

Author - Jeff Spiegel - A work on Kabbalah

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By the blessing of G-d h b

With the knowledge of heaven d sb

Everything belongs to Hashem. } hl

Kabbalah Meditation from Torah to Self-improvement to Prophecy

Version - 5/6/2001

This work in progress is intended to train one to experience authentic kabbalah. Study the manual by browsing the table of contents, links, and footnotes. Let your spirit be your guide and Ribono Shalom (the Master of the World) will reveal what you need to learn next. The work focuses on learning kabbalah through character improvement through the theoretical, meditative, and practical kabbalah. While I have written down some of my own kabbalistic journeys, in the final analysis one must choose his own path and with the blessing of G-d reveal another truth path to the Infinite.

This work uses a Hebrew true-type font that should be downloaded and installed on a PC to view the work correctly. To install the Hebrew true type font:

- Open location [heb_tt.zip](#)
- Save the file to a location on your disc
- Double click on heb_tt.zip and extract files to a directory
- Double click on Install_Hebrew.ttf.vbs

Your Hebrew fonts should now be installed. For any questions, send email to jeffs@lsil.com. The following tables are in the left frame.

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I. Introduction

This work summarizes a three-year study on developing mystical awareness. The purpose of this work is to provide the keys for developing a mystical relationship with G-d. Each of us has our own pathway to follow. Nevertheless, Jewish mystics throughout the ages have recorded an authentic map. Those who follow this map will find the greatest of mystical experiences! This is reassuring and a validation of the authenticity of the teachings of our prophets and sages.

*All the trees, as it were, conversed with each other;
all the trees, as it were, conversed with mankind;
all the trees were created for man's companionship.
(Midrash Rabbah Genesis 13:2)*

The word used for tree in Genesis 13:2 is *siah* which also means conversation and grass. We need never feel lonely in this world if we go out and talk to the trees and pray amongst the grasses like Isaac. The Tree of Life is sometimes identified with the Torah and also the mystical tree of 32 paths containing the 10 sefirot. If we cling to this tree in this world we will find eternal life in the world to come. The key is discovering the eternal life while yet in this world, as King David said,

I will dwell in the House of the Lord while I yet live...

David danced before the Ark as the priests carried it up to Jerusalem. Simchas Torah is celebrated by dancing with the Torah. Lighting candles symbolizes freedom on Chanukah. In the end the candlelight, our souls, ascend to heaven to dance with the angels of G-d who will bring us to a new home in a new world.

II. The Written Law

In Hebrew the word for Bible is Tanach -]nt. Tanach stands for Torah, Navi'im, and Ctovim - \ykwtk, \yaybn, hrwt. These are the three principal areas of the Bible. In order to develop an authentic meditative reference one should study all of the books of the Bible.

A. Torah

This includes Genesis, Exodus, Leviticus, Numbers, and Deuteronomy.

1. Bereshis -- In the Beginning -- Genesis

The first book of the Torah contains the description of creation. The first sentence encapsulates the order of creation in 7 words.

In the beginning G-d created the heaven and the earth. (Genesis 1:1)

Bereshis Bara Elohim et hashamayim vet haaretz -- {rah taw \ymch ta \yqla arb tycarb

The first word contains the word Rosh -- car that means head. The first three letters are the same as the second word, Bara -- arb, which means create. Elohim -- \yqla is the name of G-d as creator of natural law. Alternatively, we translate the first three words of Genesis as G-d created the beginning.

Another explanation from the Bahir verse 3:

And why does the Torah begin with the letter Bet? In order that it begin with a blessing (*Berachah* - *hkrb*)... The word beginning (*Reshit* - *tycar*) is nothing other than Wisdom. It is thus written (*Psalms 111:10*), The beginning is wisdom, the fear of G-d. Wisdom is a blessing. It is thus written, And G-d blessed Solomon. It is furthermore written (*I Kings 5:26*), And G-d gave wisdom to Solomon. ...

***Now the earth was unformed and void, and darkness was upon the face of the deep
And the spirit of G-d hovered over the face of the waters. (Genesis 1:2)***

vhaaretz haita tohu vbohu vhoshech al penai g hom v rooach elohim mrahepet al pnai
hamayim
\ymh ynp-lu tpjrm \yqla hwrw \wht ynp-lu]cju whbw wht htyh {rahw

From the Bahir 2:

Rabbi Berachiah said: It is written (*Genesis 1:2*), The earth was Chaos (*Tohu* - *wht*) and Desolation (*Bohu* - *whb*). What is the meaning of the word was (*haita* - *htyh*) in this verse? This indicates that the chaos existed previously [and already was]. What is Chaos (*Tohu* - *wht*)? Something that confounds (*Taha*) people. What is Desolation (*Bohu* - *whb*)? It is something that has substance. This is the reason that it is called Bohu, that is, Bo Hu it is in it .

Chaos or Tohu is the place of the sefirot before the shattering. The sefirot received but did not give light which eventually caused their shattering. Tohu is the source of evil and the shattered components of the sefirot are called the Klipah Nogah, the glowing shell. After the shattering some of the vessels were reassembled into the Partzufim - group forms, which make up the sefirot as they behave today. The name of G-d in Tohu is associated with the letters aleph mem shin - cma - emesh^[1]. In Bohu, the name of G-d is associated with the letters yod heh vav - why. The Sefer Yetzirah labels cma mother letters. The father letters why descend from them. The father letters make up the tetragrammaton name of G-d as we know it today. The mother letters represent the name of G-d in the preceding world of chaos.

And G-d said, Let there be light: and there was light. (Genesis 1:3)

The light created here preceded the creation of the Sun and refers to the good light Hashem has stored away for us in the world to come:

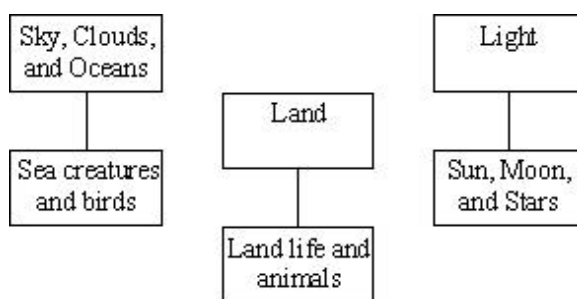
***Moreover the light of the moon shall be as the light of the sun,
and the light of the sun shall be sevenfold,
as the light of the seven days.
(Isaiah 30:26)***

The creation story illustrates the progression from general to specific. The 7 days are also associated with the 7 lower sefirot and 7 character qualities that I will discuss later.

Table 1: Creation Concepts

Day	Creation	Sefira	Weekday
1 (4)	Light	Hesed kindness	Sunday
2 (5)	Sky, clouds, oceans	Gevurah discipline	Monday
3 (6)	Land	Tiferet - beauty/splendor	Tuesday
4 (1)	Sun, Moon, and Stars	Netzah victory	Wednesday
5 (2)	Sea creatures and birds	Hod gratitude	Thursday
6 (3)	Land animals, insects, and man	Yesod righteousness	Friday
7	Shabbas	Malchut kingdom	Saturday

By drawing the creation process in the form of the Tree of Life, we can see the descent from general to specific:

Figure 1: The 7 Days of Creation in Descent and the Form of the Partzuf Zer Anpin

All creation rests on the foundation of the seven days since each day sustains a seventh of creation. The Shaarey Orah teaches us that taking an oath - huwbc is to place creation upon ones words.^[2] We should not break our word since this adversely effects the building }ynb of creation.^[3]

Wisdom has built her house; she has hewn out her seven pillars
hubc hydwmu hbxj htyb htnb twmkj
(Proverbs 9:1)

We must be careful with taking oaths and speaking words before those who attempt to ensnare, has vshalom. Hazal taught to avoid taking oaths. The place for oaths is in our relationship to G-d. The oath is intended to raise us above ourselves to commit to a greater level of observance.

Adam, Eve, and the Garden of Eden initially existed in the spiritual realm. According to Kabbalah, this place is in sefira Tiferet. Adam and Eve initially existed in spiritual bodies not unlike the angels. After eating the fruit of the Tree of Knowledge, Adam and Eve became physical beings with physical temptations.

Accordingly, we find that in the beginning, before his sin, Adam was on a very high level first, in point of his existence, that is in terms of the results of his deeds, which rose to the worlds heights as we wrote

previously and second in point his form and the form of his deeds.

...

Note, then; what the Garden of Eden was, it will unquestionably continue to be rarefied, spiritual abode, where the spirits abide even now. And the Torah testifies concerning Adam that he dwelt there and ate and enjoyed the fruits that grew there. But since we see it to be the present habitation of the souls, it must be that its fruits were not earthy gross things, but far more delicate, being at least as air compared to earth. And the eating of them, too, was not by a body coarse and gross, as at present, but by a rarefied, almost spiritual body, like that of Elijah or Hanoah, ... [\[4\]](#)

Adam and Eve were not the first physical people in the world but the first people in the image of G-d. They existed in the spiritual realm until G-d placed them in exile in this world.

Reviewing the Week Meditation - Etel Herring - November 13, 1998 - 8 PM

The meditation is for Shabbas in order to review the events of the week: *(Free September 4, 2000)*

Remember back to last Saturday night through the following night. This is Yom Rishon, the first day of the week. This day is dominated by the sefira of hesed that is loving kindness. Recall acts of kindness and expressions of love you showed another on this day.

Remember back to Yom Sheni, this is the second day of the week from Sunday night through Monday. The day is dominated by the sefira of gevurah. Gevurah represents how we help others and ourselves grow through discipline, rigor, and organization. Try to remember what you did to help organize yourself or others that day. Recall any struggles and how those struggles served the purpose of helping people grow.

Remember back to Yom Shlishi, the third day in the week. This begins on Monday night through Tuesday. This day is dominated by sefira tiferets which is associated with compassion and balanced harmony. Recall events that brought you or others to a state of harmony on this day. Remember any acts of compassion you showed others.

Remember back to Wednesday, which is Yom Revaee, the fourth day in the week beginning Tuesday night through Wednesday. This day is dominated by the sefira netzah that represents the quality of enduring. Recall what events you saw this day that will have lasting impact on yourself and others. What did you do that required endurance for the day and served to rescue and help others?

Remember back to Thursday that is Yom Hamishi, the fifth day of the week from Wednesday night through Thursday. This day is dominated by Hod. Hod which represents humbleness is not a passive trait but requires one to go out and interact with other people keeping a sense of humility in ones personality. This helps others grow.

Remember back to Friday that is Yom Sheshe, the sixth day of the week from Thursday night through Friday. The day is dominated by the sefira of Yesod that represents joining and bonding with others. What did you do on Friday to promote your relationship with significant others.

Remember back to Saturday, Shabbat, the seventh day of the week. Shabbat is the receptacle for all the

deeds of the rest of week. Shabbat is dominated by the sefira of Malchut that is the kingdom of G-d in this world. Malchut is the sum total of whom we are which is our soul. There is a channel between Yesod and Malchut and all of energy is deposited with Malchut which determines the quality of our soul.

Back to the Beginning - August 3, 1996 - 8 AM

I was reading Scholem's Jewish Mysticism and then Cohn-Sherbok's Jewish Mysticism (pp. 152-156), Erev Shabbas and ran across Luria's idea of the tzimtzum, the withdrawal and reentry of G-d in the process of creation. The following morning I did this meditation to unravel its secrets:

I began to regress myself with the intention of going back to the beginning of time. I saw when I was 25 and living in Israel. I saw further back to 1968 and the Vietnam war. I saw World War I and then back to Lincoln giving an address from a train.^[5] I saw the War of 1812. I saw French ships entering US seas in order to stave off the English in the Independence War. I then saw back into the history of England.

I saw the Jews living in Spain and how they were both a thorn and a blessing in the nation they lived. Their stubbornness was a thorn to the Spanish Inquisitors who attempted to force their conversion to Christianity by torture. I saw the Second Temple standing in its magnificence and then the First Temple in smaller form. Finally I saw the tabernacle at Shilo of simplistic beauty, perfectly dedicated to Hashem's service. The tabernacle was a rectangular mound off the floor. There were stairs ascending from all sides. I saw an altar upon it with a pleasant smoke rising up to heaven. I heard G-d say:

How good is my nation, there is no other nation like them.

I heard a song like the following:

Dance with Israel, sing with Israel, pray with Israel, love with Israel ...

I wondered what made Israel so great and I heard the answer was their simplicity in service to Hashem. Each tribe lived in its own area and had a unique service in the land of Israel. Yes, they kept the commandments. I saw Tzitzits on their 4-cornered garments but I also saw that their daily lives were not obsessed with learning. Instead they learned to live not lived to learn. They worked and kept the commandments, loved G-d and raised families spending most of their lives nurturing one another and the land they lived on.

I went back further in time briefly glimpsing the life of Abraham, back to the time when Hanoch walked the land. Hanoch was righteous all his days:

*And Enoch walked with G-d after he begat Methuselah three hundred years,
and begat sons and daughters:
And all the days of Enoch were three hundred sixty and five years:
And Enoch walked with G-d: and he was not; for G-d took him.
(Genesis 5:22-24)*

I saw when Hanoch became not. His soul was drawn out of his body swiftly leaving no remnant in his body. His bones lose all form and return to earth.^[6]

[At this point Hashem granted an angelic voice to ask questions on the rest of the journey. During the

review of this vision while walking to shul, I wanted to know the name of the voice, which I called Kol. The voice asked, Who am I? I responded, the angel MT who was formerly Hanoch. I asked to understand how Moshe communicated with G-d face to face; how his prophesy was from a higher source than the prophesy of others? I saw that G-d filled Moshe with the first light of divine truth a stream of light filling an empty sphere, the tzimtzum. Few receive prophecy directly from Hashem; most receive prophecy through the angels who are of the same form as Moshe. The messiah will be like Moshe again see the Tish B Av vision.]

I went back further to the Garden of Eden and saw the creation of Eve. I saw how Hashem drew forth a rib from Adam, and fashioned a woman and placed her beside him as he slept. I saw the Tree of Life and the Tree of Knowledge in the garden. The later was like a fruit tree of modest height. On the other hand, the first tree's height extended into the reaches of the sky and its width was too wide to fathom. I felt the tree calling to me for an embrace. As I came close a spiritual fire encompassed us both together and I felt myself cleansed of any taint of sin. [This was necessary for me to proceed further as I soon found out.]

I went back before the trees to the days of creation. I saw the creation of the animals, the grass and all plant life, the creation of the Sun, Moon, and Stars in the heaven. Finally, I saw the creation of the first light and then the Tohu and Bohu that preceded. The first light was the first line of light that flowed into the empty space (the place of G-d's withdrawal in the tzimtzum). The chaos before was the emptiness of G-d's withdrawal.^[7] The emptiness represented the quality of Din, judgment or constriction. (see Jewish Mysticism An Anthology pp. 152-153)

I preceded into the emptiness and felt the withdrawal of Hashem. I knew the withdrawal was preceding at a speed beyond physical travel and I wondered how I would reach the receding point. The Kol told me to travel by spirit and will myself to reach the boundary. This I did and saw the edge of light in the distance. I willed myself through the edge and now I stood in the undifferentiated form of the first light. I could not comprehend what was around me. I tried to recall some daat - knowledge that would help me understand. This place was before and beyond the creation of the Sefirot. There was not even the place of Hashem's Ratzon - Will yet in this light. I glimmered above the sefirot and the Kol asked me what I saw. I told her I saw of BN, MH, SaG, and AV, the realm of the Hebrew letters.

I saw the Hebrew letters traveling in chains.^[8] There were also the 10 numerals but they were separate like flying disks in this space. I moved my mind to the source of the letters in the light and saw the primordial form of the Torah in the light. I heard this song:

Love the Torah, learn the Torah, dance with the Torah, dwell with the Torah ...

There were no angels yet created as there were no worlds but I still heard the Kol and wondered about its existence. I sought out the voice and noticed a small space in the light, a small tzimtzum. I saw a thread of light entering the space which was like a mouth transmitting the words. Here I learned how G-d speaks to Moses and the angels face to face but to the rest of us through angels. The Torah was one of 10 forms that existed prior to all creation.

There was no sense of a personal G-d in the Ayn Sof. I felt only Nothing and I didn't understand why. I wanted to find my personal G-d but even this is a result of creation! The Kol asked me what I could know? I told him I could not know anything else while in my separate spirit and that to know further would result in the end of my own identity. I did not fear this kind of death strange enough since it was a merging with the Cosmos from whence I came. Nevertheless, I realized that even beyond the heaven of G-d's creation and man's comprehension lies the Ayn Sof of G-d which dissolves all identity back into

itself. I may yet experience this at the end of my life. This final experience is the end of knowledge and self being, an utter nihilism of personal existence and yet beyond even thought or supreme consciousness as we imagine.

I asked the Kol to guide me and we preceded forward out of this light and into consciousness and yet remained in a waking trance for the period of memorization of the vision. I would have to wait until the end of Shabbas to write it down. The Kol asked me how I would do this. I answered that I would review it forward until the point after creation and then review it backward from my own life. I reviewed it as I walked to shul. This morning I picked up the Book of Enoch and brought it upstairs subconsciously. My learning will continue.

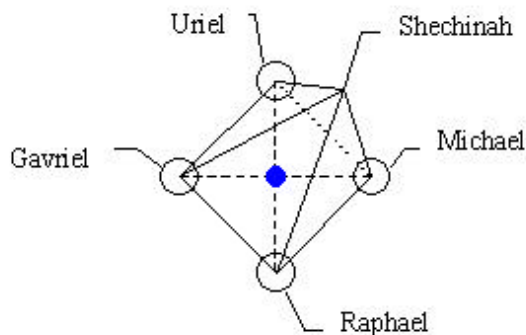
Pre Rosh Hashanah - September 11, 1996 - 7:30 PM

The birthday of the world approaches. I attended Am Echad for the Bereshis chumash class, 6:30 PM. Discussed the complexities of reconciling science's idea of creation with the Torah. Attended Beth Shalom meditation after Mincha.

I recalled the Shaarey Orah story on Abraham and Isaac, kindness and fierce judgment^[9]. The gematria of Hesed is 72 which parallels the 72 names of G-d in the great name of triplets. This is constructed from 3 sentences in Exodus, each having 72 letters. Abraham is associated with kindness and mercy. Isaac with judgment. When Abraham bound Isaac, this was mercy binding judgment to show that mercy is greater. Mercy is above judgment and acts first to release us as Abraham released Isaac. Isaac loved Esau for Esau would be the instrument of judgment for Israel. Isaac saw that Israel would go into exile and this would save them from utter destruction. They would atone with oppression in the galut. Nevertheless, Isaac worried that this oppression would destroy Israel, until he saw the instrument of oppression would be from the descendants of Esau.^[10] Hence Isaac delighted in the food that Esau brought and blessed him with physical rewards. Esau would judge Israel with his descendants the Edomites, Greeks, and Romans. Esau is the father of philosophy. Philosophy oppresses the spirit of Jacob; remember the Edomite who tormented Job. I wrote the following journal entry.

I saw the angels descend around me each composed of a myriad of lights. I saw a cross formed through me from Michael to Gavriel and from Uriel to Raphael. Eventually the outer lines were connected into a square and lines rose from the vertices into a pyramid with a point intersecting over my head in the Shechinah.

Figure 2: The Angelic Meditative Focus



The meditation became cosmological and I saw the initial fiery expansion of the universe with packets of light turning into galaxies. I went back in time and I saw that this expansion was preceded by another

Universe contracting and expanding, And G-d made this King and he was not (Genesis). Each universe was one of Hashem's tested worlds expanding and contracting into nothing and recreation. I sought to understand the concept of the first 7 days that the Rambam teaches are 7 days like our own in time. I saw this story played out on the higher spiritual plane. Kabbalah discusses the concept of an upper Eden that parallels the lower garden. This is like our upper soul, the neshamah, which exists in a higher plane while our body soul, the nefesh, exists here. I believe that the spiritual counterpart of the world was modeled in 7 days in the upper Eden. This is where Hashem placed the first soul - neshamah, that of Adam, 5756 years ago as well as the upper spiritual counterparts of all life. When Adam sinned, his nefesh dominated his mental reality and he found himself cast out into this world. Our whole world is the lower garden.

This world is paradise! We merely need to tend the Garden.

Creation of woman

And the Lord caused a deep sleep over Adam and He took from him a rib and made woman and brought her to him.

