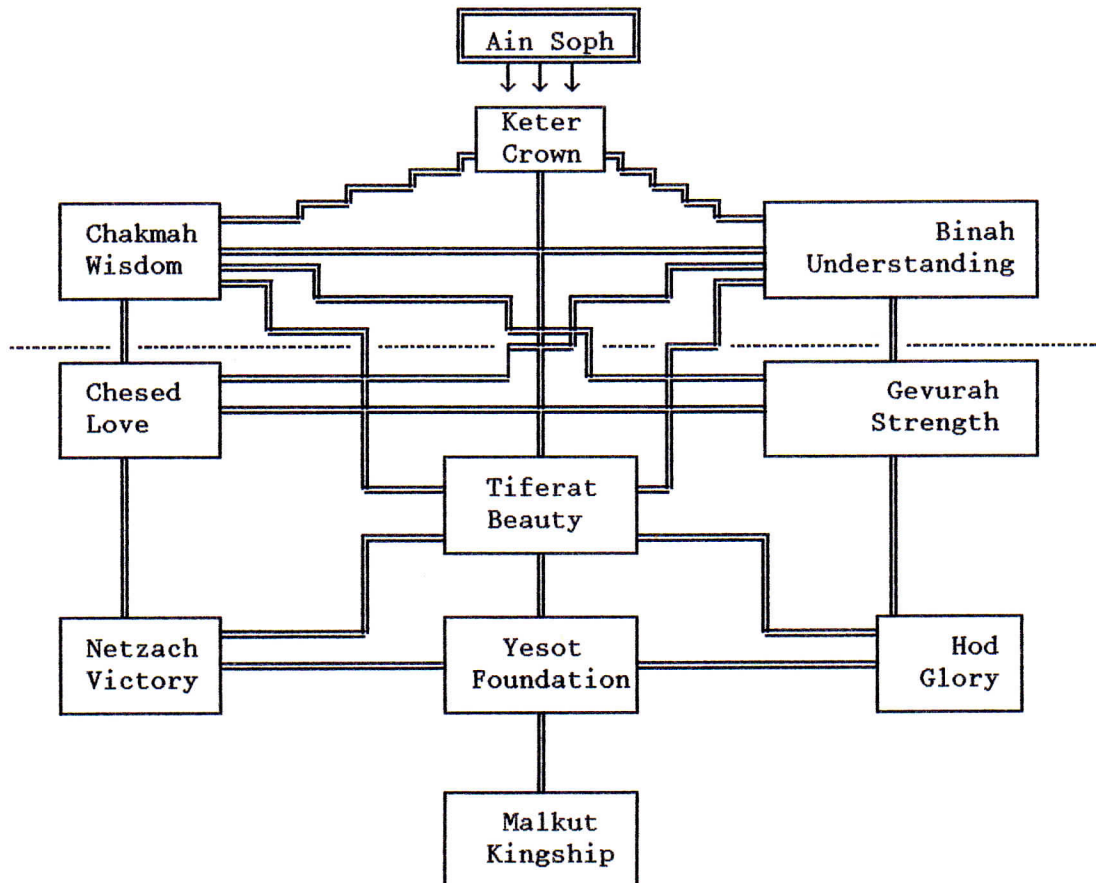
Exercise 3: The Days of Creation. Meditate on each day of Genesis 1.

Exercise 4: The Tree of Life. Meditate on it and tree of knowledge.