Adam was asleep when G-d took a rib from him and made the first woman. There is also a teaching that while Adam remained asleep G-d brought the woman to see him to see if she would accept him. From here we learn that a man must not criticize his wife^[11] for she accepted him first with all his faults. Overall, a husband and wife should overlook each other's faults and accept each other.

Lech L' hah

Take yourself out of your place. One of the hardest things to do is move. This was one of the ten tests given to Avraham Avinu. In this Torah portion Hashem reveals to Avraham the name ***El Shadai*** meaning Almighty. We call upon the Almighty to overcome our most difficult challenges. This name is associated with fruition and the sefira of Yesod.

The passage, G-d will raise you up on wings of eagles to bring you back to the homeland. In operation Magic Carpet, Yemenite Jews felt that silver birds taking them to Israel fulfilled this prophecy.

2. Shemot - Names - Exodus

The book of Exodus in Hebrew is Shemot which translates into names. Mem - m represents wisdom. Shin - c represents understanding. Having wisdom and understanding leads to knowledge. When one knows the true name of a person or object one has complete wisdom and understanding. Knowledge leads to power that is the exercise of science in engineering.

Aryeh Kaplan (*Jewish Meditation P.129*) has the following to say on the letters shin and mem that make up the word for name in Hebrew:

It is easy to understand why the shin and mem are important. The shin has the sound of *s* or *sh*, and hence, of all the letters in the alphabet, it has the sound closest to white noise. White noise is sound that contains every possible wavelength, and is usually heard as a hissing sound. On an oscilloscope, the *s* sound would appear as a totally chaotic jumble with no structure whatsoever.

The opposite of white noise is pure harmonic sound. This is a hum, like the sound of a tuning fork. On

an oscilloscope, this would appear as a perfect wavy line, the epitome of order and regularity. This is the sound of the mem.

The shin thus represents chaos, while the mem represents harmony. The Sefer Yetzirah says that the shin represents fire, while the mem represents water. The shin denotes a hot, chaotic state of consciousness, while the mem denotes a cool, harmonic state. This is significant, since in many meditative traditions, the m sound is seen as one that leads to tranquility and inner peace. The sound itself seems to be conducive to the harmony that one seeks in the meditative state. The s or sh sound, on the other hand, is more closely associated with our normal, everyday level of consciousness. It is also interesting to note that the still small voice (1 Kings 19:12) in which Elijah heard G-d is translated by the Sefer Yetzirah as a fine humming sound. It appears that the *m* sound was closely associated with prophecy.

Many of the Hebrew words that tend to focus the mind on a single object are made up of these two mother letters. Thus, the Hebrew word for name is shām - \c, which is spelled shin mem. Similarly, the word for there is shām - \c. [\[12\]](#) Both of these words have the connotation of the transition from the chaos of the general to the harmony of the particular. A name separates a single object from the chaos of all objects, while there separates a place from the chaos of all places. Both words therefore denote the transition from the concept of the shin to that of the mem.

In Exodus 1 we read:

Now these are the names of the sons of Israel, who came into Egypt with Jacob; every man came with his household.

wab wtybw cya bquy ta hmyrxm \yabh larcy ynb twmc hlav

Reuben, Simeon, Levi, and Judah;

Issachar, Zebulun, and Benjamin;

Dan and Naphtali, Gad and Asher.

And all the souls that came out of the loins of Jacob were seventy souls; and Joseph was in Egypt already.

The number seventy is the numerical value of the ayin - u which is the last letter of the word Shema - umc which begins the declaration, Hear O Israel the Lord your G-d the Lord is One. The ayin is said to allude to the seventy nations of the world and the seventy languages. [\[13\]](#)

a) Parsha Terumah

We learn in Parsha Terumah that the ark was laid with gold both on the outside and the inside. This is analogous to our soul and behavior which must be pure as gold internally and externally. The ark was measured to a half unit to teach us that we must break our midos down to measure and improve.

3. Vayikra - And Called - Leviticus

And the Lord called unto Moses, and spoke unto him out of the tent of meeting saying:

rml duwm lham wyla yy rbdyw hcm-la ^argyw

The first word of Leviticus differs from the other words in that its last letter, the aleph - a is written smaller than the other letters. This is a carryover from the original text which did not have spaces and the same letter could serve the purpose of ending the previous word and beginning the next. The letter aleph in Hebrew contains the Gematria for the name of G-d:

a

The aleph can be seen as composed of 2 yods - yy and a vav - w. Together they have the numerical value of 26 which is the same as the value of the tetragrammaton.

$$\begin{aligned} \text{yod} + \text{vav} + \text{yod} &= 10 + 6 + 10 = 26 \\ \text{heh} + \text{vav} + \text{heh} + \text{yod} &= 5 + 6 + 5 + 10 = 26 \end{aligned}$$

Another type of gematria we can do is based on the name of the letter itself: aleph - [la has the gematria $80 + 30 + 1 = 111 \Rightarrow 3$. This is depicted in the shape of the aleph as having 3 components. The bottom aleph can be seen as a person calling up to G-d. The vav is the channel or ladder to climb and the top aleph is the point from which G-d responds or calls out to man. This is the image of prayer, of Jacob's Ladder, and the process of revelation. Thus, the word yikra - arqy, calling out teaches us that speech in general is an act in the image of G-d.

The book of Leviticus contains the laws of holiness. On the subject of laws, there are 2 major categories, i.e. those given to the whole world, and the laws pertaining additionally to Israel. The laws for the whole world are:

Be fruitful, and multiply and replenish the earth. (Genesis 9)
Not to eat flesh from a living animal.
Not to murder.
Not to worship idols.
Not to curse G-d.
To establish courts of justice.
Not to murder.
Not to commit adultery or incest.
Not to steal.
Not to eat flesh from a living animal.

Jewish laws fall into the following categories. The chukim - \yqj - decrees are laws of holiness. The karbanos - twnbrq - offerings are those that deal with sacrifices. The Hebrew root is karov - brq which teaches us that sacrifices bring us closer to G-d. The mishpatim - \yfpcm - ethical laws or sentences pertain to morality and the justice system. The edoth - twdu - testimonies are commandments that are associated with our history and/or remind us of religious truths: i.e. holidays, tefillin, mezuzahs.

4. Bamidbar - In the Wilderness - Numbers

And the Lord spoke unto Moses in the wilderness of Sinai, in the tent of meeting, on the first day of the second month, in the second year after they were come out of the land of Egypt, saying:

rml \yrxm {ram \taxl tynch hncb ynych cdjl djab duwm lhab ynys rdbmb hcm-la yy rbdyw

The Book of Numbers begins similar to Leviticus. The English name derives from the second sentence where it says:, Take ye the sum of all the congregation of the children of Israel, by their families, by their fathers' houses, according to the number of names, every male, by their polls; . An interesting Gematria that alludes to the purpose of the Israelites wandering the desert is contained in the word bamidbar - rdbmb:

$$\text{resh} + \text{bet} + \text{dalet} + \text{mem} + \text{bet} = 200 + 2 + 4 + 40 + 2 = 248$$

248 is the number of positive commandments identified in the Torah by our sages. The 248 positive commandments combine with the 365 negative commandments to make up the 613 - taryag - gyrt commandments identified by hazal - lzh - the elders of the Torah. The time spent in the wilderness gave the people of Israel the freedom to practice positive commandments like keeping Shabbas that were made difficult in the oppression of Egypt.

The gematria of the name of Abraham is also 248 representing his mastery of the positive mitzvot.

a) The Positive Commandments (examples from the Concise Book of Mitzvot)

1. To believe that there is a G-d.
2. To believe in the unity of G-d, i.e. that there is only one G-d.
3. To love G-d with all one's heart, soul, and might. Shema
4. To fear G-d.
5. To sanctify G-d openly.
6. To walk in the ways of G-d with all one's ability.
7. To pray every day to G-d.
8. To recite the Shema morning and evening.

Shema Yisrael Adonai Eloheinu Adonai Echad
 dja yy wnyqla yy larcy umc
 Hear O Israel the Lord our G-d the Lord is One

Baruch sham cavod malchuto l'olam vaed
 duw \lwul wtwklm dwbk \c \jwr
 Blessed be the name of the glory of his kingdom in this world forever

v ohavta et Adonai Eloheha behal Ivav vha oovhal nafsheha oovhal m'odeha
]dam-lkbw]cpn-lkbw]bbl-lkb]yqla \ch ta tbhaw
 And you shall love the Lord your G-d with all your heart and all your soul and all your might.

]bbl-lu \wyh]wxm ykna rca hlah \yrbdh wyhw
 And these words which I command you this day shall be upon your heart

]mwqbw]bkcbw]rdb]tklbw]tybb]tcb \b trbdw]ynbl \tnncw
 And you shall teach them to your children and speak of them when sitting in your house, when walking along your way and when you lie down and when you rise up.

In the first line of the Shema, the letters du are larger than the rest spelling the word *ad* or witness in English. The English word *aid* originates from the Hebrew *ad* and is closer to the Jewish concept of witness. [\[14\]](#) When we call out Shema Yisrael, when we hear Hashem's words; Hashem like a father will come to our aid. Hashem gives us what we need, not necessarily what we want. The Witness assists us even in the event of a crime.

Although a Holocaust survivor and witness, Grandmother would say, There is nothing bad that does not turn out for the good. During the Holocaust, she fasted Mondays and Thursdays to save food for the rest of her family while they were in hiding in Poland. Grandfather would search out new places and move the family often to avoid being located by the authorities. In the end, they were amongst a handful

of witnesses who survived from the city of Kolemeah in Poland-Ukraine whose original Jewish population numbered close to 60,000. Grandmother attributed their survival to the Witness G-d.

The word Shema - umc is an acrostic^[15] for Shadai Melekh Olam - \lwu jlm ydc - Almighty King of the World. This is what we are witnessing. The word echad - dja - also has a meaning in its individual letters. Dalet stands for the four directions in our world. Het is the seven heavens and the earth below. Aleph says that there is only one G-d ruling over all.^[16]

The Shema is also a meditation for rectifying the world:

One should have in mind to transmit the illumination of God's holiness and the yoke of His Kingdom to his children and all other descendants. The reading therefore goes on to say You shall teach them to your children... He should furthermore have in mind to rectify man's state in general, as it continues, [and you shall speak of them] while you remain at home and when you go on your way.^[17]

As a rectification for one's home Luzatto teaches:

Finally, one should have in mind to rectify his house, as it concludes, You shall write them [in the Mezuzah] on the doorposts of your house...^[18] wlc tybh tnyjb }qtlw

When one focuses his mind on repairing the spiritual aspect of his house while reciting this passage of the Shema, he will in fact be writing these words upon the doorposts of his house and repairing all within.

b) Balak

Balak, king of Moab, sent messengers to try to induce Balaam, a prophet of the area to curse the people that came out of Egypt and covers the face of the earth. In the first two instances Balaam refuses to go with them, finally acquiescing in the third instance in the story of the talking donkey. Here are the prophecies sent to Balaam concerning Israel in these instances:

And G-d said unto Balaam: Thou shalt not go with them; thou shalt not curse the people; for they are blessed.

(Numbers 12:12) awh jwrb yk \uh-ta rat al \hmu jlt al \ulb-la \yqla rmayw

Balak sent messengers that were more prestigious in the next round with offers of greater wealth and honor. Instead of sending these messengers away *right* away, Balaam said:

Wait here also this night, that I may know what more the Lord will speak to me. And G-d came unto Balaam at night, and said unto him: If the men are come to call thee, rise up, go with them; but only the word which I speak unto thee, that shalt thou do. *(Numbers 12:19-20)*

Here we see the danger of the will of a prophet impinging on the will of G-d.

And Balaam rose up in the morning, saddled his donkey, and went with the princes of Moab. G-d's anger was kindled because he went; and the angel of the Lord placed himself in the way as an adversary against him. Now he was riding upon his donkey, and his two servants were with him. And the donkey saw the angel of the Lord standing in the way, with his sword drawn in his hand; and the donkey turned aside out of the way, and went into the field; and Balaam smote the donkey, to turn her into the way. Then the angel of the Lord stood in a hollow between the vineyards, a fence being on this side, and a fence on that side. And the donkey saw the angel of the Lord, and she thrust herself unto the wall, and

crushed Balaam's foot against the wall; and he smote her again. And the angel of the Lord went further, and stood in a narrow place where was no way to turn either to the right hand or to the left. And the donkey saw the angel of the Lord, and she lay down under Balaam; and Balaam's anger was kindled, and he smote the donkey with his staff. And the Lord opened the mouth of the donkey, and she said unto Balaam: What have I done unto thee, that thou hast struck me these three times? And Balaam said unto the donkey: Because thou hast mocked me; I would there were a sword in my hand, for now I had killed thee. And the donkey said unto Balaam: Am I not thine donkey, upon which thou hast ridden all thy life long unto this day? was I ever wont to do so unto thee? And he said: Nay. Then the Lord opened the eyes of Balaam, and he saw the angel of the Lord standing in the way, with his sword drawn in his hand; and he bowed his head, and fell on his face. And the angel of the Lord said unto him: Wherefore hast thou smitten thine donkey these three times? behold, I am come forth for an adversary, because thy way is contrary unto me; and the donkey saw me, and turned aside before me these three times; unless she had turned aside from me, surely now I had even slain thee, and saved her alive.

At the point of Balak's requesting cursing, Balaam has this to say,

How shall I curse, whom G-d hath not cursed? And how shall I execrate, whom the Lord hath not execrated?

For from the top of the rocks I see him, and from the hills I behold him:
Lo, it is a people that shall dwell alone, and shall not be reckoned among the nations.
Who hath counted the dust of Jacob, or numbered the stock of Israel?
Let me die the death of the righteous, and let mine end be like his!

bchty al \ywgbw }kcy ddbl \u-}h wnrwca twubbmw wnara \yrx carm-yk
(Numbers 23:9-10) whmk ytyrja yhtw \yrcy twm ycpn tmt larcy ubr-ta rpsmw bquy rpu hnm ym

5. D varim - Words - Deuteronomy

a) Musical Notes, Vowels, Crowns, and Letters

These are the words which Moses spoke unto all Israel beyond the Jordan in the wilderness, in the Arabah, over against Suph, between Paran and Tophel, and Laban, and Hazeroth, and Di-zahab.

}dryh rbub larcy-lk-la hcm rbd rca \yrbdh hla
bhzydw trxjw }blw lpt-}ybw }rap-}yb [ws lwm hbrub rbdmb

Word - rbd also means thing in Hebrew because words manifest into material changes. The word structures the creative process. Torah words have four components. Letters represent the physical meaning of each word. The ornaments or crowns are like the angelic forces in the background. The vowel points correspond to the souls of the words. Finally we become part of the eternal song of G-d when we add melody to the words.

Table 2: The Four Universes and Our Connection to Them

Expression	Worlds	Tetragrammaton
Ta amim - \ymat - Cantillation Notes	Atzilut - twlxa - Nearness	Yod
Nekudot - twdqn - Vowel Points	Beriyah - hyrb - Creation	Heh
Tagin - }ygt - Ornaments	Yetzirah - hrxy - Formation	Vav
Otiot - twtw - Letters	Asiyah - hycu - Making	Heh

The notes for chanting the Torah contain the melody. These notes also assist the reader in connecting related Torah ideas as well as separating different concepts. A song without words is called a *ningun*, i.e. tune. Tunes while popularized by the Hasidim represent a highly abstract way of connecting to G-d. Women are often extremely fond of melody and this is because their soul is innately on a higher spiritual level than men.

The Nekudot or vowel points are the souls of the letters.^[19] The letters are the consonants which can form words but require vowel points to activate their meaning.

The Tagin or crowns on the letters represent the extra element that Hashem transmits into the physical. In the world of Yetzirah, the angels busy themselves with the spiritual dimension of the physical world.

The letters also represent the physical making of the world. The energy transmitted by Hashem is received in the physical world. Succinctly, the process is symbolized by the name of G-d, Yod is the coin which Heh the hand holds, Vav extends the coin, and Heh is our hand receiving the gift. The giving of Hanukah gelt - money is to reflect this image of G-d.

b) Avarice

Deuteronomy also contains a warning pertaining to wealth:

And when thy herds and thy flocks multiply, and thy silver and thy gold is multiplied, and all that thou hast is multiplied; Then thine heart be lifted up, and thou forget the Eternal thy G-d, who brought thee forth out of the land of Egypt, from the house of bondage;
(Deuteronomy 8:13-14)

Accumulating wealth for its own sake diminishes spiritual interest and charitable donations. In this case wealth waxes away as quickly as it came. The main problem is that wealth leads to arrogance.^[20] In the subsequent verses G-d reminds us not to let wealth go to our heads.

Who led thee through that great and terrible wilderness, wherein were fiery serpents, and scorpions, and drought, where there was no water; who brought thee forth water out of the rock of flint; Who fed thee in the wilderness with manna, which thy fathers knew not, that he might humble thee, and that he might prove thee, to do thee good at thy latter end; And thou say in thine heart, My power and the might of mine hand hath gotten me this wealth. But thou shalt remember the LORD thy G-d: for it is he that gives thee power to get wealth, that he may establish his covenant which he swore unto thy fathers, as it is this day. (Deuteronomy 8:15-18)

The proper use of excess wealth is to serve G-d in charity and the rest for the benefit of one's wife for

sweetening the rigors of gevurah.

Man is created in the image of G-d. Also the Tree of Life represents G-d in this world with its thirty-two paths. [\[21\]](#)

*Man is a tree of the field.
(Deuteronomy 20:19)*

c) Practicing the Mitzvoth, Living in the Land of Israel

Rashi brings from the Siphre Midrash the idea that we observe commandments outside of Israel so that we remember how to do them when we are in the land of Israel. Hence the purpose of keeping the commandments is for the days when we are in the land of Israel.

*Therefore shall ye lay up these My words in your heart and in your soul;
and ye shall bind them for a sign upon your hand,
and they shall be for frontlets between your eyes.
(Deuteronomy 11:18)*

Even after you have been exiled, be excellent in doing commandments, put on tefillin, prepare mezuzot, in order that it should not be new for you when you return.
(Rashi 11:18)

The Ramban explains the meaning of Rashi and says that he has hinted at the meaning before. The hint is located in Vayikra 18:25:

*And the land was defiled, and I checked the iniquity upon it.
And the land threw out her inhabitants.
(Leviticus 18:25)*

Israel is in the galut (outside of Israel) because of iniquity. The Ramban tells a story of a king who sent his queen away because of some error. Nevertheless after returning to her father's house she continued adorning herself though the king could not see her. It is the same for us. Though we are in exile we still adorn ourselves with the commandments, because we have our King, in mind and we think only of returning to His house in the land of Israel.

B. Prophets

1. Y hoshua - G-d Saves - Joshua

Joshua's original name was Hoshua - ucwh, but Moses added a Yod - y to the front of his name after the victory over Amalek (Exodus 17:9). The Yod, the first letter from the name of G-d, transforms the name to mean G-d saves. A Midrash states that Moses gave the name as a blessing to Joshua after the incident of the despondent spies, saying, May G-d save you from the council of the spies.

At the end of his life, Joshua gathers the Jewish people in the city of Schem to bind a covenant between Israel and G-d. [\[22\]](#) Why did Joshua choose the city of Schem instead of Shiloh where the Ark of the Covenant rested? Bryna Levy explains that the sons of Jacob turned against their brother Joseph in Schem. Hence, Y hoshua chose this place to remind Bnai Israel of the danger of senseless hatred. Y hoshua is a descendent of Ephraim who is a descendent of Joseph. Joseph is buried in Schem. Y hoshua would also come to rest here. At this point the sin of the brothers is completely expiated and the story comes full circle from senseless hatred to brotherly love.

2. Shofteem - Judges

After the death of Joshua, the Israelites inquired of the Lord, Which of us shall be the first to go up against the Canaanites and attack them?

(Joshua 1:1)

wb \jlhl hljtb ynunkh-la wnl-hluy-ym rmal yyb larcy ynb wlacyw ucwhy twm yrja yhyw

Adoni-bezek had his thumbs and big toes cut off as he did to kings he took prisoner.

(Joshua 1:6)

This is the lesson of mido-cnegdo-mido - hdm-wdgnk-hdm, that a person's character and behavior will be repaid in kind.

3. Shmuel - Samuel

Hanna's Meditation

Hanna went to pray by the tabernacle because she had no children. Eli saw her davening without words and thought she was drunk. He asked why she was praying while drunk and Hanna replied that she wasn't drunk and instead described her situation calmly^[23]. One should always let the Torah guide one's intellect which should guide one's emotions (Torah -> Intellect -> Emotions). There are two different phrases used in the Torah in this area, wbl lu - on one's heart. This phrase denotes that the emotions of the person are under the control of the intellect. This is the nature of a tzaddik - qdx - righteous person, whose intellect in addition, is under the control of the Torah. The emotions should rest on the heart and be circumventable by the intellect. wblb - In one's heart denotes that the emotions are controlling the intellect of the person. This is the nature of the Rasha - hcr - wicked person whose emotions control his thoughts and actions. This is extremely damaging in the case of anger^[24]. There are 3 laws learned from Hanna.

- Prayer in a light voice is acceptable. Hanna's prayer was quiet which may have been unusual at that time but is now acceptable.
- Apologize and offer compensation for mistakenly rebuking another. This we learn from the response of Eli. While it is a mitzvah to correct a fellow Jew, if the person was innocent then one is required to appease that person. By way of apology, Eli offered Hanna a blessing that resulted in G-d granting her a child in a year.
- Explain to avert suspicion. Hanna did this with Eli. Hanna had the choice of ignoring Eli in this case but she wanted to clear up the misunderstanding.

Nevertheless, Rav Raphael Lapin states that ignoring a person is a particularly effective way to deal with rude people. He said this helps a person correct his/her behavior. He said that in Rav Soltzvechik's Yeshiva, the Rav would pause when someone asked a question and if the question was not well thought out he would then continue with his shir - ryc - class. In this manner he would be helping the students to think intensely before speaking.

Rav Hamnuna in Berachos 31a says many important rules can be derived by Hannah's behavior.^[25]

- She spoke in her heart (Samuel I 1:13). This teaches that when one prays he must concentrate in

his heart.

- Only her lips moved. This teaches he must articulate the words with his lips.
- Her voice could not be heard. He may not raise his voice in prayer.
- Eli thought that she was drunk. One who is drunk is not permitted to recite the service.

a) King David and Avishalom

King David said that Avishalom should not be harmed. The Ramban comments that David knew that Avishalom was only acting as an agent for Hakodesh Barchu. This suggests the question of how does one know when one is acting as an agent for G-d versus acting out of free will. Rabbi Lapin teaches that when an event is so out of the ordinary as in a son wanting to kill a father that it must be b'sheret that this event has come to pass.

4. Y shayahu - Isaiah

Isaiah describes six winged angels called Seraphim:

In the year that King Uzziah died, I beheld my Lord seated on a high and lofty throne; and the skirts of His robe filled the Temple. Seraphs stood in attendance on Him. Each of them had six wings: with two he covered his face, with two he covered his legs, and with two he would fly.

*And one would call to the other,
Holy, holy, holy is
The Lord of Hosts
And all of the land is filled with his Glory!
(Isaiah 6:1-3)*

Holy is the Lord in the past, holy is the Lord in the present, and holy is the Lord in the future. The name of the Angel of the Present is YöHöViEL - lawhy. ^[26] The Angel of the Past is YâHâViEL - lawhy. The Angel of the Future is YäHäViEL - lawhy.

The doorposts would shake at the sound of the one who called, and the House kept filling with smoke. I cried,

*Woe is me; I am lost
For I am a man of unclean lips
And I live among a people
Of unclean lips;
Yet my own eyes have beheld
The King Lord of Hosts.*

Then one of the seraphs flew over to me with a live coal, which he had taken from the altar with a pair of tongs. He touched it to my lips and declared,

*Now that this has touched your lips
Your guilt shall depart
And your sin be purged away.*

The experience of an angel touching a hot coal to cleanse ones lips opens higher gates into the spiritual

realm. One should always strive to visualize biblical images since they are the highest revealed truth we have in this world. When one does this correctly, the vision takes on a pure form and one becomes certain of a true revelation from Ribono Shalom.

***Come now, and let us reason together, saith the Lord:
Though your sins are as scarlet, they shall be as white as snow,
though they are red like crimson, they shall be as wool.
(Isaiah 1:18)***

This is our hope on Yom Kippur - the Day of Atonement. On that day the Gates of Mercy are opened and the truly repentant are brought to the highest level. There is a teaching that even a tzaddik - a righteous one cannot stand at the height of a Baal Tshuvah on Yom Kippur. The reason is that all the sins of a master of repentance are turned into blessings for him or her as G-d's forgiveness extends beyond justice into the realm of mercy and then into overflowing love for his children.

***But there the Lord will be with us in Majesty,
In a place of broad rivers and streams***

***...
For the Lord is our Judge
The Lord is our Lawgiver
The Lord is our King
(Isaiah 33:21)***

Isaiah speaks of the return to Zion and the good life that awaits us.

***Fear not, for I am with you:
I will bring your seed from the East, I will gather you out of the West;
I will say to the North, Give back!
And to the South, Do not withhold!
Bring My sons from afar, And My daughters from the end of the earth.
(Isaiah 43:5-7)***

The message here is that we will return to the land of Israel^[27]. Whether from Babylonia, Europe, Russia, or Ethiopia, G-d will help us return to Eretz Israel - the land of Israel. Hashem causes us to multiply in the East, and to gather wealth in the West. The North tries to hold back its people from leaving, but the South releases freely.

***For as the new heaven and the new earth
that I will make shall endure by My will, says the Lord
so shall your seed and your name endure.
And new moon after new moon, and Sabbath after Sabbath,
all flesh shall present themselves before me.
(Isaiah 66:22-23)***

Isaiah's final words are a vision of the world to come. Our relationship with G-d today forms the paradigm of what will be again. Instead of transcending completely into a spiritual dimension, we appear in gratitude, worship, and thankfulness before the King of kings in all the weeks and months of our lives. Our world is a reflection of the best of all worlds. Time enhances our relationship with Hashem.

5. Hoshua - Hosea

The whole life of Hosea is a message of prophecy. From the name of the wife he chose to the names of his children, the microcosm of his life represents the whole house of Israel.

HOS 1:1 The word of the LORD came unto Hosea, the son of Beerī, in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah, and in the days of Jeroboam the son of Joash, king of Israel.

HOS 1:2 The beginning of the word of the LORD by Hosea. And the LORD said to Hosea, Go, take unto thee a wife of whoredoms and children of whoredoms: for the land hath committed great whoredom, departing from the LORD.

The prophet's life depicts the nation of Israel. In the 6th century BC the kingdom of Israel was split between Ephraim and Judah. With Ephraim went the rest of the tribes of the North. They maintained aspects of cow worship from the religion of Baal and whored after the products and ways of their neighbors to the North:

HOS 2:5 For their mother hath played the harlot: she that conceived them hath done shamefully: for she said, I will go after my lovers, that give me my bread and my water, my wool and my flax, mine oil and my drink.

Israel went after the ways of her northern neighbors while Judah went after the ways of Torah and pursued G-d.

HOS 1:3 So he went and took Gomer the daughter of Diblaim; who conceived, and bore him a son.

Gomer was a son of Japheth in Genesis who was the father of the European peoples.^[28] The sons of Gomer are Ashkenaz, Riphath, and Togarmath. Ashkenaz is the ancestor of the German nation.^[29]

HOS 1:4 And the LORD said unto him, Call his name Jezreel; for yet a little while, and I will avenge the blood of Jezreel upon the house of Jehu, and will cause to cease the kingdom of the house of Israel.

HOS 1:5 And it shall come to pass at that day, that I will break the bow of Israel, in the valley of Jezreel.

HOS 1:6 And she conceived again, and bare a daughter. And G-d said unto him, Call her name Loruhamah: for I will no more have mercy upon the house of Israel; but I will utterly take them away.

HOS 1:7 But I will have mercy upon the house of Judah, and will save them by the LORD their G-d, and will not save them by bow, nor by sword, nor by battle, by horses, nor by horsemen.

There were two kingdoms in the Holy Land during the time of Hosea. The first, the Northern Kingdom of Israel where Hosea resided, was composed of eleven tribes excluding Judah. The Southern Kingdom was made up of the tribe of Judah, the largest of the tribes equaling all the others put together. While the house of Judah adhered to righteousness forged by the isolation of the desert, the house of Israel became tainted with the idolatrous practices of its neighbors. Hosea prophesied G-d's judgment upon the Northern Kingdom while sending a message of protection to Judah.^[30]

Later in the Book of Hosea, the Lord allures Israel back from Baalim renewing her purity in the wilderness and states the following:

***And I will betroth you forever:
I will betroth you with righteousness and justice, and with goodness and mercy,
And I will betroth you with faithfulness,
Then you shall know the Lord.
(Hosea 2:21-22)***

The Lord is like a spouse to Israel. In the Song of Songs the Lord is our Husband. Each Shabbas he sends forth the Shechinah to dwell with us and She is our Bride. We view G-d at times as masculine and at other times as feminine.

***Come, let us turn back to the Lord:
He attacked, and He can heal us;
He wounded, and He can bind us up.
In two days He will make us whole again;
On the third day He will raise us up,
And we shall be whole by His favor.
Let us pursue obedience to the Lord,
And we shall become obedient.
His appearance is as sure as daybreak,
And He will come to us like rain,
Like later rain that refreshes the earth.
(Hosea 6:1-3)***

The Lord is the true Healer of the world. Sometimes we cannot heal ourselves and yet another can help. The Gemara brings down the story about Rabbi Yochanan Ben Zakkai who when to visit Rabbi Chanina who was sick^[31]. When Rabbi Yochanan asked, Are your sufferings for good. Rabbi Chanina replied, Not now and not in the future. Rabbi Yochanan then extended his hand and raised up Rabbi Chanina and he was healed. Rabbi Yochanan was a healer and helped Rabbi Chanina in an area where he could not help himself. When Rabbi Yochanan was sick, Rabbi Chanina went to visit him. Rabbi Chanina asked the same question of Rabbi Yochanan who replied with the same answer. Nevertheless Rabbi Chanina was not a healer and Rabbi Yochanan could not heal himself. Ultimately the mitzvah of Bikur Holim - visiting the sick rescues the sick with the help of G-d. With renewed health comes renewed obedience to G-d. Suffering brings Tshuvah, repentance and a return to Hashem. Our hope is renewed like the dawn of a day and rain is associated with the renewal of the Earth.

6. Yoel - Joel

In Kohelet, we read, A time for war and a time for peace. We find the answer in Joel.

Joel tells of the exile of the Jews after the destruction of the first temple, the land being divided by lots, and the people sold into slavery. This is the time for war as G-d proclaims in Joel 4:9:

***Proclaim this among the nations:
Prepare for battle! Arouse the warriors,
Let all the fighters come and draw near!
Beat your plowshares into swords, And your pruning hooks into spears.
Let even the weakling say, I am strong.***

In Isaiah 2:4 we read:

*Thus he will judge among the nations and arbitrate for the many peoples,
And they shall beat their swords into plowshares
and their spears into pruning hooks:
Nation shall not take up sword against nation;
They shall never again know war.*

A third verse reconciles the two. Joel 4:16-17 reads:

*And the Lord will roar from Zion, and shout aloud from Jerusalem,
So that heaven and earth tremble, but the Lord will be a shelter to His people.
And you shall know that I the Lord your G-d dwell in Zion, My holy mount.
And Jerusalem shall be holy;*

Faith in the Lord balances war and peace, and brings one back to Zion. Above war and peace is Hashem's shelter for his people at the base of Mt. Zion next to the city of Jerusalem

7. Haggai

The Book of Haggai is short but the point is long. The message of this book holds the cure to greed and materialistic idolotry which is a plague afflicting many of today's generation. Akin to this illness is gambling which stems from greed. Which is worse who knows, but one thing is for sure much that happens in the houses of Wall Street is legalized gambling and the precious time lost to this preoccupation is a weight upon the soul.

HAG 1:6 Ye have sown much, and bring in little; ye eat, but ye have not enough; ye drink, but ye are not filled with drink; ye clothe you, but there is none warm; and he that earneth wages earneth wages to put it into a bag with holes.

HAG 1:7 Thus saith the LORD of hosts; Consider your ways.

HAG 1:8 Go up to the mountain, and bring wood, and build the house; and I will take pleasure in it, and I will be glorified, saith the LORD.

G-d is teaching us to apply our earnings to a good cause otherwise they will be blown away.

HAG 1:9 Ye looked for much, and, lo it came to little; and when ye brought it home, I did blow upon it. Why? saith the LORD of hosts. Because of mine house that is waste, and ye run every man unto his own house.

HAG 1:10 Therefore the heaven over you is stayed from dew, and the earth is stayed from her fruit.

Building the temple and giving charity are the purpose of our silver and gold.

*Now, the greatness of the Creator is revealed through the charity
that is given to a deserving person in need.
This is because the primary greatness and splendor is the revelation of the Colors.
And silver and gold are themselves the Colors, for the Supernal Colors are in them...*

*And when the Colors radiate, the Holy One then exults and takes pride in them,
as in (Hagi 2:8), Mine is the silver, Mine is the gold.
From them garments of yesha (salvation) [\[32\]](#) are made.
(Likutey Moharan #25:4)[\[33\]](#)*

Giving charity creates beautiful garments for our soul in the world to come.

HAG 2:3 Who is left among you that saw this house in her first glory? and how do ye see it now? is it not in your eyes in comparison of it as nothing?

HAG 2:4 Yet now be strong, O Zerubbabel, saith the LORD; and be strong, O Joshua, son of Josedech, the high priest; and be strong, all ye people of the land, saith the LORD, and work: for I am with you, saith the LORD of hosts:

HAG 2:5 According to the word that I covenanted with you when ye came out of Egypt, so my spirit remaineth among you: fear ye not.

HAG 2:6 For thus saith the LORD of hosts; Yet once, it is a little while, and I will shake the heavens, and the earth, and the sea, and the dry land;

HAG 2:7 And I will shake all nations, and the desire of all nations shall come: and I will fill this house with glory, saith the LORD of hosts.

HAG 2:8 The silver is mine, and the gold is mine, saith the LORD of hosts.

HAG 2:9 The glory of this latter house shall be greater than of the former, saith the LORD of hosts: and in this place will I give peace, saith the LORD of hosts.

All the nations came to see the Temple that Solomon finished. This is the rectification of money and the heart of materialism and is the source of peace, Shalom.

8. Malachi

The writings of Malachi detail the complete life. While widely known for the last line of his prophecy, Malachi's emphasis is on acting sincere, bearing responsibility in marriage, being sincere in charity and offerings and bearing up to the standard of behavior expected of the servants of G-d.

*Proper rulings were in his mouth and nothing perverse was on his lips;
He served Me with complete loyalty and held the many back from iniquity.
For the lips of a priest guard knowledge and men seek rulings from his mouth;
For he is a messenger of the Lord of Hosts.*

*But you have turned away from that course: You have made many stumble through your rulings; you
have corrupted the covenant of the Levites said the Lord of Hosts.
And I, in turn, have made you despicable and vile in the eyes of all the people,
because you disregard My ways and show partiality in your rulings. (Malachi 2:6-9)*

C. Writings

1. Yov - Job

The book of Job deals with the issues of providence i.e. the reasons why the rewards and punishments of people are not always clear. Eliphaz consoles Job with the following explanation:

*5:17 As for righteous men like you [Job] who are stricken by evil,
it is the chastening of G-d, despise it not,
for the purpose of such chastening is like that of the trials of the righteous.*

The sufferings that Eliphaz is referring to apply to the righteous only. For the rest of us suffering is often the direct result of our actions. For example, not giving charity diminishes wealth. Afflicting others brings similar affliction. Nevertheless, in the case of Job who was righteous before G-d in wealth and poverty these sufferings are difficult to understand. The chastening of G-d is seen by Eliphaz as an opportunity. The Gemara on Brachots speaks of asoras ahavah - sufferings from love. Our heavenly Father gives sufferings to his children for their sake so that they may return to him. As Rabbeinu Bachya^[34] describes:

Thus, repentance and suffering saved the sinner *from going down the pit*,^[35] but he will not merit to see the Supreme Light until the soul is reborn as at first. Thus, Elihu next said, *His flesh is more tender than a child's, He returneth to the days of his youth.*^[36] When he grows up, he will pray to G-d, and through his repentance and suffering he will be accepted by G-d. His righteousness will then be restored [as at first] for he will not have sinned since the days of his rebirth. His afflictions will have ensued from his former transgressions, which should have brought about his utter destruction. However, G-d devised means so that he would not be banished from the World to Come, and he will then merit the Supreme Light, as Elihu said. *So He redeemed his soul from going into the pit, and his life beholdeth the light,*^[37] a reference to the Supreme Light. This device [of rebirth] can be repeated three times, as it says, *Lo all these things doth G-d work, twice, yea thrice, with a man.*^[38]

Here, Rabbeinu Bachya brings an explanation for reincarnation in up to 3 lives. The reincarnation serves to amend past wrongs and may explain the suffering of the righteous. Rabbeinu brings down the final benefit that happened to Job:^[39]

Then the Eternal answered Job out of the whirlwind.^[40] Job attained the degree of prophecy because he was *wholehearted, and upright, and one that feared G-d, and shunned evil*, and had been chastised by trial. Although in his lack of wisdom, he transgressed by doubting G-d's judgment, his trial brought him nearer to G-d, for he accepted Elihu's words and found them satisfactory. Thus, he was now one that feared G-d and was sincere in his righteousness.

The whirlwind is an interesting metaphor. Once I entered a whirlwind 20 feet in height and was amazed to feel the presence of a spiritual entity. I thought this was a soul lost on Earth needing to return to G-d but in some cases this may be an elemental angel bringing a message from G-d.

2. Mishle - Proverbs

Tradition records King Solomon as having written 3 works. In his youth he wrote the Song of Songs. This work characterizes the relationship between G-d and Israel like the love of a young husband and bride. The last work he wrote, Kohelet - Ecclesiastes, deals with philosophies of life gleaned from the sufferings of the wealthy. Proverbs, on the other hand, is a work of mid-life. Of the 3 it is strongest at

setting the foundation of how a person should live. I will take a few verses to illustrate the greatness of this work.

Chapter 3:

3:11 The chastisement of the Lord, my son, do not despise, and do not reject His rebuke.

3:12 For whom the Lord loves He reproves, as a father conciliates his son.

From Gemara Berachoth 5a we read commentary on:

axm alw hlt \aw - rca ta yk
jykw y \ch bhay rca ta yk :rmanc ,\h hbha lc \yrwsyc uwdyb

12 For whom - If he attributed (the cause to neglect of Torah) but could not find (an instance) He should know that they are sufferings of love, as it is said, For whom the Lord loves He reproves .

The concept of sufferings of love is a principle in the oral law and is brought forth from the proverb as well as the story Job. The main hope of Hashem is that we improve like a father hopes in his son. Hence, the sufferings that we go through have this entire purpose. Often just by praying for Ribono shel Olam to heal us, we have turned back to Hashem and the purpose served. [\[41\]](#)

Chapter 11:

11:1 Deceitful scales are an abomination of the Lord, and a whole weight is His will.

This refers to inaccurate weights and scales that a storeowner might use to deceive a customer. In the month of Tishrei, which is overseen by the constellation of Libra, the scales have a deeper meaning. They are the scales of judgment that we must all undergo. We cannot deceive G-d with a false weight in this case but we can deceive ourselves when we act as a judge for our neighbor. We should judge each person fairly realizing that we are all human making mistakes. Our weight must not be so heavy that others fail to tip the scale to the side of merit. We must choose to forgive everyone of any harm that we perceive was inflicted on us. In this manner, Ribono Shalom, shall choose to forgive us and tip our scales for a favorable judgment in the year to come.

11:2 With insolent behavior comes shame and with the modest, there is wisdom

Insolent behavior, speaking out and talking back to others in an arrogant domineering way causes one to feel shame afterwards. By being modest and not provoking others, we gain wisdom.

11:3 Simple righteousness manages you, but a crooked treachery destroys.

Following a simple straight path in life will manage all the affairs of one's life. Simple faith and choosing the good leads one on the right path of life. This is not reward and punishment but a direct consequence. Similarly, crooked treachery destroys one's mind and ability to choose to do well. This is also not a punishment but the nature of the effect of this attitude on the mind.

11:4 Wealth shall not avail in the day of wrath, but charity shall rescue from death.