32 Paths toward divine. 10 Sefirot. 22 lines with letters.

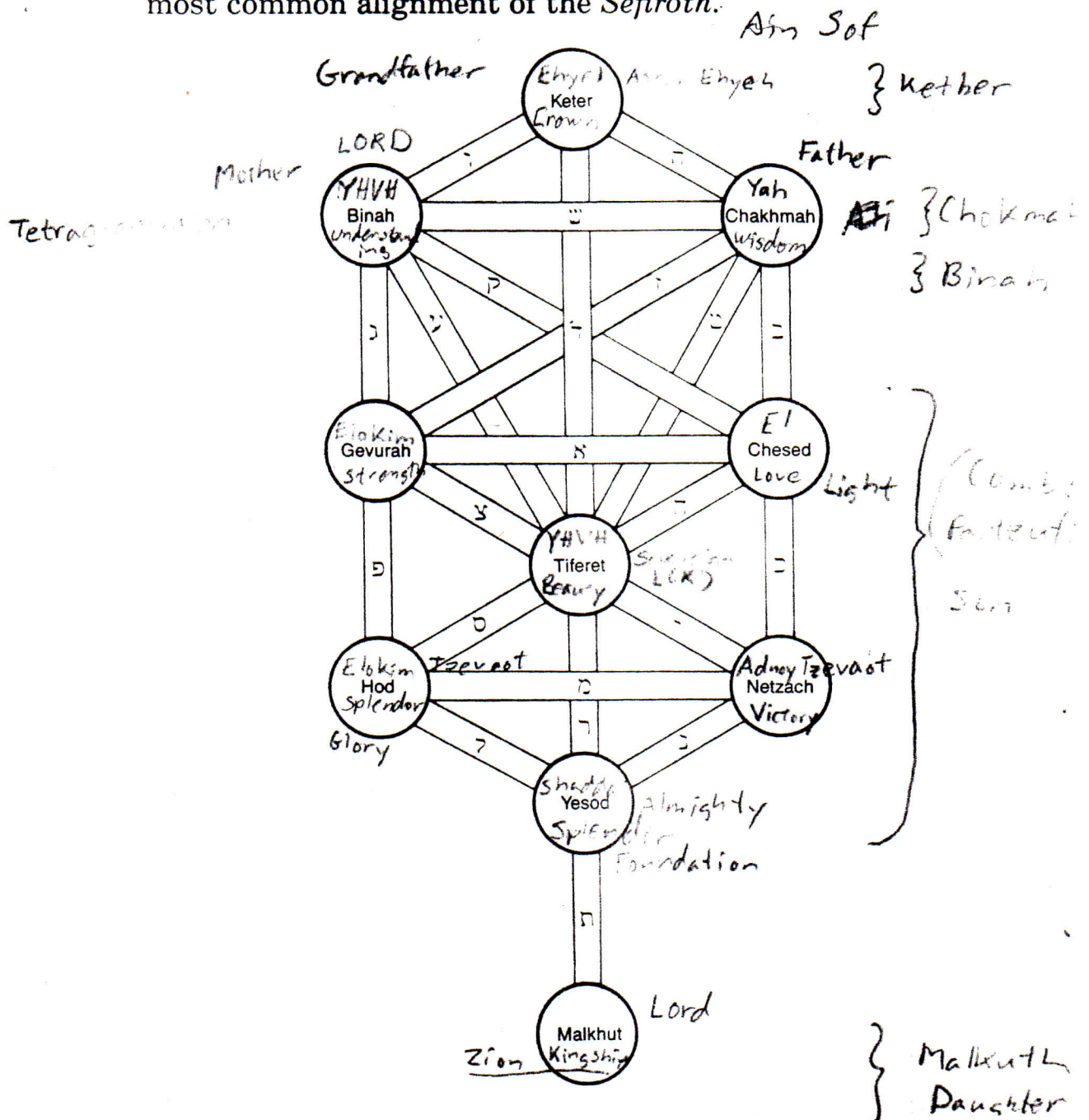
Exercise 5: Hebrew Letters. Meditate on shape of letters, in minds eye.

Exercise 9: Circle of Letters. Aleph - Mem - Shin. Connections.



### EXERCISE 4. THE TREE OF LIFE

Let us now look at the famous diagram of the Tree of Life. In this particular diagram, the round circles are the ten *Sefiroth*. They are aligned in a certain way, one of many means to align them. Traditionally, though, this diagram depicts the most common alignment of the *Sefiroth*.



## THE THIRTY-TWO PATHS



ly very low level of cosmic strength. Therefore, we can think of these universes as step-down stations arranged in the following manner: here is the first one and the second one; the line of light is the third; within the dot are the fourth, fifth, and sixth "stations"; finally, the human realm is the seventh "station" and it is also within the dot. By this point, the power of *Ain Sof* has become so attenuated that we can exist as separate points of being.

NIV

### THE SEFIROTH AND NAMES OF GOD

Sefirah		Name	
Keter	Crown	Ehyeh Asher Ehyeh	אהיה אשר אהיה
Chakhmah	Wisdom	Yah	יה
<del>LORD</del> Binah	Understanding	YHVH (read Elokim)	יהוה (אלהים)
Chesed	Love	El	אל
Gevurah	Strength	Elokim	אלהים
<del>Sovereign LORD</del> Tiferet	Beauty	YHVH (read Adonoy)	יהוה (אדני)
Netzach	Victory	Adonoy Tzevaot	אדני צבאות
Hod	Splendor	Elokim Tzevaot	אלהים צבאות
<del>Almighty</del> Yesot	Splendor	Shaddai (El Chai)	שדי (אל חי)
<del>Lord</del> = Malkhut	Kingship	Adonoy	אדני

Above are listed the Sefiroth and the ten Names of God. Look at the third one, which is composed of four letters. In Hebrew, these are the *Yod*, the *Heh*, the *Vov*, and another *Heh*. In English, the Name is often written as Y-H-V-H. It is a very special name of God, one never pronounced in Judaism as it is written. The diagram also indicates that the third and sixth Names of God look similar to one another; they are spelled the same but pronounced differently. Be aware that the true pronunciation of the fifth Name is *Elokim*. The true pronunciation of the third Name is not *Elokim*, but sometimes this Name of God is pronounced *Elokim* so as to not pronounce it as it really is.

The sixth name of God is sometimes pronounced as *A-donoy*. When it is given this pronunciation, it has a different significance than when it is pronounced *Elokim*. But in both instances the Name is not pronounced as written.

THE ALPHABET OF CREATION

א	ALEPH	1	ס	SAMECH	60
ב	BETH	2	ע	AYIN	70
ג	VETH	2	פ	PAY	80
ד	GIMEL	3	צ	PHAY	80
ה	DALETH	4	כ	TZADDE	90
ו	HAY	5	ק	KUPH	100
ז	VAV	6	ל	RESH	200
ח	ZAYIN	7	מ	SHIN	300
ט	CHETH	8	נ	SIN	300
י	TETH	9	ס	TAV	400
כ	YOD	10	ע	THAV	400
ל	CAPH	20	פ	FINAL CHAPH	500
מ	CHAPH	20	צ	FINAL MEM	600
נ	LAMED	30	כ	FINAL NUN	700
ס	MEM	40	ק	FINAL PHAY	800
ע	NUN	50	ל	FINAL TZADDE	900

א ב ג ד ה ו  
ז ח ט י כ ל  
מ נ ס ע פ ק  
ר ש ת