This very powerful verse teaches that tzedakah can change the divine decree in our favor. Money should never be hoarded but instead given in charity and this saves a person from death. There is a story about a rabbi who was in charge of a charity fund for a particular city. A woman came to him asking for money to pay to feed her children, but he told her all the funds were currently depleted. She said that she had

seven children and that they would begin to starve if she did not get money soon to buy food. The man gave her money from his own personal funds. Two weeks later, fate found this man on his deathbed. The angels above beseeched G-d to change the decree for this man. They claimed that his charity had enabled the woman and her seven children to survive and that this meant all their descendants would live as well which is how a world is saved. G-d rescinded the decree and the person lived an extra 15 years. Hence, charity rescues from death - twmm lyxt hqdxw.

Chapter 1:

1:8 Hear my son the admonition of your father, and do not abandon the Torah of your Mother

Normally the mother admonishes the children while the father excels in Torah learning. This proverb teaches us that we should listen to the corrections of our father and not just receive his kindness. While our mother is an example of Torah and we should see her virtues in this area clearly and follow in those ways.

There is another teaching that long life and length of days is granted to one who honors ones mother and father.

***When time is going by too fast it is because one is not spending enough time with ones parents.
(myself)***

Chapter 9:

9:17 Stolen waters are sweet, and bread eaten secretly, more pleasing.

Some struggle to find true love. Others struggle for marriage to accept the true one. Many think that stolen waters are sweet and prefer relationships to marriage. On relationships Dessler says, Together, they complement each other. This fact flows from the nature with which the Almighty has endowed them... the one who gives, loves. [\[42\]](#) There are some people who do not want to enter into marriage. This is because they are unable to shake themselves free of the power of taking, and even their natural instincts cannot turn them into givers, even temporarily... [\[43\]](#) To sum up: the best relationship between husband and wife will obtain when both achieve and practice the virtue of giving. Then their love will never cease and their lives will be filled with happiness and contentment for as long as they live on this earth. [\[44\]](#)

Chapter 27

- 1. Boast not yourself of tomorrow; for you know not what today may bring forth.***
- 2. Let another man praise you, and not your own mouth; a stranger, and not your own lips.***
- 3. A stone is heavy, and the sand weighty; but a fool's wrath is heavier than both of them.***
- 4. Wrath is cruel, and anger is overwhelming; but who is able to stand before envy?***
- 5. Open rebuke is better than secret love.***
- 6. Faithful are the wounds of a friend; but the kisses of an enemy are profuse.***
- 7. The soul who is sated loathes a honeycomb; but to the hungry soul every bitter thing is sweet.***
- 8. As a bird that wanders from its nest, so is a man who wanders from his place.***
- 9. Ointment and perfume rejoice the heart; so does the sweetness of a man's friend by hearty counsel.***
- 10. Do not forsake your own friend, nor your father's friend; nor go into your brother's house in the day of your calamity; for better is a neighbor who is near than a brother who is far away.***
- 11. My son, be wise, and make my heart glad, that I may answer him who reproaches me.***

12. *A prudent man sees the evil, and hides himself; but the simpletons pass on, and are punished.*
 13. *Take his garment when he has given surety for a stranger, and take his pledge on behalf of an alien woman.*
 14. *He who blesses his friend with a loud voice, rising early in the morning, it shall be counted a curse to him.*
 15. *A continual dripping in a very rainy day and a quarrelsome woman are alike.*
 16. *Whoever hides her hides the wind, like the ointment of his right hand, which betrays itself.*
 17. *Iron sharpens iron; so a man sharpens another.*
 18. *Whoever guards the fig tree shall eat its fruit; so he who waits on his master shall be honored.*
 19. *As in water face answers face, so does the heart of man to man.*
 20. *Sheol and Avaddon are never full; and the eyes of man are never satisfied.*
 21. *The refining pot is for silver, and the furnace for gold; and a man is judged according to his praise.*
 22. *Though you should grind a fool with a pestle in a mortar among wheat, his folly would not depart from him.*
 23. *Be diligent to know the state of your flocks, and look well to your herds.*
 24. *For riches are not for ever; and does a crown endure to all generations?*
 25. *When the grass sprouts forth, and the young grass appears, and herbs are gathered on the mountains,*
 26. *Lambs shall provide your clothing, and goats the price of a field,*
 27. *And you shall have goats milk enough for your food, for the food of your household, and for the maintenance of your maidens*

3. T hillim - Psalms

The Psalms of David are our longings and prayers to G-d. Like the discarded stone that became the cornerstone of the Temple in Jerusalem, Psalm Thirteen is the cornerstone of the rest. Here it is in its entirety:

Psalm 13

To the Chief Musician, a Psalm of David
Until when, Adonay, will you forget me forever?
Until when, will You hide your face from me?
Until when, must I devise plans within my soul [to be free of] sorrow in my heart by day?
Until when, will my enemy rise high above me?
Look [at my troubled life and] answer me, Adonay, my G-d;
brighten my eyes lest I slumber into death.
Lest my enemy say, I have prevailed against him;
my tormentors rejoice when I waver.
I trust in Your loving kindness,
my heart will exult in Your deliverance.
I will sing to Adonay, for He has dealt kindly with me.

:dwdl rwmzm jxnml
 jxn ynjket yy hna-du
 :ynmm]ynp-ta rytst hna-du
 \mwy ybblb }wgy ycpnb twxu tyca hna-du
 ylu ybya \wry hna-du
 :twmh }cya-}p ynyu hryah yhla yy ynnu hfybh

:fwma yk wlygy yrx wytiky ybya rmay-}p
]tuwcyb ybl lgy ytjfb]dsjb ynaw
:ylu lmg yk yyl hryca

Lamnatzach, mizmor L David
Ad anah / Adonay tshkihani netzah
Ad anah / tastir et panecha memeni
Ad anah / ashis atzot bnafshi ygon blvavi yoman
Ad anah / yarom oyvi alai
hebita anani Adonay elochai hairah anai pen ishan hamevet
Pen Yomar oyvi ychaltav zary ygylo cy amot
Vani bhadecha btachty ygl lby byshuatecha
Ashirah laAdonay cei gmal alai.

The word for lowly in Hebrew is Dal which is similar to the word dull in English. When we concern ourselves with the needs of others who are down, Hashem will remember us in kind when we are down.

Psalm 41

*Fortunate is the person who concerns himself
with the needs of the lowly,
in his time of need,
Hashem will be there.*

4. Divrei Hayamim Aleph - Chronicles 1

*He is the Lord our G-d;
His judgments are in all the earth.
Remember His covenant forever, the word which He commanded to a thousand generations;
which he made with Abraham, and His oath with Isaac;
and he established it unto Jacob for a statute, to Israel for an everlasting covenant;
saying: Unto thee will I give the land of Canaan, the lot of your inheritance.
(Chronicles 1 16:14-18)*

David uttered these praises after selecting certain Levites including Asaph to minister before the ark of the Lord. Many of the praises in passages Chronicles 1 16:8-26 are found in our prayer book liturgy. The delegating of proper work to the Levites brought David great joy which brought forth these songs to Hashem:

*Ascribe to the Lord, ye kindreds of the peoples,
Ascribe unto the Lord glory and strength,
Ascribe unto the Lord the glory due His name;
Bring an offering, and come before Him;
Worship the Lord in the beauty of holiness.
Tremble before Him, all the earth,
The world also is established that it cannot be moved.
Let the heavens be glad, and let the earth rejoice;
And let them say among the nations: The Lord reigneth.
Let the sea roar, and the fullness thereof;*

*Let the field exult, and all that is therein;
Then shall the trees of the wood sing for joy,
Before the Lord for He is come to judge the earth.
O give thanks unto the Lord; for He is good; for his mercy endureth forever.
And say ye: Save us, O G-d of our salvation, and gather us together and deliver us from the nations,
That we may give thanks unto thy holy name that we may triumph in thy praise.
Blessed be the Lord, the G-d of Israel, from everlasting even to everlasting.
And all the people said: Amen, and praised the Lord.
(Chronicles 1 16:28-36)*

- [1] Sefer Yetzirah 3:2
- [2] Gates of Light, Joseph Gikatilla, chapter The Second Gate The Ninth Sphere, p. 90.
- [3] The Hebrew language rests on seven types of verb. They are referred to as a building }ynb. The verb is also the means of creation. Hashem's tetragrammaton is a verb.
- [4] The Knowing Heart, Luzzatto, page 191
- [5] Perhaps this was the Gettysburg address.
- [6] The lowest soul gives even a decaying body a human form. Without any soul presence there is no form.
- [7] This place is Tohu. The absence of G-d is the definition of evil. While the sefirot initially existed in Tohu as point objects, they were incapable of giving, and they shattered with selfish overfilling energy. The shattered results were reconstructed into the Partzufim which are identified with Bohu.
- [8] 10/10/1996: This Shabbas is Parsha Bereshis and I ran across a teaching on the 231 gates which preceded the creation of the world. Two of the gates how la are particularly key to the process. The name El is associated with G-d's creative power. There are 231 - alr cy is from the name Israel and refers to the 231 gates of creation described in Sefer Yetzirah, Kaplan trans., Weiser press, page 117. 231 is the number of combinations of 22 letters taken two at a time which is $(22*21)/2 = 21*11 = 231$. Kabbalists interpret the 231 gates as the forms remaining in the vacated space preceding creation. see Emek HaMelekh 6a, Limudey Atzilut (Munkatch, 1897), 3a, 22a.
- [9] Sha'are Orah, Yosef Gikatilla, page 200.
- [10] David felt similarly and when he discovered that it was his son Adonijah was rising up against him. Berachos 7b comments that Adonijah did not want to kill his father.
- [11] Love thy Neighbor, Pliskin.
- [12] â as in ah , ä as in heh
- [13] Bahir.
- [14] Rabbi Finkelman of Berkeley's Beth Israel suggested this meaning.
- [15] An abbreviation for a phrase.
- [16] The Taryag Mitzvos on the Shema.
- [17] The Way of G-d, Luzzatto, Aryeh Kaplan trans. P. 277.
- [18] Ibid. p. 277.
- [19] The souls of people wait in Beriyyah to be born.
- [20] Encyclopedia of Torah Thoughts, Rabbeinu Bachya, The Challenge of Wealth, page 486.
- [21] A Call to the Infinite, Aryeh Kaplan, pp.146-147.
- [22] Bernice Levy of the Matan Biblical Institute in Jerusalem spoke on this subject at Am Echad on June 15th, 1999. She said that there are three places in Israel specifically mentioned in the Torah as purchased by our ancestors: Schem, Arahath Hamechpalah in Hevron, and Jerusalem. She remembered feeling safe

walking in all three of these places twenty years ago, but today she feels she can only visit Schem and Hevron in armored vehicles and similarly in east Jerusalem.

[23] Rabbi Raphael Lapin spoke on this subject at his weekly shir after Shabbas services, July 13th 1996.

[24] See character traits, anger

[25] A Call to the Infinite, Aryeh Kaplan, p. 60.

[26] **a-** fâr, fâte; **i-** jovâl; **o-** nôte

[27] see Table: Sevens

[28] Genesis 2.

[29] Genesis 3.

[30] The influences of the sefirot of Gevurah-judgment-north and Hesed-kindness-south are here.

[31] This is the mitzvah - commandment of Bikur Holim - visiting the sick. We are obliged to perform this positive commandment.

[32] Isaiah 61:10

[33] Likutey Moharan IV, Rabbi Nachman, page 123.

[34] Kad Hakemach by Rabbeinu Bachya Ben Asher, trans. Encyclopedia of Torah Thoughts, Chavel, page 200.

[35] Job 33:18-24.

[36] Job 33:25

[37] Job 33:28

[38] Job 33:29

[39] Encyclopedia of Torah Thoughts, Rabbeinu Bachya, page 201.

[40] Job 38:1

[41] see [Hosea 6:1-3](#)

[42] Strive for Truth: Giving and Taking, Rabbi Eliyahu Dessler, Part 1, page 131.

[43] Ibid. pp 132-133.

[44] Ibid. page 133.

III. The Oral Law

There were many details of the law which were originally passed orally from the time of Moses. As new circumstances arose, the law was applied in new ways. The laws of the written Torah are called B raissa and those passed orally are called Torah D rabbanan. Overall, we strive to be the best we can be and follow the axiom ***Less guilt, more joy!*** when we are alone in life and the challenges of observance are particularly difficult^[45].

A. Midrash

The Midrash is a commentary on the Bible and part of the Oral Law. The Midrash is rich in lessons and reveals the endless depth of meaning in Torah.

It is important that we not become depressed in daily sufferings. We should always remember the teaching of Akiba. R. Akiba said:

He deals strictly with both, even to the great deep. He deals strictly with the righteous, calling them to account for the few wrongs which they commit in this world, in order to lavish bliss upon and give them a goodly reward in the world to come; He grants ease to the wicked and rewards them for the few good deeds which they have performed in this world in order to punish them in the future world.^[46]

King David wrote similarly in the Psalms:

Why do the wicked prosper in this world, so that they may be destroyed forever. Similarly the righteous suffer in order that they may live forever in the world to come.

B. Mishnah

1. Perkei Avots

Avos 4:15 Rabbi Matya ben Harash said, Be the first to greet every man; and be a tail amongst lions and be not a head to foxes.

The Midrash on the Book of Samuel says: Whereas the lion habitually raises his tail above his head, the fox lowers his head below his tail. And so it is with men: The gentleman respects his inferiors and discerns in them good qualities, whereas the lowbred despises and humiliates his superiors in honor and rank. ^[47] Ultimately the gentleman is distinguished by his temperance, by his absence of anger.

C. Talmud

Rabbi Lapin taught from Chulin that wherever G-d gives us a prohibition there is something permissible that is similar enough to satisfy any inclination we may have. There are always permissible foods that have similar flavors to non-kosher foods.

D. Mishnah Torah

If a prophet prophesizes something bad and it doesn't come to pass, it does not indicate that he is a false prophet, but if the prophet prophesizes something good it must come to pass or we know that he is a false prophet. The idea here is that Hashem does not recall his good decree. -- This is interesting and should drive us to maintain our Tshuvah to G-d in the good times as well as the bad.

E. Luzatto's Works [TABLES]

1. The Way of G-d - Derech Hashem

The Way of G-d explains G-d's cosmological interface with the world. This was my first introduction to Kabbalah and I recommend it for everyone. The work bridges all Torah teachings with the mystical. Some of the subjects Luzatto covers include the existence of G-d, the purpose of creation, angels, root of evil, destiny or providence, reincarnation, heavenly courts, influence of the stars, soul levels, dreams,

magic, miracles, and prophecy.

2. The Path of the Just - M'silat Yesarim

This work is dedicated to Midos development. It presents a ladder to holiness consisting of the following traits:^[48]

Duty
Watchfulness
Zeal
Cleanliness
Separation
Purity
Saintliness
Humility
Fear of Sin
Holiness

The Talmud lists the order differently. Rabbi Pinchas ben Yair said, Heedfulness leads to alertness, alertness leads to cleanliness, cleanliness leads to restraint, restraint leads to purity, purity leads to holiness, holiness leads to fear of sin, fear of sin leads to humility, humility leads to saintliness, saintliness leads to the gift of the holy spirit. ^[49]

The ten levels also represent a manner in which one purifies the Nefesh^[50] or lowest soul in order to prepare oneself for the experience of Ruach Hakodesh, the holy wind, which is the middle soul transmitting inspiration. The highest soul or Neshamah is directly connected to G-d.

Table 3: Ten Principle Steps for Spiritual Inspiration

Level	Mordecai M. Kaplan's translation	Aryeh Kaplan's translation	Shraga Silverstein's translation	Summary
1	Of Man's Duty in the World	Study	Duty	Man was created to find delight in the Lord and to bask in the radiance of his presence. To obtain this end, we follow the commandments in this world to merit the good light saved up for us in the world to come. ^[51] But for me, the nearness of G-d is my good ^[52] One thing have I asked of the Lord that I will seek after, that may dwell in the house of the Lord all the days of my life, to behold the graciousness of the Lord. ^[53]
2	Of Watchfulness	Careful-ness	Watchful-ness	A person should be watchful of his conduct. He must know what is truly good and bad to correctly classify his actions. ^[54] He should not enter upon any course of action without first determining its character. Watchfulness pertains to the negative commandments.
3	Of Zeal	Diligence	Zeal	Depart from evil and do good. ^[55] Zeal pertains to keeping the positive commandments. Those who are zealous perform a commandment at the earliest possible time. ^[56] Yet a little sleep, a little slumber, a little folding of the hand to sleep – so shall thy poverty come as a runner and thy want as an armed man. ^[57]

4	Cleanness	Clean-liness	Clean-liness	Do not taunt your neighbor. Do not insult your neighbor. Do not mislead your neighbor. Do not slander your neighbor. Do not hate your neighbor. Do not nurse revenge nor swear nor lie nor act sacrilegiously against your neighbor.
5	Abstinence	Abstention	Separation	Abstaining from what is permitted brings one to holiness. Whoever observes a fast not prescribed by law is considered holy. [58] Be ye holy, Leviticus 19:2 means Be ye abstinent [59]
6	Purity	Purity	Purity	Perfecting one's heart and thoughts so that the evil inclination cannot influence them.
7	Saintliness	Piety	Saintliness	Regarding the body, to be as much help to those weighted down with a burden. Bearing the yoke with one's fellow. [60] Spare no effort to prevent neighbor from bodily injury. Regarding possessions, not to cause damage to public or private property. Let the possessions of thy neighbor be as dear to thee as thine own. [61] Regarding feelings, to actively or passively (by listening) increase the pleasure of thy neighbor is a mitzvah under the category of saintliness.
8	Humility	Humility	Humility	A man should be wholly persuaded of his unworthiness to be the recipient of praise and glory for intellectual achievements. A man should have humility in one's bearing, in enduring insults, in hating to exercise authority and shunning applause, and in honoring everyone. In speech: Let a man always speak gently. [62] A person should always speak respectfully and never disdainfully. In walking: Walk humbly before your G-d. In sitting: Find a place among those of humble rank and not among the great. [63]
9	The Fear of Sin	Fear of Sin	Fear of Sin	Refraining from sin out of regard for the glory of G-d. Sensing the awe of G-d.
10	Holiness	Holiness	Holiness	Cleaving to the will of G-d in all one's thoughts and actions.

According to this program, one begins with constant study and observance, leading to scrupulous care not to violate any religious law. The next step is constant diligence to obey every commandment, and then to live a completely clean life, both in thought and in deed. One then reaches a level where he avoids even permissible things when they can possibly lead to wrong, and once this is accomplished, he can purify himself of all evil, past and present.

The person is then ready to live a life of piety dedicating himself to G-d far beyond the call of law, and this leads to humility, the negation of the ego. A person can then gain such a clear perception of good that he literally dreads sin, being totally aware of the banality of evil. He is then ready for the highest of these ten steps, holiness, the total negation of the physical.

The very next level is that of Ruach Hakodesh. These ten steps thus provide a program of discipline for the individual who wishes to attain true enlightenment. [\[64\]](#)

3. The Knowing Heart Daat T vunut

*The Creator did not implant negation and deterioration in the nature of perfect creatures,
but in the nature of imperfect ones,
so that when the creatures will have perfected themselves in time to come,
they will not be subject to negation at all.*

...

*We speak of negation and deterioration as they apply to each species in itself.
Their inter-connection and conjunction towards the universal end, to the contrary,
is a correction for this because by virtue of it they leave the sphere of evil and are rescued from it.*

...

*In sum, it is in the species of nature in themselves and not in their inter-relationship that negation,
lowering, and deterioration obtain.*

In their inter-relationship is rooted their perfection and escape from evil![\[65\]](#)

Luzatto here presents his view that nature working together is good, but species isolating themselves from other species leads to evil. This is reflected in the sefirot where in their original form, they attempted to exist independently and shattered when they became too full of the flow from Hashem. Their shattered forms are rebuilt into the Partzufim, who transmit the energy to each other and in doing so permit the sefirot to exist in harmony.

F. Kaplan's Works

Kaplan's best introductory work on kabbalah is *Inner Space*. While intended for instruction, the work also inspires and gives the ecstatic experience of a real work of kabbalah. While Kaplan's *Jewish Meditation* introduces one to the subject, I recommend the work only as supplementary material. Here is an example of one of Kaplan's uncanny ideas in *Jewish Meditation* :

What is the real me? A hint to the answer can be found in the Hebrew word for I, *ani - yna*. It is significant to note that if the letters of *ani* are rearranged, they spell the word *ayn* or *ayin - ya*, which denotes nothingness. This would seem to imply that the real me is the nothingness within me (*Jewish Meditation* P.87).

Typically, the reverse spelling of a Hebrew word suggests an opposite meaning of a similar nature. For example, the word for heart spelled reverse means owner .

Kaplan's other major works include *Meditation and Kabbalah*, *Meditation and the Bible*, *Sefer Yetzirah*, and *The Bahir Illumination*. *Bahir* is one of the names of light in Hebrew along with *Zohar*, *Nogah*, *Kavod*, ... *Bahir* means brilliance and the work resembles a piercing light into the soul while the *Zohar* is more of a defused light. Let's look at the first verse which contains a classic Talmudic technique for resolving arguments:

Rabbi Nehunia ben HaKana said: One verse (Job 37:21) states, And now they do not see light, it is brilliant (*Bahir - ryhb*) in the skies . . . [round about G-d in terrible majesty]. Another verse, however, (*Psalms 18:12*), states, He made darkness His hiding place. It is also written (*Psalms 97:2*), Cloud and gloom surround Him. This is an apparent contradiction. A third verse comes and reconciles the two. It is written (*Psalms 139:12*), Even darkness is not dark to You. Night shines like day light and darkness are the same.

The description here is validated in the meditative experience where darkness can radiate like light. Another excellent Kaplan compilation is Rabbi Nachman's *Stories* which is a compilation of the stories

told from Rabbi Nachman of Breslov. Kaplan complements the stories with a full blown commentary on the work explaining their meaning with Kabbalah and the meaning of the Kabbalah as well. Here is an example of Kaplan's commentary on Rabbi Nachman's story, The Ram and the Bull.

The story is about a King who dreams of a Ram and a Bull that will lead to his destruction. He is an enemy of Israel and imagines that the Ram and the Bull represent physical forms. Instead they are actually from the mazelot - constellations and represent the month of Nissan with the ram and Iyar with the bull. The Jews were redeemed from Egypt in Nissan and the state of Israel was established in Iyar. The Ram also represents the 4 tzitzit since they are made from a ram's wool. If a ram is stolen it must be repaid with 4 times its value symbolizing the 4 tzitzit. The Bull represents the tefillin with its 5 compartments since they are formed with leather. If a bull is stolen, 5 times its value must be repaid to the original owner. Iron or Barzel has the acrostic lrbz which can represent the 4 wives of Jacob, i.e. Bilnah, Rebecca, Zilpa, and Leah.

G. Nachman's Works

1. Likutey Moharan

a) David's praise

David says something interesting in Psalm 56:11 which Reb Nachman builds upon.

In Elohim I will praise his work, in Hashem I will praise his work.

This suggests in times of judgment and in mercy, we should sing praise to Hashem. Still there is more to this story. The Shema teaches that Hashem's name is one. Also the gematria for the Hebrew word for one is the same as that for love which is ahavah.

$$dja = 13 = hbha$$

This teaches that G-d's name for judgment and mercy are really one and that both are done out of love for us.

Knowing all this is called complete awareness. For the essence of awareness is the union of <chasadim (benevolence) and gevurot (severities)>. This is called Daat. In other words, he does not differentiate between loving kindness and judgment, but blesses Who is good and beneficent over everything. This is called YHVH is one and His Name is one [\[66\]](#)

b) Ezekiel writes:

and their iniquities will be etched upon their bones. [\[67\]](#)

There is a fundamental idea that a person's sins are etched upon his bones. Even if a person is forgiven by G-d of his sins, there may still be traces on his bones. Reb Nachman teaches from the Baal Shem Tov, that one needs to confess his sins in order for these traces to be removed. [\[68\]](#)

By means of spoken confession, however, the letters disappear from the bones into which they have been etched and are transformed into the words of confession. For speech emanates from one's bones, as is written (Psalms 35:10), All my bones will say. [\[69\]](#) He tears down the negative structure and combination, and from the letters builds Malkhut d' Kedushah. [\[70\]](#)

Ezekiel is later asked by G-d, can these bones yet live? Ezekiel responds, Oh Lord only thou knowest. The Lord responds, All these bones are the whole house of Israel and though they have lost hope, they shall yet live and walk in the land of the living. Our bones are identified with our inner thoughts and deeds, which affect our hopes. There is also a teaching that in each of us there is a single bone, etzem, which is our essence and is not destroyed and from which a newly created body is made in the time of a resurrection. To preserve this bone is one reason that Jews do not to practice cremation.

R. Isaac bar Parnakh said: All of a man's iniquities are engraved upon his bones. [\[71\]](#)

***The Lord will make strong thy bones
(Isaiah 58:11)***

R. Eleazar said: This is the most perfect of blessings. [\[72\]](#)

2. Letter From Rebbe Nachman

In 1922 a letter was found that is from Rebbe Nachman. The letter reads:

Very hard it was for me to descend to you my precious student to tell you that I benefited greatly from your work and upon you I said, My fire will burn until Messiah will come be strong and courageous. In your work, Na Nach, Nachma, Nachman Me Uman.

And with this I shall reveal to you a secret and it is: Full and heaped up from line to line (pay, tzaddi, pay, tzaddi, you, hay)

And with strong service you will understand it and the sign is the 17th of Tamuz they will say that you will not fast.

I had a copy of this letter and had put it away with some papers. Strangely, on Shabbas morning, the 17th of Tamuz 5758, I was browsing some papers and stumbled upon the letter. When is the 17th of Tamuz not a fast day, when it is Shabbas I thought, so the finding of this letter on this Shabbas was not by chance. While the letter was originally sent to Rabbi Yisroel Dov-Ber Odesser Z"l of Tiberias, it is clear to me that it has a more significant reach. Part of the key is in the song, }mwam }mjn mjn jn n, which has gematria 137+148+98+58+50=491. This is also the gematria of }lyat. Ninety-one is the gematria of Hashem-Adonay that is Elon the last four letters. Elon refers to the Tree of Life. The Tav transforms Elon into a verb referring to establishing the tree. Nati Elon is founder of the Green Party in Israel. He teaches that the essence of moshiach is to see its potential in others. It is like a seed planted waiting to grow. [\[73\]](#)

H. Moshe Cordovero [TABLES]

1. The Palm Tree of Devorah

The book provides training on improving one's midos - character traits by learning to behave in the image of G-d. In summary, the book presents the following associations:

Table 4: Mastering the Midos According to the Palm Tree of Devorah [\[74\]](#)

Sefirot	Midos
Keter	1. A person must be humble. Humility derives from Keter. Keter is

<p>crown, infinite mercy</p> <p>(The eight good qualities under the banner of humility : These parallel the head in the following features:</p> <ol style="list-style-type: none"> 1. Head 2. Mind 3. Forehead 4. Ears 5. Eyes 6. Nose 7. Face 8. Mouth) 	<p>associated with the human head.</p> <ol style="list-style-type: none"> 2. The wisdom (Hochmah) of Keter is to think good thoughts and to hold to a path of compassion. 3. A person's forehead should have no harshness. Even though certain people may arouse anger, one should conciliate them and placate them with good will for this is what G-d does. One should behave with pleasantness towards all creatures, for a harsh person is repaid in kind. 4. A person's ears should always turn to hear good, while falsehood or despicable things should be denied entry. Just as we expect Hashem to hear our good reports, we should behave in the same manner with our fellow. 5. A person's eyes should not gaze at anything despicable. Rather, one's eyes should watch over unfortunates and display compassion. One should distance oneself from noticing evil just as we hope that Hashem sees mostly our good. 6. The nose should never hold the breath of anger. Rather it should contain the breath of life, good will, and patience, even toward those who are unworthy. One should always exhale forgiveness of sin and pardon of iniquity. 7. A person's face should always shine and one should receive all people with a cheerful countenance. All who gaze upon it should find joy and cheerfulness. Like in water one's face is reflected back, also the heart of a man is to a man — Proverbs 27:19. 8. The mouth should express only good and the content of his words should be Torah and constant good will. No ugly words, curses, anger, frivolous talk should escape it. Rather, it should resemble the supernal Mouth, which is uttering good at all times. Thus, one must speak well of everything, expressing benevolence and blessings constantly.
Hochmah wisdom	First, a person should commune with G-d in solitude in order to perfect his wisdom. Second a person should teach others what he has learned. A person should act as a father to all creatures showing mercy and helping them.
Binah understanding	Repentance and return to G-d. Calling repentance to mind all the days of his life causes binah -understanding to illuminate all his days, the result being that all his days are spent in repentance. That is, he merges himself with binah, which is repentance, so that all the days of his life are crowned with the secret of the higher level of repentance. [75]
Hesed kindness	Love of G-d, which leads to love of people who are in the image of G-d. Practice Nachum Ish Gamzu's saying, this too is for the good.
Gevurah might, power, severity	Buying clothes and providing a house for one's wife is the proper expression of might and power, sweetening severity. The desires of the Yetzer Hara, bad inclination, are intended for satisfaction of the wife by providing her with clothes, a house, and physical satisfaction. Afterwards one has brought gevurah to a good use and satisfied the Yetzer Tov, good inclination. The fine clothes and house model after the Temple. The satisfied wife brings the Shechinah, the divine presence of G-d into the home.
Tiferets	Obtained by studying Torah. This grants an understanding of the truth and

beauty, truth	provides a countenance of beauty. One who teaches the Torah is on the level of Tiferets. When a man sits and learns for this purpose, Tiferets flows into Netzach and Hod and he actually attains their level. [76]
Netzah victory, eternity	Encourage students of Torah. Scripture comes from the right and associates with Netzah. Netzah and Hod are called those who adhere to it and support it.
Hod gratitude	Financially assist and physically help students of Torah. Mishnah comes from the left and associates with hod. Talmud includes both Scripture and Mishnah.
Yesod righteousness	Be careful in speech. Avoid anger. ECC 5:6 Suffer not thy mouth to cause thy flesh to sin; neither say thou before the angel, that it was an error: wherefore should G-d be angry at thy voice, and destroy the work of thine hands?
Malchuts kingship	Apply ones wealth for the sake of Heaven. Behave humbly.

Moshe Cordovero revealed that each sefira has a leaning. Even the sefirot along the central trunk lean to either the left or the right and this leaning can be corrected. Cordovero teaches that we must strive to bring all the sefirot to lean to the right side.

Table 5: Sefirot Leanings

Sefira	Leaning
Keter	Right
Hochmah	Right
Binah	Left
Hesed	Right
Gevurah	Left
Tiferet	Right
Netzah	Right
Hod	Left
Yesod	Left
Malchut	Left

Sefirot that lean to the left have emotions that are easily applied in negative, destructive manners. It is our duty to find the positive in these sefirot and harness the emotions in service to Hashem. Moshe Cordovero in the following paragraphs describes this process.

a) Binah

The chapter begins:

How does man train himself in the quality of binah - understanding. He returns in complete repentance, for there is nothing like her, because she repairs all flaws - \gp. And just as binah sweetens all severities and neutralizes their bitterness, one should repent and rectify all flaws. A person who calls repentance to

mind all the days of this life causes binah to illuminate all his days, the result being that all his days are spent in repentance. That is, he merges himself with binah, which is repentance, so that all the days of his life are crowned with the secret of the higher level of repentance.

Note that all existence is rooted in repentance, according to the secret of the Jubilee. In addition, the root of the external forces expounded in the mystical teachings as the secret of the River Dinur is also rooted therein and flows therefrom. (However, the River Dinur itself is included in Holiness, according to the mystical teachings regarding the severities.) This is called the outflow of Divine Anger. But by means of the mystical teaching regarding the verse, G-d smelled the pleasing scent of the sacrifices... (Gen8:21), that outflow returns to its source, the severities become sweetened, the anger ceases, and G-d refrains from the evil... (Ex32:14). Likewise, by means of the mystery of repentance, say that repentance benefits only the aspects of holiness in man. For his evil aspects are rectified as well, just as the severities are sweetened by this attribute.

Know that Kayin himself was evil, and he derived from evil, yet he was told, If you do good, will you not be uplifted...? (Genesis 4:7), meaning, Do not think that, because you derive from evil, you have no hope. This is false. For if you do good, anchoring yourself firmly in the good implanted there, via the root of your soul, and do yourself good. For everything bitter has a sweet Supernal root, as the mystical teachings explain. Thus, a person's evil actions may be turned into good, and his deliberate transgressions may be turned into merits. For when one returns in complete repentance, these selfsame evil deeds from the Left Side, which were accusers enter the higher worlds and become rooted in holiness there, transforming themselves into good rather than becoming nullified. This is what G-d told Kayin regarding his own self-betterment.

Thus, had Kayin repented, thereby becoming rectified, then the state of Adam's sin in which Kayin was conceived (the name Kayin deriving from the phrase "kina demisavuta", meaning contaminated nest) would have been to his credit, according to the mystical interpretation of the concept of the Son brings Merit to His Father. However, Kayin did not desire to repent, and therefore the entire Left Side derives from there, but all its branches will eventually become sweetened, returning to perfection. The reason for this is exactly as we have explained a person who caused evil to become rooted in himself can sweeten it and restore it to good.

Therefore, when a person purifies his evil inclination and transforms it into good, it becomes rooted in holiness. This is the elevated level of repentance that a person who wishes to conduct himself in this manner should contemplate every day, and he should also repent in some way, so that all his days will be spent in repentance. ^[77]

Understanding is symbolized by motherhood here. A mother corrects her child, sweetens the judgment, nullifies the bitterness, and helps the child fix any flaws.

b) Hesed

Cordovero explains that hesed can only be achieved by placing the love of God before all other loves:

How should a person train himself in the attribute of hesed (kindness)? The main way to enter into the secret of hesed is to love G-d so absolutely that one will never forsake His service for any reason; for, compared with the love of God, Blessed Be He, no other love has any worth. Therefore, he should first attend to the requirements of his Divine service; then, the remainder of his time may be used for other needs. ^[78]

The wants of ones own family may distract from an opportunity for hesed. Combine hesed with the family activity and all will be blessed from Hashem.

If one experiences a difficult event, has vshalom, it is also for the good.^[79] This is a binding of Malchuts and hesed. Cordovero presents eight principles of mastering hesed. As they are between man and man they are between man and G-d. A person who loves G-d loves man.

One who loves man greatly loves G-d truly.

Table 6: Hesed for G-d

Principle/Binding	Leaning
One Tiferets and Binah	Providing the necessities of a child's sustenance from birth. This is the birth of Tiferet from Binah. An easy birth leans the child to the right and Tiferet leans to the right. A rigorous birth leans Tiferet to the left descent of Binah.
Two Yesod	Circumcising the child. One should pursue all those who cause the foreskin to grow on Yesod, bringing them back in repentance in such a way that, by circumcising the foreskins of their hearts, he renders the Supernal Tzaddik (G-d's reflection to us) without a foreskin.
Three Malchuts and Tiferet	Visiting the sick and healing them. The Shechinah is love sick with desire for Tiferets. Tiferets in the world to come is love sick for Malchuts, the Shechinah in this world. As one treats ill people well one must also treat Malchuts and Tiferets well who are saddened by their isolation from each other. Tzedakah, tikkun, holiness, blessings, Torah practice and study heal the union of Malchuts and Tiferets above.
Four Binah and Tiferet Malchuts and Yesod Malchuts and Tiferet	Giving charity to the poor. The hqdx for G-d is to say amen 90 times a day, the Kedushah 4 times a day, 100 blessings a day, and to read from the 5 books of Torah each day. ^[80] For Tiferets we must draw down from Binah a supernal sheaf for it says, we must leave them for the poor and the stranger, and Tiferet is as stranger to Malchut below. For Malchuts, we should draw down tzedakah (maser ani the tithe to the poor) from Tiferets and this is given to Yesod, who is called poor, which raises Malchut. If one binds Malchut to Tiferet, he gives the tithe to the stranger.
Five Tiferets and Malchuts Yesod and Malchuts	Offering hospitality to strangers. This is to give Tiferet and Yesod a guest house to rest which is Malchuts. For Tiferets and Yesod are in exile. They are searching for what they have lost, the Shechinah. Fixing times for Torah study unifies Tiferets and Malchuts.
Six Keter and Malchuts-Hesed	Attending to the dead. Clothing the dead in white is cleansing the body of sin which elevates the sefirot one by one, limb by limb raising them to the level of Eden on high which is Hochmah of keter. The upper Eden is in tiferets so Cordovero is referring to

	even higher aspect of Eden. This is a mitzvah of faith.
Seven	Right. Making peace between peers from Hochmah to Binah, from Hesed to Gevurah, or from Netzah to Hod.
Eight	Left. Similarly making peace between peers from Binah to Hochmah, from Gevurah to Hesed, or from Hod to Netzah.

Sometimes I am certain that all of the sefirot really exist for the sake of Malchuts (reuniting the Shechinah) and Binah (repentance). In the same way man exists for the sake of women.

c) *Malchut*

Traveling leads to becoming a vehicle for the exiled Shechinah. [\[81\]](#)

A man should exile himself, wandering from place to place for the sake of Heaven, thereby becoming a vehicle for the exiled Shechinah. He should think to himself: Behold, I am in exile, but I have all my implements with me. But what about the honor of the Supreme One, for the Shechinah is exiled without any implements, for they have gotten lost as a result of the exile? For this reason, he should manage with as little as possible as the verse states: make yourself implements for exile (Yechezkel 12:3) and let the exile humble his heart, while he binds himself to Torah. Then the Shechinah will be with him.

He should also impose an expulsion order upon himself, always banishing himself from the comforts of home, just as Rabbi Shimon bar Yochai and his comrades banished themselves to toil in Torah. Better still, he should weary his legs by trudging from place to place without horse or wagon. Concerning such a person, it is stated: ...his hope shevaro - wrbc is with the Lord, his G-d (Psalm 146:5), deriving from the word shevar - rbc, meaning breaking, for he breaks his body for the honor of the Supreme One.

I. *Yonah of Gerona*

Rabbeinu Yonah is the author of Sharei Tshuvah - hbwct yruc, the Gates of Repentance:

XXVIII. The penitent is further obliged to humble himself and to undertake to conduct himself in the manner prescribed by our Sages of blessed memory: And be lowly of spirit before all men (Avoth 4:10 Rabbi Levitas Ish Yavne). So doing, he will not be angered by his neighbors nor take offense at them; nor will he take to heart all the things that he hears, overlooking injustices against himself in order to atone for his transgressions, as Hazal have said, If one overlooks injustices against himself, all of his sins will be forgiven (Rosh Hashanah 17a), G-d's relationship with him corresponding to his relationship with others. This concept constitutes a highly significant opening for hope, as it is said, Let him put his mouth in the dust; perhaps there may be hope. Let him give his cheek to him that smiteth him; let him be satiated with shame (Lamentations 3:29). [\[82\]](#)

J. *Sefer Yetzirah*

1. Golem

The Maharal describes the following characteristics of the Golem.

- The golem has a pure soul..
- The golem has no physical lusts, thus does not sin, thus is immune from sickness.
- The golem is not obligated to the commandments of Torah and thus is less qualified than a Jewish woman to be counted in a minyan.

The practice of making a golem is the meditative exercise of drawing down a pure soul or creating a pure soul within oneself. In order to do this one must purify himself of any impure thoughts or emotions which is the spiritual counterpart of removing hametz on Passover from one's possessions.

K. Zohar

The Zohar which means shining is a work of Kabbalah. The major core is a commentary on the Five Books of Moses similar to the Midrash but instead, with an emphasis on mystical interpretations of the text. Nevertheless, there are three works of the Zohar which describe the G-dhead and the physical form that corresponds to the crown of behavior of man in the image of G-d. This is a unique approach to learning and achieving a connection to G-d. The following example text will trace the meaning of the beard of the G-dhead from its physical form to the thirteen gates of repentance.

Note, the following translations are very difficult to follow. I will do my best to explain them.

Book of Concealed Mystery

Through 13 springs are the fountains distributed. Four are separate but joined together, nine flow upon the body and encircle the garden. The ornamentation begins at the gate of the ears. It descends in beauty to the beginning of the lips; from the beginning of the ears to the beginning of the lips. There exists a path beneath the nostrils, in order that He may seek to pass over transgression; Proverbs 19:11 And it is his glory to pass over a transgression.

Beneath the lips the beard goes into another beginning ...

The lips are free on every side. Blessed is he who shall become the receiver of their kisses. In that influence stream down 13 drops of pure balm. In this influence all things exist and are concealed.

At that time, when the seventh month draweth nigh, those months shall be found to be thirteen (for in the Codex, so often said to be correct, the word twelve is expunged to show it to be a year of thirteen months, according to the number of those thirteen divisions of influence) in the supernal world, and the thirteen gates of mercy are opened. At that time: Isaiah, 40:6 Seek ye the Lord while He can be found.

[\[83\]](#)

The leap year of the Hebrew calendar includes a 2nd month of Adar called Adar Sheni. In this particular year there are 13 months and they afford an extra month to understand the concepts of the Idra. [\[84\]](#)

Idra Rabba Kaddisha

It is said in the Book of Concealed Mystery : That beard, the truth of all (truths), proceeds from the

place of the ears, and descends around the mouth of the Holy One; and descends and ascends covering the place of fragrance (the cheeks); white with ornament and it descends in equilibrium and furnishes a covering even unto the midst of the breast.

That is the beard of adornment, true and perfect, from which flow down thirteen fountains, scattering the most precious balm of splendor.^[85]

The thirteen parts of the beard are thirteen aspects in the sefira of Keter in the world of Atzilut. They correspond to the primal ratzon, will or desire of G-d.

Mathers writes in his commentary on this passage^[86],

The thirteen divisions of the influence in the supernal world are of course those thirteen parts of the beard of Macroprosopus considered in the sense of Atziloth, the archetypal world, the habitation of the pure Sephiroth alone: Seek ye the Lord while he may be found.

I would like for a moment to trace the origins of this Zohar text to the prophet Micah. Moshe Cordovero writes in his Tomer Devorah^[87]:

It is proper for man to emulate his Creator, for then he will attain the secret of the Supernal Form in both image (tzelem) and likeness (demut). For if a person's physical form reflects the Supernal Form, yet his actions do not, he falsifies his stature. People will say of him, A handsome form whose deeds are ugly. For the essential aspect of the Supernal Form and Likeness is that they are the deeds of the Holy one, Blessed Be He. Therefore, what good is it for a person to reflect the Supernal Form in physical form only if his deeds do not imitate those of his Creator? Thus, it is proper that man's actions imitate the Thirteen Supernal Attributes of Mercy the functions of the sefirah of keter hinted at in these verses:

Who is G-d like You, who pardons iniquity and forgives the transgression of the remnant of His heritage? He does not maintain His anger forever, for He delights in kindness. He will again show us compassion, He will vanquish our iniquities, and You will cast all their sins into the depths of the sea. Show faithfulness to Yaakov, kindness to Avraham, which You have sworn to our fathers from days of old.

(Micah 7:18-20)

Consequently, it is proper that these Thirteen Attributes, which we will now explain, should also be found in man.

These Thirteen Attributes reveal the absolute desire of Hashem to forgive even above wisdom (Hochmah), understanding (Binah), and knowledge (Daat). Why is forgiveness in the highest of all places? Because all heavenly doors are opened after a person chooses to return to G-d and G-d accepts the repentance and forgives. How do we now that G-d will accept the repentance? Hence we learn that forgiveness is the highest of all G-d's desires (Keter). What are the doors that are opened? These are the Gates of Repentance which reveal all the heavens as we learn from Moshe Rabbeinu:

Repentance

For how shall it be known that thy people have found grace in thy sight? By going with us (Lord) we are distinguished.

Forgiveness

And the Lord said unto Moses, I will do this thing also that thou hast spoken: for you have found grace in my sight, and I know you by name.

Opening the Gates of Repentance

And he said, I beseech thee, show me thy glory. And He said, I will make all my goodness pass before thee, and I will proclaim the name of the Lord before thee; and I will be gracious to whom I will be gracious, and I will show mercy to whom I will show mercy.

...

The Thirteen Attributes of Forgiveness

And the Lord descended in the cloud and stood with him there, and proclaimed the name of the Lord. And the Lord passed by before him, and proclaimed,

O G-d, my G-d, mighty, merciful and gracious, long suffering, and abundant in goodness and truth, keeping mercy for thousands (of generations), forgiving iniquity and transgression and sin, and that will by no means clear the guilty; visiting the iniquity of the fathers upon the children, and upon the children's children unto the third and to the fourth generation

And Moses made haste, and bowed his head toward the earth, and worshipped. And he said, if now I have found grace in thy sight, O Lord, let my Lord, I pray thee, go among us; for it is a stubborn people; and pardon our iniquity and our sin, and take us for thine inheritance.
(Exodus 33:13 - 34:7)

Furthermore the 13 attributes from Exodus overlap the 13 attributes from Micah. This is seen in the Tashlich service said on Rosh Hashanah.^[88]

Daniel describes his vision of the G-dhead. This vision is the basis for the G-dhead and the River of Fire which descends from the beard. The River of Fire which descends from absolute mercy eradicates sin above and beyond even repentance. The River of Fire reveals the sovereignty of G-d's mercy to purge sin from the repentant.

I beheld till the thrones were cast down, and the Ancient of days did sit, whose garment was white as snow, and the hair of his head like the pure wool: his throne was like the fiery flame, and his wheels as burning fire.

A fiery stream (Nahar DiNar) issued and came forth from before him: thousand thousands ministered unto him, and ten thousand times ten thousand stood before him: the judgment was set, and the books were opened.

I beheld then because of the voice of the great words which the horn spake: I beheld even till the beast was slain, and his body destroyed, and given to the burning flame.^[89]

As concerning the rest of the beasts, they had their dominion taken away: yet their lives were prolonged for a season and time.

I saw in the night visions, and, behold, one like a son of man came with the clouds of heaven, and came to the Ancient of days, and they brought him near before him.

And there was given him dominion and glory, and a kingdom, that all people, nations, and languages,

should serve him: his dominion is an everlasting dominion, which shall not pass away, and his kingdom that which shall not be destroyed.
(Daniel 7:9-14)

And the kingdom and dominion, and the greatness of the kingdoms under the whole heaven, shall be given to the people of the holy ones of the most High, whose kingdom is an everlasting kingdom, and all dominions shall serve and obey him.

Hitherto is the end of the matter. ...
(Daniel 7:27:28)

[45] Judaism is a communal and family oriented religion. A single Jewish person who is alone should follow this axiom always since s/he does not have the support of a group for encouragement.

[46] Midrash Rabbah Genesis, Ch. 33. Noach .

[47] Mishnah Avot, Pinchas Kehati, Department for Torah Education and Culture in the Diaspora, Jerusalem, Page 130.

[48] Path of the Just, Shraga Silverstein translation.

[49] Encyclopedia of Judaism, Rabbeinu Bachaya, page 274.

[50] Meditation and the Bible, Aryeh Kaplan, page 30.

[51] Torah mystical study is a means to glimpse this light while still in this world.

[52] Psalm 73:28.

[53] Psalm 27:4.

[54] In this area divination is particularly useful for getting true feedback on one's behavior.

[55] Psalm 34:15.

[56] Pesach 4a.

[57] Proverbs 6:10.

[58] Ta'an 11a

[59] M'silat Ysharim, ch. 13.

[60] Perkei Avot 6:6, Quoted in M'silat Ysharim 19.

[61] Ibid 2.12.

[62] Yoma 86a

[63] M'silat Ysharim 22, Mordecai Kaplan trans. page 129.

[64] Ibid

[65] The Knowing Heart, Moshe Chayim Luzzatto, trans. Shraga Silverstein, pp. 199-201.

[66] Likutey Moharan #4:3,4 page 123.

[67] Ezekiel.

[68] Likutey Moharan #4 note 1, page 115.

[69] Likutey Moharan #4 note 38, page 129 states:

That is: When my bones say their confession...then Malkhut is rectified. The commentaries point out that atzmtay (mybones) can also be understood as my self, referring to one's atzem (essence). All my bones thus implies all of a person's inner thoughts and deeds (radak, loc. Cit.).

[70] Likutey Moharan #4:5, page 129.

[71] Ka R. 3:1. The Book of Legends Page 345.

- [72] B. Yev 102b.
- [73] Nati Elon lives in Caesaria, Israel. I see within him the spark of moshiach.
- [74] The Palm Tree of Devorah Tomer Devorah, Moshe Cordovero, trans. Rabbi Moshe Miller, Targum Press, page 48.
- [75] The Palm Tree of Devorah, Moshe Cordovero, Targum Press, Chapter 4, page 78.
- [76] Ibid, page 118.
- [77] Ibid, pp. 78-82.
- [78] The Palm Tree of Devorah, Moshe Cordovero, Targum Press, Chapter 5, page 84.
- [79] Ibid, page 86.
- [80] Tikkunim.
- [81] IMHO this applies to a man before marriage. Hazal teach that one should remove himself to a place of Torah learning. This is to teach to travel to live where there are more Jews involved in Torah.
- [82] Gates of Repentance, Rabbeinu Yonah of Gerona, Feldheim, page 39.
- [83] The Kabbalah Unveiled, The Book of Concealed Mystery, pages 67-69.
- [84] In fact I am writing this text on Rosh Hodesh Adar Sheni which is also the Hebrew day of my birth.
- [85] The Kabbalah Unveiled, The Idra Rabba Kaddisha, the Great Sanctified Idra, page 134.
- [86] ibid. page 69.
- [87] The Palm Tree of Devorah, Chapter 1.
- [88] Art Scroll Siddur, page 771.
- [89] The horn is the shofar calling our soul back to Hashem in the trembling that proceeds a complete tshuvah or return. The beast is the yetzer hara or evil inclination which is separated from our soul and slain by Hashem.

IV. Character

In order to experience a close relationship to Hashem, one must work on character and attitude. Giving tzedakah - charity is the key to obtaining these qualities. Charity is not just in money or even gifts, but it is expressed in the way we speak to every person in need. Doing Hesed, practicing random acts of love and kindness^[90], is another way to improve midos. Nevertheless, we must also take care of ourselves.

*If I am not for myself, who am I
If I am only for myself, what am I
If not now, when.
(Perkei Avos)*

Having a positive view of others and the world improves others and the world. **The way one looks at the world is the kind of world he shall have.** ^[91]

A. Envy

***When I came and told thereof to R. Akiba he said:
Henceforth it is forbidden to speak of them in dispraise
Referring to this Ben Azzai said:
By your name you will be called, to your place you will be restored
and from what belongs to you will you be given.
No man can touch what is prepared for his fellow and
One kingdom does not interfere with the other even to the extent of one hair's breadth
(Yoma 38b)***

Hashem ordains the reward that each person receives in this world. To envy there is no purpose. Often, the lack of a powerful position in society is a blessing, leaving one more time for Torah learning and developing true wisdom.

B. Chesed

Chesed is overflowing with good deeds for others. Abraham epitomizes this quality with his open tent policy towards strangers. The essence of chesed is to be aware of people, animal, and plant needs around and to perform a good deed when the opportunity arises. This should be done swiftly as if one is pursuing the glory of heaven.

Practice random acts of kindness and senseless acts of beauty

The Alter of Slobodka, Rav Nosson Zvi Finkel said:

***All human beings are precious, for they contain the image of G-d.
Man is therefore obligated to honor his fellowman and shower him with chesed
for by so doing he is honoring G-d. He must be careful not to embarrass or
abuse another person, for by so doing he is slighting G-d.*** [\[92\]](#)

C. Charity

The Orchos Tzaddikim discusses the ways of giving charity. To give with a smile or to purchase what a person needs in advance is charity with loving kindness, tzedakah with hesed. Giving frequently to those in particular need is greater than a single large gift. One should be prepared to recognize and execute on the opportunity of tzedakah. This is an aspect of zealousness according to the Mishnat Ysharim. Giving in secret is greater with one's neighbor so that no one feels embarrassed by having their need recognized.

I have a friend who taught me the meaning of charity. She prepares for meeting those in need by purchasing food certificates in advance to give to the homeless. When seeing someone in need, she would stop to talk with the person to see what she wants, whether she is hungry. She would take her time talking to the person showing chesed, [\[93\]](#) while others find themselves simply giving charity.

The rewards for charity are enumerated in the Talmud and Bible:

twkrb hrcu-tjab]rbtm \yrbdb wsyphmw ,twkrb ccb]rbtm ynul hfwrp }twnh
The giver of a coin to the poor is blessed with six blessings,

one who consoles him with words with eleven blessings. [\[94\]](#)
(Bava Batra 9b)

ISA 58:7 Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? When thou seest the naked, that thou cover him; and that thou hide not thyself from thine own flesh?

ISA 58:8 Then shall thy light break forth as the morning, and thine health shall spring forth speedily: and thy righteousness shall go before thee; the glory of the LORD shall be thy reward.

ISA 58:9 Then shalt thou call, and the LORD shall answer; thou shalt cry, and he shall say, Here I am. If thou take away from the midst of thee the yoke, the putting forth of the finger, and speaking vanity;

The rewards for charity in money are:

1. Shining light from ones own soul
2. Health
3. Righteous behavior will be easier.
4. Awareness of the glory of G-d.
5. Requests answered from G-d.
6. Cries heard and response from G-d.

ISA 58:10 And if thou draw out thy soul to the hungry, and satisfy the afflicted soul; then shall thy light rise in obscurity, and thy darkness be as the noonday:

ISA 58:11 And the LORD shall guide thee continually, and satisfy thy soul in drought, and make fat thy bones: and thou shalt be like a watered garden, and like a spring of water, whose waters fail not.

ISA 58:12 And they that shall be of thee shall build the old waste places: thou shalt raise up the foundations of many generations; and thou shalt be called, The repairer of the breach, The restorer of paths to dwell in.

The rewards for consoling another with words are:

1. A personal radiant light
2. Darkness removed from ones soul
3. Guidance from G-d.
4. Quenching the thirst of the soul.
5. Fattening the bones, which purges the sin that weakens the bones.
6. Beautiful growth
7. An endless source of inspiration for others
8. Children who will rebuild downtrodden places.
9. Children who will build up later generations in wisdom.
10. Become known as one that repairs the divisions of the world.
11. Restore paths to dwell in.

The paths to dwell in are the ways of Torah. Restoration of the paths is necessary when the people around are devoid of spiritual interests.

The Shabbat is likened to charity:

\yynul hqdx tbc b cmc
Sunshine on Shabbas is charity to the poor/homeless.

When the Sun shines brightly on Shabbat, the pauper is spared appearing in the street in his tattered overcoat. The sun on Shabbat is thus a kindness/charity for him. [\[95\]](#)

ISA 58:13 If thou turn away thy foot from the sabbath, from doing thy pleasure on my holy day; and call the sabbath a delight, the holy of the LORD, honourable; and shalt honour him, not doing thine own ways, nor finding thine own pleasure, nor speaking thine own words:

ISA 58:14 Then shalt thou delight thyself in the LORD; and I will cause thee to ride upon the high places of the earth, and feed thee with the heritage of Jacob thy father: for the mouth of the LORD hath spoken it.

The rewards for Shabbat described here are three:

1. Delight in G-d.
2. Walk upon the high places of the world, i.e. mountainous splendor or spiritual heights.
3. Receive the nourishment of the true life of Jacob, i.e. good children and family.

D. Joy

yy ynpl \tjmcw
And you shall rejoice before the Lord
(Deuteronomy 12:12)

The word sameach - jmc means happiness or joy. The root sahm - \c means put, suggesting that one must place joy in one's heart always. Joy brings love and closeness to G-d. [\[96\]](#)

The Orchos Tzaddikim writes that one should wake up each day amazed with the world around. To see the Sun move across the sky in its course, and the plants around growing, the stars above shining in their constellations, and the planets advancing according to their course brings one to an amazement with G-d's creation. If we wake up each day and remind ourselves of how precious the world is our joy with life will always grow and give us happiness.

hbwfl wz \g
This, too, is for the good
(Ta'anis 21a - Nachum Ish Gamzu)

dbu bfl anmj r dbud hm lk
All that the Merciful One does is for the good
(Berachos 60b)

E. Anger

Jacob had prophesied, I will divide them in Yaakov, and disperse them in Israel because of their anger and excessive punishment of the people of Shechem.^[97] Levi was scattered throughout Israel in the Cities of Refuge. Though they were selected to be priestly servants, they were humbled by their dependence on charity, by the difficulties of those they would dwell amongst in these cities, and finally the distances between their families throughout the land. Similarly, Shimon was allocated a portion of land in the midst of Judah. In the end, they were forced to give up their land as Judah's numbers expanded and they became teachers of children and poor wanderers.^[98] Nevertheless, the teaching of children helped them develop self-control. This is always the way of Hashem and we must always learn to see the gift and lesson in any suffering.^[99]

The time to avoid anger is before it begins. The intellect should prevent this emotion from arising. There are three periods in anger:

- Before it begins. One should be aware of controlling anger at this point even before the emotion is even felt.
- After the emotion is felt but before one speaks or acts. This moment is likely to be too late.
- After one has already spoken or acted in anger. The damage has already been done, but one can still try to repair this damage.

According to Love the Neighbor ^[100] there are three stages to anger:

- the cause
- one's interpretation of the cause
- one's reaction

The key to avoiding anger is to change one's interpretation of the cause. For example, one should not assume that an insult is directed towards them, but merely reflects that the other person is having a difficult day and perhaps has other problems on his mind. Fasting is a tikkun for anger. Fasting brings one back to return and repent.

We are taught from the Ways of the Tzaddik :

Because Moshe our teacher, may peace be upon him, said to the children of Reuven and Gad (Numbers 32:14): You are a brood of sinful men, his descendant became a priest of idols even though he was angry for the sake of Heaven. All of man's actions require the proper measure. He must deliberate how to perform the mitzvos, both when angry and when in good spirits.

...

Know that the ripeness of a man's intellect is the governing of his anger, as it is written (Proverbs 19:11): A man's intellect is the withholding of his anger. ^[101]

The following story describes the challenges of dealing with some people.^[102]

I was told this story by my father who was told it by his father and is probably told by others as well. There was a Rabbi who was giving a lecture one Shabbas. In the audience there was a person who interrupted the Rabbi and said, That is not correct. Others in the group were aghast and wanted to ask

him to leave, but the Rabbi said it was OK, thought briefly, and then corrected himself continuing. Again this person spoke up and again the Rabbi corrected what he was saying. This went on for a period of a half an hour when finally the Rabbi asked someone to remove him from the audience.

Afterwards the Rabbi was praying and felt that G-d was dissatisfied with his behavior. He remarked to himself that he had been through 15 interruptions from this person in 30 minutes and had been patient. Nevertheless, he heard G-d saying, I am disappointed in you. I've been putting up with this person for 50 years and you couldn't put up with him for just one Shabbas.

F. Taunting, insulting, misleading slander

Do not taunt your neighbor.

This means that you must neither do nor say to him that which might shame him, though there be no one else present.

(Mishal Yesharim 11) [\[103\]](#)

G. Greeting Others

I was always first to greet another, both Jew and non-Jew. Yoachanan Ben Zakkai

This will bring one to a greater concern about the welfare of his neighbor. A person should accustom oneself to seeing his neighbor and greeting him. Often people feel too shy and insecure to greet others. This is a lacking of self-esteem. They should give more charity, do more Hesed, and then they will come to greet their neighbor and learn from their teachers with greater enthusiasm.

H. Honor

One should not seek after higher positions for honor. The avoidance of honor permits one to grow into a better person. If one is asked to take a higher position with an increased service, one should consider acceptance with the thought of being a good person always in the back of one's mind. Mishal Yesharim has the following to say on the subject: [\[104\]](#)

Jeroboam, the son of Nebat, forfeited his share in the world to come only because he coveted honor. The Holy One, blessed be He, said to him, Repent thee, and I, thou, and the son of Jesse will stroll together in the Garden of Eden. Who will go first? asked Jeroboam. The son of Jesse, answered the Holy One, blessed be He. If so, I will not repent (Sanhedren 102a)

This teaches not to be jealous and seek after another's position of honor.

What caused the destruction of Korah and his whole company if not the lust for honor, as we may infer from the fact that Moses said to them, And seek ye also priesthood? [\[105\]](#) (Num. 16.10). And our Sages tell us that Korah rebelled because Elzaphan, the son of Uziel, had been made prince, an appointment which he had coveted for himself (Num. R. 18.2).

This teaches us to recognize the honor that G-d has already granted us and be satisfied. Honor is like the

lust for money which can never be quenched.

What, if not the craving for honor, drove Saul to persecute David? We read, And the women sang one to another in their play, and said, Saul hath slain his thousands and David his ten thousands.

One cannot be a hold fast king, but one must always relinquish and let the superior of the next generation rise to leadership and honor.

I. Forgiveness

To forgive is to behave in the image of G-d. [\[106\]](#) There is a teaching from Talmud Tractate Rosh Hashanah that if one forgives slights or insults done to him, he will be forgiven of sins. This forgiveness is out of the side of divine justice since one is forgiven in kind for forgiving others. Forgiveness also dissolves anger, which opens a gateway to mercy.

On Yom Kippur 5757, I became irritated by the behavior of children whose parents brought them to services and were not reproving them on the proper way to behave in the sanctuary. However, as I thought about my anger, I wondered how possibly Hashem could forgive me for my bad behavior throughout the year. The answer appeared in the prayer book.

}wnjw \wj r htaw \ynp yzu wna
 \ypa]ra htaw [ru ycq wna
 \ymjr alm htaw }wu yalm wna
 rbwu lxx wnymy wna
 wmt y al]ytwnw aw h htaw

*We are hard faced, but You are merciful and compassionate;
 We are stiff necked, but You are long in patience (long faced awaiting our return).
 We are full of sin, but You are full of mercy
 As for us, our days are a passing shadow; but your years are never ending.
 (Yom Kippur liturgy [\[107\]](#))*

I exclaimed, How can we be so bad when you are so good! At that moment, I chose to forgive these children in my mind. I then turned to Hashem and I said, If I could forgive these children, and your mercy is so much greater than mine, surely you can see to forgive us all in the year to come.

J. Conversations

1. Calming a person down

Listening to negative opinions about another is a mitzvah when the person is angry or upset and one knows that by listening the speaker will feel better and will no longer feel the need to state negative opinions about the target person. Nevertheless, one must be sure not to believe what one has heard. [\[108\]](#) This is the mitzvah of calming a person down.

2. Showing respect to everyone

There is a mitzvah to show respect for everyone.^[109] One should try to avoid ending a conversation first with another if the other person wishes to continue talking and there isn't improper speech. In this way, one shows respect for the other person. One is commanded to spend time with one's spouse. This means that it is a mitzvah to listen to her until she completes what she needs to say.

3. True Speech

Rabbi Nachman concisely sums up the subject:^[110]

1. Not all words are considered speech. Words not heard or accepted are not called speech, as in (Psalms 19:4), There is no speech and no words without their voice being heard. Now the main reason words are accepted has to do with the good they contain, because everyone desires good. Therefore, when the words contain good, then speech is heard and accepted; but when the words have no good in them, they are not accepted. How do we create the good in the words? This is done by taking speech from daat (holy knowledge), then it will have good in it; but when speech is without daat, then it has no good, as in (Proverbs 19:2), Also, for the soul to be without knowledge is not good. The soul is speech, as it is written (Genesis 2:7), Man became a living soul, the Aramaic translation of which is a speaking spirit.

2. Now, raising and enhancing daat is accomplished through praise of the tzaddikim. By praising and extolling the tzaddikim, daat is elevated, corresponding to (Deuteronomy 32:11), Like a nesher (eagle) arousing its kein (nest). Nishra is the spirit, the concept of tzaddik,...

Footnote 8: praising...the tzaddikim, daat is elevated By mentioning the praise and glory of the tzaddikim, a person invokes their merit and spiritual power. His daat is thereby elevated, so that his speech now drawn from enhanced daat contains the quality of good. His words are thus heard and accepted (Parparaot LeChokhmah). The Be Ibey HaNachal explains that drawing speech from enhanced daat entails drawing close to the tzaddikim. By being close to them and personally witnessing their greatness, a person is consistently moved to praise the tzaddikim. ^[111]

From other of Rebbe Nachman's teachings it becomes clear that the quality of good in one's speech can also be achieved by finding good in others and praising them. As Rebbe Nachman emphasized, all Jews are called tzaddikim.^[112] (Rabbi Nachman of Breslov)

K. Quarrels

1. A Woman's Nature

A woman's nature is to plan. This is her Binah Yeserah (extra insight). Sometimes this can be disturbing to a man who has many things on his mind at once and does not want to be burdened with an extra plan. Nevertheless, he should realize that for the woman it is the plan itself that is important and not its contents. If the day should arrive and circumstances necessitate changes, these are acceptable to the woman if she sees that the man values her, her plans, and her needs.

2. A World Full of Strife

By lessening quarrels in our own families, we improve our community and we improve the world. The microcosm of our life affects the macrocosm of the world and living a Torah life improves the entire

world. As Rabbi Nachman teaches: [\[113\]](#)

The world is full of strife. There are wars between the great world powers. There are conflicts within different localities. There are feuds among families. There is discord between neighbors. There is friction within a household, between man and wife, between parents and children.

Life is short. People die every day. The day that has passed will never return, and death comes closer every day. But people still fight and never once remember their goal in life.

All strife is identical. The friction within a family is a counterpart of the wars between nations. Each person in a household is the counterpart of a world power, and their quarrels are the wars between those powers. The traits of each nation are also reflected in these individuals. Some nations are known for anger, others for bloodthirstiness. Each one has its particular trait. The counterparts of these traits are found in each household.

You may wish to live in peace. You have no desire for strife. Still you are forced into dispute and conflict. Nations are the same. A nation may desire peace and make many concessions to achieve it. But no matter how much it tries to remain neutral, it can still be caught up in war. Two opposing sides can demand its allegiance until it is drawn into war against its will. The same is true in a household.

Man is a miniature world. His essence contains the world and everything in it. A man and his family contain the nations of the world, including all their battles.

A man living alone can become insane. Within him are all the warring nations. His personality is that of the victorious nation. Each time a different nation is victorious, he must change completely, and this can drive him insane. He is alone and cannot express the war within him. But when one lives with others, these battles are expressed toward his family and friends.

There may be strife in the household of a tzaddik. This too is a war between nations. It is also the war between the twelve tribes, such as between Ephraim and Judah. When the messiah comes all wars will be abolished. The world will have eternal peace, as it is written (Isaiah 11:9) They will neither hurt nor destroy ... [\[114\]](#) (Rabbi Nachman of Breslov)

L. Fear

Apathy comes from depression. Apathy lessens the fear of G-d. What is the way out of apathy? We must focus on the fact that even Fear fears G-d as Rabbi Nachman teaches, -The quality of fear itself fears G-d. [\[115\]](#)

The baal tshuvah seeks closeness to G-d by soaring above apathy, above fear, above love, to a place that only his soul can fathom. What is this place? It is none other than Awe before the Presence of G-d. Kirkegaard spoke of this awe and is quoted on this subject in Abraham Joshua Heschel's, *A Passion For Truth*. [\[116\]](#) Rudolf Otto also spent many years traveling and researching the universality of the subject recording his ideas in *The Idea of the Holy*. In apprehending the numinous as Otto referred to G-d:

We are dealing with something for which there is only one appropriate expression, *mysterium tremendum*. . . . The feeling of it may at times come sweeping like a gentle tide pervading the mind with

a tranquil mood of deepest worship. It may pass over into a more set and lasting attitude of the soul, continuing, as it were, thrillingly vibrant and resonant, until at last it dies away and the soul resumes its "profane," non-religious mood of everyday experience. . . . It has its crude, barbaric antecedents and early manifestations, and again it may be developed into something beautiful and pure and glorious. It may become the hushed, trembling, and speechless humility of the creature in the presence of--whom or what? In the presence of that which is a Mystery inexpressible and above all creatures.

The Encyclopedia Britannica comments on this:

This content presents itself under two aspects: (1) that of "daunting awfulness and majesty," and (2) "as something uniquely attractive and fascinating." From the former comes the sense of the uncanny, of divine wrath and judgment; from the latter, the reassuring and heightening experiences of grace and divine love. This dual impact of awesome mystery and fascination was Otto's characteristic way of expressing man's encounter with the holy.

The fear and trembling which accompanies the Baal Tshuvah is awe. This is the quality of the fear itself that fears G-d.

M. Judging People

We must strive to judge others favorably. [\[117\]](#) One who judges others on the scale of merit will be judged by the Almighty on the scale of merit. [\[118\]](#) In righteousness shall you judge your neighbor. [\[119\]](#)

N. Observing Principles Consistently

Observing ones beliefs consistently is the trait of hasidut. This is item seven from M silat Yesharim. There it is translated as saintliness or piety. Project Genesis in the explanation below shows how this trait is representative of Avraham but not of Lot.

Volume VI, Number 6 - Vayeira - Genesis 18:1 - 22:24

When a person adopts a set of principles and sticks by them, then other people will respect and honor him or her for adhering to them. People will, however grudgingly, understand that those principles guide the individual to behave in a certain way. But if a person is careless with his or her principles, then if one day he or she chooses to observe them in a difficult situation, people will not say that this is a moral choice -- they might rather assume the worst!

"Let some water be brought, and wash your feet, and relax under the tree."
[18:4]

We see that Avraham wanted his visitors to wash their feet immediately, before entering his house. Rashi explains that Avraham thought that the three angels, who appeared to be ordinary men, were idolaters from the region who worshipped the dust of their feet. He was therefore careful to ensure that they did not bring the objects of their idolatry into his home. Rashi goes on to say that Avraham's nephew Lot was not careful about this,

and therefore he brought two of these same guests into his home before having them wash their feet.

If we look, however, at the verse later where Lot brings in the guests [19:2], Rashi provides a very different explanation. Although Avraham was extremely careful that they do so, it is, of course, quite normal for people to wipe the dust off their feet before going into someone's home. So why, then, did Lot deviate from this norm? The answer is that the evil people of S'dom did not allow people to shelter guests, leaving the guests to sleep outside where the residents could rob them at will. Rashi tells us that Lot was therefore concerned that if he would bring the guests in with their feet already clean, the people of the city would accuse him of having sheltered guests for several days. By having them go into his house with the dust still on their feet, anyone would see that these people had just come from the desert.

The Avnei Azel says that there is no contradiction between the two explanations offered by Rashi. When discussing the verse regarding Avraham, Rashi accentuates the difference between Avraham and Lot, but both reasons are correct -- the first is a prerequisite for the second.

Had Lot been careful to keep any possible idolatry out of his home, then he would have been obligated to think only about that, and not to worry about what the people of S'dom might think. A person is supposed to be willing to give up his life in order not to worship idols, and the Avnei Azel says that were Lot careful about objects of idolatry, he should have been willing to risk his life to keep them out of his home. Therefore we first need to know that Lot was not concerned about this, before understanding why he brought in his guests in a way which was unusual in any case.

The Avnei Azel goes on to point out that one could also say as follows: that had the people of S'dom known that Lot, like his uncle Avraham, was concerned about the prohibition of idolatry, then they would have concluded that this was the reason the people were entering his house with clean feet, rather than accusing Lot of sheltering guests for several days without telling them. Given that Lot was worried about this accusation, it is clear that the people of S'dom already recognized him as someone who had never been careful about this at all.

Good Shabbos,

Rabbi Yaakov Menken

Project Genesis
<http://www.torah.org/>

O. Truth

One's relationship with the Shechinah is from emet - truth. A woman's relationship with Kingship is dependent on emunah - faith. The relationship between lovers reflects this relationship on high. A man must speak truthfully on all his concerns to find the attribute of truth and union with his wife. A woman must have faith in G-d to develop faith in her husband.

***See the work of Elohim for Who will be able to fix
that which he has made crooked.
(Ecclesiastes 7:13)***

The paradox of G-d is that while there is free will Hashem is omniscient. Most understand the gift of free will and its essential role in our improvement. Nevertheless, Hashem's omniscience is also a gift. From omniscience, we know that the path Hashem has let us travel was done with his knowledge from beginning to end and that it is for the good. As a friend has told me, there is nothing bad that happens, but only sad. [\[120\]](#) I will add that even the sad is for the good and that the vitality of life overcomes sadness and the song of love transcends all.

P. Humility

One must obtain the level of humility before being able to experience authentic kabbalah. And what is humility? This is none other than to be stoic, to be indifferent to one who complements as one who insults. [\[121\]](#)

Q. Consideration

Consideration is to accommodate others without them asking. For example if one is in a standing group talking and someone there has a cast on his ankle, then it is considerate to suggest that the group move to a table to sit to continue their conversation. [\[122\]](#) To do so without revealing that it is on behalf of anyone in particular is an even a finer level of consideration. Consideration without expecting anyone to notice or to become aware is a mitzvah par excellence.

[\[90\]](#) Sept. 6, 1996. At a visit to a diner, I noticed a homeless person who had come in off the street and was sitting at the counter near me. He ordered a hamburger making sure the waitress understood that he did not want any condiments. When he received his bill, I saw him check the price right away. As I was leaving I debated offering him money to pay for his lunch considering that he might be embarrassed. Then I placed myself in his position. Some rabbis would travel incognito as beggars to understand the plight of others better. I recalled my backpack trips through Europe where I would stop at a diner for rest as well as food. I paid the man's lunch and he was grateful.

[\[91\]](#) Lessons from our Teeth, Moshe Goldberger, Staten Island, NY, quoting Rav Avigdor Miller, p. 26.

[\[92\]](#) Sparks of Mussar, page 153.

[\[93\]](#) Kindness.

[\[94\]](#) Likutey Moharan, Volume IV, #31:1, page 331. Rabbi Nachman teaches that these blessings complete to seven for the seven planets and twelve for the twelve constellations when the reward of observing the Shabbas is added to both which overcomes them and hence charity saves from death. For example, Abraham's mazel was changed through charity so that he was permitted to have children.

[\[95\]](#) Rabbi Zvi Aryeh Rosenfeld, quoted in Likutey Moharan, Vol. IV, #31:2, note 15, page 333.

[\[96\]](#) Growth Through Torah, Pliskin, Portion Reah, subject Joy.

- [97] Genesis 49:7 as brought forth by Rabbi Mordechai Katz, Joshua, page 157.
- [98] Rashi, Parshas Vayechi as brought forth by Rabbi Mordechai Katz, Joshua, page 158.
- [99] It s all a GIFT, Miriam Adahan.
- [100] Pliskin. Eliahu Lopin discusses this in Lev Eliahu as well.
- [101] Orchos Tzaddikim, pages 246-247.
- [102] Paraphrased from Rabbi Doctor Joseph H. Gelberman, Kabbalah Instruction, San Francisco Yoga Center, 5/28/1997.
- [103] M silat Yeshtarim, Moshe Hayyim Luzzatto, translated by Mordechai Kaplan trans. Page 87.
- [104] M silat Yeshtarim, Moshe Hayyim Luzzatto, Chapter 11, Mordechai Kaplan trans. Page 113.
- [105] Korah who was a Levite already had the privilege of ministering in all of G-d s services.
- [106] See index entry image of G-d for cross references.
- [107] Day of Atonement, Hebrew Publishing Company, page 93.
- [108] Chofetz Chaim, Guard Your Tongue, Ch. 6:9 - Calming down the speaker, page 87.
- [109] The Jewish Marriage, Rabbi Tsvi Dov Travis, page 206.
- [110] Likutey Moharan Vol. IV # 29:1,2 pp. 203-205
- [111] Ibid
- [112] Ibid
- [113] Gems of Rabbi Nachman, Rabbi Aryeh Kaplan, pages 66- 68.
- [114] Ibid
- [115] Likutey Moharan #148, Rabbi Nachman of Breslov, Volume 10, page 215.
- [116] A Passion For Truth, Abraham Joshua Heschel.
- [117] Orchos Tzaddikim, Feldheim, page 453.
- [118] Shabbas 127b
- [119] Vayikra 19:15
- [120] David Lewis quoting Mannis Friedman, April 28, 2001
- [121] Rabbi Isaac of Acco, Meir Eynayim Light of the Eyes, Meditation and Kabbalah, page 143.
- [122] Claudette Howerton made this suggestion August 8th, 1999 to the group on behalf of Lee while not inferring it be for any particular person. This was at Ira s yearly summer get together in the San Jose foothills at 4111 Higuerra.

V. Cycles of Time

A. Dimensions [TABLE]

The Hagim - \ygj - Holidays sanctify time in our world. Judaism emphasizes the sanctity of time over space. In the Tree of Life, time is denoted by the transition from Hochmah to Binah, past conscious to future conscious. Space is denoted by the six directions from Hesed to Yesod. The moral dimension is from Keter to Malchuts.

Table 7: Jewish Dimensions

Sefira	Sefira Meaning	Dimension
Keter	Crown	Goodness - spiritual
Hochmah	Wisdom	Past - unified consciousness
Binah	Understanding	Future - analytical consciousness
Hesed	Kindness	South
Gevurah	Severity	North
Tiferet	Beauty	East
Netzah	Victory	Up
Hod	Thankfulness	Down
Yesod	Foundation	West
Malchut	Kingdom	Baseness - physical

B. Months [TABLE]

The constellations were created with the 12 elemental letters in their respective order [\[123\]](#).

Table 8: Months

Months	Hebrew Letter	Constellation	Holidays	House
Nissan - }syn ~ April	heh - h	Aries the Ram T leh - hlf	Pesach	Growth
Iyar - ryya ~ May	vav - w	Taurus the Bull Shor - rwc	Israel Independence	Possessions
Sivan - }wys ~ June	zayin - z	Gemini the Twins Teumim - \ymwat	Shavuot	Attraction
Tamuz - zwmt ~ July	het - j	Cancer the Crab Sartan - }frs	3 Mourning Weeks	Ancestors
Av - ba ~ August	tet - f	Leo the Lion Ari - hyra	Tish B Av	Descendants
Elul - lwla ~ September	yod - y	Virgo the Virgin Betulah - hlwtb	Selichos	Healing
Tishrei - yret ~ October	lamed - l	Libra the Scales Maznayim - \ynzam	Rosh Hashanah Yom Kippur Succoth	Coition
Cheshvan - }wcj ~ November	nun - n	Scorpio the Scorpion אַיִן אֵי		Death

		Akrav - brqu		
Kislev - wlsk ~ December	samech - s	Sagittarius the Archer Keshet - tcq	Hanukah	Travel
Tevet - tbf ~ January	ayin - u	Capricorn the Kid Gedi - ydg	Tenth of Tevet	Government
Shevat - fbc ~ February	tzadi - x	Aquarius the Water Drawer Deli - yld	New Year of Trees	Friends
Adar - rda ~ March	koof - q	Pisces the Fish Dagin - \ygd	Purim	Enemies

The Sefer Yetzirah describes the ruling personal qualities of the constellations. These however also correspond to the particularly trait in each sign that must be expressed regularly for this sign to feel a sense of joy and balance. [\[124\]](#) Of course in each of us there is a touch of each element below that must be satisfied. Nevertheless, the Sun sign does indicate the primary source of psychological balance for each sign. With the Hebrew letters Hashem endowed the heavens and identified qualities in people. When the twain meet there is a joyful bliss and complete harmony.

Table 9: Achieving Psychological Balance According to the Constellations

Constellation	Quality	The Key to Balance For This Sign
Aries The Ram T leh - hlf	speech	Aries achieves joy and balance by speaking a lot.
Taurus the Bull Shor - rwc	thought	Taurus achieves joy and balance by active thought.
Gemini the Twins Teumim - \ymwat	motion	Gemini achieves joy and balance by motion. This includes active sports or physical work.
Cancer the Crab Sartan - }frs	sight	Cancer achieves joy and balance by pleasant sights. This includes living in a well decorated house and seeing beautiful sights.
Leo the Lion Ari - hyra	hearing	Leo achieves joy and balance by hearing performances. This includes attending shows and musicals.
Virgo the Virgin Betulah - hlwtb	action	Virgo achieves joy and balance by action. This includes activities on a chore list.
Libra the Scales Maznayim - \ynzam	coition	Libra achieves a balanced state of mind through coition.
Scorpio the Scorpion	smell	Scorpio acquires a balanced state of mind through smell. This may be the smell of flowers, nature, or

the Scorpion Akav - brqu		smell. This may be the smell of flowers, nature, or love.
Sagittarius the Archer Keshet - tcq	sleep	Sagittarius achieves a balanced state of mind by extra sleep.
Capricorn the Kid Gedi - ydg	anger	Capricorn achieves a balanced state of mind by expressing anger occasionally.
Aquarius the Water Drawer Deli - yld	taste	Aquarius achieves a balanced state of mind by tasting good foods. This includes cooking classes, eating out, and preparing tasteful meals.
Pisces the Fish Dagin - \ygd	laughter	Pisces achieves a balanced state of mind through laughter. This includes being with a group of friends regularly.

1. Nissan

And you shall count this as your first month, for I took you at of Egypt at this time. The letter h - heh denotes holiness since the letter occurs twice in the name of G-d representing both the attribute of Binah and Malchuts. The relationship here is G-d like a mother to her daughter Israel. There is a lot of conversation and differences of opinion but the two love each other and support each other through the trials of Egypt.

Make amends, repair our fences, we want moshiach now. The Baal Shem Tov called the last day of Pesach Moshiach Seudah. The Today is the Day or in Hebrew the Hayom Yom comments that the previous Chabad Rebbe made a meal and there were 310 students and 18 tables. The 310 students represent the 310 storehouses saved up for the righteous in the world to come and the 18 tables represent eternal life.

2. Iyar

The State of Israel is a Taurus! This has endowed the country with a green thumb. The state of Israel is also a place for hard work and productivity. Ironically, spirituality plays a secondary role to the physical sensations that pervade the land in this manifestation of its nationhood. Dance, song, agriculture, engineering, security, monetary success preoccupy the nation.

Nevertheless, the letter w - vav is also a letter in the name of G-d and represents the outstretched arm of G-d to all who call upon Him, to all who call upon Him sincerely. Six midos [character qualities] compose the w, i.e. kindness, judgment, beauty, eternity, thankfulness, and foundation. These are also the principle values of the nation of Israel.

3. Sivan

The holiday of Shavuot falls out here. The letter z - zayin - 7 denotes the Shabbas or day of rest as Shavuot represents an end to the planting season and a resting period after 7 weeks.

4. Tamuz

July is represented by the letter j - het, which denotes a fence or limitation. The period, Between the Fences, refers to the three weeks before Tish B'Av. At the end of the Second Temple, these three weeks contained an inordinate amount of defeats during the siege of Jerusalem. The fences limited the area of operation necessary to properly defend the Holy Temple.

All her pursuers caught her between fences. (Eichah 1 - Lamentations 1)

5. Av

The letter f - tet denotes the serpent or adversary who punishes the Jewish people. On Yom Kippur, a goat was sent away to Azazel. Rabbi Nachman explains the meaning of this. This is like a bone thrown into the mouth of the great goat to quiet him while the Jewish people repent. For 364 days a year the accuser presents himself before the Almighty, but on Yom Kippur we are spared his accusations. This also relates to a Pidyon which is an amount of money paid to redeem a person. The Pidyon is given to silence the adversary.

The name Azazel - l'azuzu has gematria 115 which is also qoof, yod, heh. The name Azazel contains ayin, zayin, aleph, zayin, lamed. The aleph represents the name of G-d which stands in the middle of the name. This name represents the dismissal of sin. The sin of the Jewish people is dismissed in the wilderness, the place of Azazel. What is in the wilderness? Is it not the 248 positive commandments of the Jewish people that we learned in our wanderings. BaMidbar is bet, mem, dalet, bet, resh which is 248. There is a force in the wilderness, and its name is Azazel and it is a servant of Hashem. Its function is to dismiss sin from the Jewish people. This is done by a goat wandering into the wilderness. How can we understand this. There is a teaching that a blessing needs something to rest on. When we recite the Birkat Hamazon, we should do so at a table for a blessing needs an object to rest upon. When the Jewish people in the wilderness sought a removal of their sins the Cohen rested his hands upon the goal such that their request would have something to rest on. Why a goat? So that it may wander away into the wilderness. In the wilderness the sins are devoured and removed by the force of Azazel. The goat is also more able to carry sins than a lamb or another animal. The intention is not that the goat die but that it wander into the wilderness and not return. With the shitafof (flash floods of winter) the land is washed clean and renewed. The sins that the goat carries will also be devoured.

Rosh Hodesh Av - The new month of Av

Rosh Hodesh Av is Ta'anis Tzaddikim - a fast day for very pious people since Aaron died on this day. During the first 9 days of Av, we refrain from rejoicing and actions that may lead to rejoicing. We avoid planting of trees, home improvement, purchasing of new clothes, sewing, haircuts, and washing clothes. These pleasures are avoided at of memory for the temple that was destroyed on the 9th of Av.

Prayer on Rosh Hodesh Av - July 16, 1996 - 8 PM

One may pray for answers on how to deal with any problem. By making a hypnotic suggestion one can prepare for involuntary responses to answer the questions..

I davened at Am Echad alone as services were an hour earlier. I tested my answers with subconscious hypnotic responses, i.e. raising my right arm for truth, left arm for falsehood. At the end of the prayer, I asked for an answer that would help me improve my overall behavior.

I saw in a vision the image of Rav Lapin z"l, the former rabbi of the synagogue. He was looking at me and there was a young student before him. He was guiding the hand of the student over a sefer and then resting it upon the sefer. The message here was to learn the seforim like a young student. Let the

teachings become part of you. View the world with the unbiased view of a young student.

Today, I also received a Breslov tape that discussed the importance of the tallis. Every thread in the tallis bears the imprint of the one who wears it. Reb Nachman poured out tears with his prayers to Hashem and said that there was a tear for every thread in the tallis when he gave his away to a choice student.

I picked up Consulting the Wise and opened it to page 246 which had the following statement:

INTERVIEWER: What sefer would you recommend for someone who wants to improve his midos?

RABBI YECHEZKAIL LEVENSTEIN: Study the sefer Tomar Dvorah [Palm tree of D vorah]. Rabbi Simcha Zissel Ziv of Kelm said that studying it is conducive to self-improvement. The sefer describes the thirteen attributes of the Almighty and elaborates on ways to integrate them into one's own life. Be prepared to spend sufficient time on this project because it is not light reading. [\[125\]](#)

Tisha B Av - 9th of Av

Five things are prohibited:

- eating
- drinking
- washing
- wearing leather shoes
- cohabitation

It is also prohibited to greet one's friend or acquaintance and even to say, Good morning. However, one may respond to a greeting in a low tone in order to avoid resentment. Customarily we do not work for any length of time that may distract from the mourning.

After reading Eicha, Lamentations, we recite the following song:
Eli tzion vodecha, cmo isha btzarta.

Tish B Av - July 27, 1993 - 5 PM

The following meditation illustrates the positive effect fasting has on meditation. While fasting facilitates meditation by weakening the physical binds on the soul, lengthy fasts can also be dangerous and it is easier to lose consciousness as illustrated at the meditation's end.

I decided to do a meditation to keep my mind off of food. Quickly I rose to the level of Malchuts. I felt the whole floor elevated as I entered this level on my own! I then lifted myself to Yesod. All around were towering angels. With only the slightest touch Gavriel, Michael, Uriel, and Raphael descended to the four corners of my body. They lifted me as I looked upwards towards Tiferet like a spread sheet. A fifth angel joined by the name of Nuriel and Uriel took a center position under my body. We ascended above Tiferets and I felt as if I was floating in clouds and a blue sky.

As we rose higher, I thought about what I wanted to do. I wanted to know of the Messiah some more. I then saw one like the Son of Man coming down and there was a crown upon his head lowered quickly from above. I prostrated myself before him and he turned his head upward towards G-d saying,
Why do you prostrate before me, there is only G-d.

He lifted me up and we were the same height for he was a man not an angel. He told me to find the

answers, I should look into his eyes. The eyes were a swirling blue and green like water currents and I began to feel faint. I felt like I might lose consciousness if I gazed too long upon them. I opened my eyes and said I must eat. The experience was too dangerous.

Dove - 7/23/98

Tonight is Rosh Hodesh Av. Today was Erev Rosh Hodesh. In the morning, I cleaned my hand tefillin. I had a blowout on the way to work and replaced two tires and rear brakes. That evening after I came out of shul, I saw a white dove resting on my rear window windshield wiper. It was very much at peace. I saw how it would find peace by looking away from me. Only when a change was imminent would it look towards me, otherwise it would rest.

To be at rest, we must turn away from the turmoil around us and find inner tranquility. As I began to drive off the dove stayed on my car.

6. Elul

The time of the holidays is approaching. The letter y - yod for this month indicates that this is the time that the righteous return completely to G-d. The righteous ones make a complete Tshuvah on the first of Elul. The yod is the first letter of the name of G-d and represents beginnings like Rosh Hashanah. It symbolizes wisdom and the source of the 32 paths. Out of the yod comes the heh, which represents the 50 gates of understanding in the place of Binah. These 50 gates are the permutations taken two out at a time of the seven children of Binah plus one for the revelation of G-d.

7. Tishrei

The letter l - lamed denotes the new cycle of learning that begins with Simchas Torah at the end of the holiday [when we begin reading the Torah scroll from the beginning]. dml - Lomed is also the word for learning in Hebrew. Tishrei is a month to renew Jewish learning which helps us with Tshuvah, i.e. returning to G-d. In addition, the constellation of the month is Libra whose scales symbolize the ten-day judgment period from Rosh Hashanah to Yom Kippur. In Hebrew, the word for scales is moznaim.

Rosh Hashanah 5757 - September 14, 1996 - 11 AM

During the morning service, I was inclined to leave several times.^[126] During the Musaf (afternoon) service I had the following experience. I saw myself in a wedge of people advancing into the 1st and 2nd palaces of heaven. The palaces were like castles, the first a reflection of our own world; the second housing the activities of many angels. The 1st and 2nd palaces were chained together and were easy to pass through. Michael and Gabriel held the gates of each palace open to permit the throng to enter. I asked the angels to help me ascend a ladder in the throne room of the 2nd palace. The ladder was completely occupied on this high holiday with the souls of the righteous reaching into the heavens. The angels enabled me to rise beside the ladder upward through the channel of the eye of the cylindrical water fall. The ladder entered a chamber where a righteous one sat upon a throne. This was in the 3rd palace which parallels the sefira of Hesed. The hands of the being were beautiful reflecting deeds of kindness and compassion. He was blessing each person who had ascended the ladder with mercy. I moved beside the person in the front of the line and noticed his right hand in front of me. I was afraid to look at his face, but I had learned from past visions to defeat my fear and that this leads to the highest truth. I looked into his face. At first I saw the reflections of people I knew in the community such as the owner of the Kosher deli, the Rabbi, and other members of the temple, but then the face turned into a doorway. I willed myself into the face of the angel and entered a tunnel which alternated between black and white corridor sections. At the end of the tunnel were ornately carved doors which I could not open. I knew

these doors led to the 4th palace which would be the place of the sefira of Hochmah. I uttered in my mind the name of G-d associated with this sefira and the doors opened. I feared entering and then I saw the hand of a lady pass through the doorway towards me seeking my own. I took the hand and entered to be greeted by a beautiful lady in a relatively empty place. I danced with the lady who appeared petite with blonde hair and I wondered what she was doing here? Why was she at this level of the sefirot? I then realized she was the personification of the Shechinah and was associated with the Partzuf Nukvah or Sefirah Malchuts. The princess dwells in the palace of her father, who is Hochmah and that is why I saw her here. Wisdom is sometimes referred to as a woman in Proverbs, but in truth, it is Wisdom's daughter that is feminine while Wisdom is masculine. I danced with the Shechinah in circles and enjoyed the moment. I remembered the throng following me and I summoned the angels to hold open the gates of this world. The throng entered scaring the princess, but I told her they did not know where they were and could do no harm. As we spun in a circle with one arm extended inward from each of us, I noticed below our hands the singularity of the whole world. This is why there is nothing in Wisdom for all is yet undifferentiated. Looking upward I saw the singularity reflected downward from the gates of Keter which were black and almost impossible to recognize. The angels could not bring me higher. From here on out I was on my own. I uttered the name of G-d associated with Keter, and the black gates opened and I rose through the darkness into the radiating black light. I saw endless blackness all around. I recalled that sons, food, and clothing are left to mazel and descend from this level. Instead I willed myself upward to the next level or Mah in the world of letters. I saw white light and silver chains and knew that Mah parallels Malchut below. I willed upward into Ben which parallels Yesod. I preceded into Sag which parallels Binah, and then Av which parallels Hochmah. Above this was Adam Kadmon where I briefly stayed and then sought to know of higher worlds. I saw the name RaM - \r which means high above and discerned the following expansion. $10*4 + 100*2 \Rightarrow$ BakDai - ydqb. BakDai means enough seeking which clearly meant I had gone far enough. I ended the vision and swept down in a river flowing through all the sefirot and pouring out of Malchuts like a water fall.

Postscript: Fast of Gedaliah - September 16, 1996

After the destruction of the first Temple, the Babylonian king, Nebuchadnetzar allowed a remnant of the Jews to remain and appointed Gedaliah Ben Achikam to be their governor. Jews who had fled to neighboring lands began to return to tend the vineyards of Judah. The King of Ammon sent Yishmael Ben Netaniah to assassinate Gedaliah. Gedaliah disbelieved the rumors he had heard and went out to greet Yishmael in the town of Mitzpa where he was assassinated. [\[127\]](#)

And yet we read in the daily Alenu prayer:

*And G-d will be King over all the earth,
(and) on that day G-d will be one and his name one.
(Zechariah 14:9)*

And on Rosh Hashanah we read:

*Then the righteous will see and be joyful,
and the forthright will be merry... [\[128\]](#)*

The Gates of Light quotes further:

*The light of the moon will be like the light of the sun and the light of the sun will be intensified
sevenfold like the light of seven days on the day when the Lord heals his people...*

(Isaiah 30:26)

The waters of desire flow from Keter which is the place of ratzon or the will of G-d as He relates to our world. However, all judgments are determined in Gevurah except for three which flow from Keter^[129]:

Children, life and food do not rely on merit but on mazel.
(Moed Katan 28a)

The death of Gedaliah is hard to understand. Yet life depends on mazel which is the word for constellation and fortune. Still the sages commemorated Gedaliah's death with a fast day to remember always the good of his life.

8. Heshvan

There are no holidays in this month which is represented by the letter n - nun. The letter nun does not occur in King David's great psalm Ashrei and also denotes a level the Jews never descended to before leaving Egypt.^[130] There is a teaching that there are 49 levels down followed by a 50th level from which there is no return. There are also 49 levels up and the 50 is denoted by the holiday of Shavuot or the Giving of the Torah and the revelation at Mt. Sinai.

9. Kislev

The letter s - samech denotes happiness or sameach. This month has the holiday of Hanukah.

Kislev 21, 5759 - December 9th - 9 PM

In this meditation the four angels lifted me toward the sapphire firmament described by Ezekiel. I glimpsed the form of a man on the other side and then passed through. The man had a diadem on his forehead and was of youthful form with dark hair and a lean face, quite handsome. He was the Prince, Zer Anpin and I had a discussion with him. He explained the nature of the longing of the Prince for the Princess. The Princess is joined to the Prince through the prayers of people which elevates us to G-d. The Prince's situation is the paradigm, root source, of loneliness. I became friends with the Prince and I took him down to our world to see the beauty of mountains, the desert, and small rivers with grass beds. He saw through my eyes and then assisted me in bringing down his Father and Mother. Everyone here but the Princess, I commented. He said that the Princess is here too but that her presence is in the spiritual form of the good feelings from our world, from us.

He said, now I will give you a gift and he pushed me upwards into the spiritual heavens. I beheld a white angel with a beautiful face. His robes were like a candle flame and I held them as we ascended. All around there were souls busying themselves and mirrors.^[131] Eventually the angel brought me into a dark chamber higher up. Here was a man in dark robes with a small gray beard and gray hair and a pointed face. His appearance was scary. He was the root soul of the others. He was the root soul of myself.^[132]

We all have a root soul and each of us must work to purify that part of the root's body which we represent. All our actions effect our root soul. Our actions effect other branches of the same root soul.

10. Tevet

The letter u - ayin denotes the adversary and many of Hillel's students died on the Tenth of Tevet which is a fast day. My Grandfather Moshe ben Ovadiah died on this day. Nebuchadnetzar, King of Babylonia, laid siege to Jerusalem on this day and 3 years later on the 9th of Tamuz the walls were breached. With the siege came terrible famine:

And the city came under siege... and famine became intense in the city. The daughters of Zion gathered in the market places, and upon seeing each other, one would say to the other: why have you come out to the market place, for you have never done so? The other answered and said: shall I hide it from you? The plague of famine is hard. I cannot bear it. They held on to each other, and went about the city seeking food, but did not find it. They embraced the pillars and died in every corner. Their suckling children crawled about on hand and foot, each one recognizing his mother, and seeking to nurse milk from her. When the child found no nourishment, his life was severed, and he died in his mother's lap (Pesikta Raba 26)^[133].

The 8th and 9th of Tevet are called fast-days-for-the-righteous and observe the misunderstandings of the Greek translation of the Torah on the 8th, and the death of Ezra the Scribe on the 9th. The ultimate aim of the fast day as well as the 9 days leading up is repentance and return to G-d. This is a time to restrict pleasure and examine our deeds and improve for the future.

11. Shevat

The letter x - tzadi denotes the righteous one who is compared to a complete Tree. All of his/her midos are in proper balance. This is also the time of Tu B'shvat which is the planting of new trees. Trees are planted at this time to keep track of the three-year requirement before one is permitted to eat the fruit of the tree.

Tu B'shvat - New Year of Trees - January 26, 1994

The following describes a meditation that cures paranoia. The visualization can be done at any time and in any place and should be effective.

On Tu B'shvat, search out apples or other fruit that appear like they are calling you. Part of the healing of the holiday is releasing the sparks in these fruit. Bring the person you wish to heal to a meditation that day. The meditation involves ascending through the sefirot of the person's body, focusing on healing those sefirot that are out of balance. In the case of paranoia, the sefira of Gevurah will be cold. Imagine a warm fuzzy white cloud encompassing the sefira softening its hardness moment by moment.

Next, begin to merge your mind into the mind of the other. Feel his or her thoughts. What do you hear? One may hear phrases like, I don't want to be here, Don't judge me, I wish they could stay together. These phrases will reflect the root causes of the development of the illness in the person's past.

Now, call upon the angel Raphael and he will place his hand on the left side of your head transmitting a healing energy from Hashem to the Gevurah in your soul.

Afterwards say the blessing over the fruit and release the sparks within.

Deep in Daas - Tu B'shvat - January 22, 1997 - 7:30 PM

I saw myself as a sapling being planted for the holiday. My brothers and sisters stood around in the soil

beneath me. This was a simple life, yet beautiful and complete. Day to day I would follow the sun across the sky, turning my leaves in his direction always. After three years I saw there was fruit on my limbs and the first harvest was at hand. As the fruit was taken, I felt relief, a weight removed from me.

Just as the tree changes and moves in its life so should a person change and move. All movements bring knowledge. As the tree ages and its form changes, it becomes somewhat rigid, but there are still movements in the growth of its appearance. Our existence is eternal; though the life we have in this world is only a short span. We should not dwell on past mistakes for they are finite and fleeting. Our lives recur until we get it right.

Like a tree we should extend our branches far and wide. In this manner we meet more people and this interaction brings knowledge and happiness. Instead of striving to find the right person in life, we should strive to grow towards G-d which also means involvement in meeting new people and learning and having fun.

To find a mate, pursue activities that bring one together with other eligible partners rather than professional match makers.

I saw Jesus on the cross crying out to Hashem about being forsaken. I saw G-d respond that because of his great concern about the end of his life; he would magnify the meaning of his death.

At the end of the vision, I asked to see the source of the answers I was receiving. I saw the form of the Glory of G-d who was draped in regal robes with a scepter in His right hand; yet I could not see His face. He stood in a central area while above in a circle there were angels all around. He would turn from one to another assigning a mission and immediately the angel would depart.

12. Adar

Be Happy, its Adar

The month of Adar is symbolized by the letter q - koof which denotes laughter. One needs to make an extra effort to be happy in this month which like all year ends can bring back nostalgic memories and melancholy. The holiday of Purim occurs in this month and is one of 2 festive holidays where one is advised to get inebriated. The other holiday of this sort is Simhas Torah in the month of Tishrei.

C. Weeks [TABLES]

Each shavua - uwbc - week reminds of the process of creation. There are various correspondences with each day of the week.

Table 10: The Sevens of Creation

Sefirot	Qualities	Days of the Week	Double Letter	Foundation	Direction	Metals
Hesed	Kindness	Sunday	bet - b	Wisdom	South	Silver
Gevurah	Judgment	Monday	gimmel - g	Wealth	North	Gold
Tiferets	Beauty	Tuesday	dalet - d	Seed	East	Copper
Netzah	Victory	Wednesday	caph - k	Life	Up	Tin
Hod	Thankfulness	Thursday	peh - p	Rulership	Down	Lead
Yesod	Righteousness	Friday	resh - r	Peace	West	Mercury
Malchuts	Kingship	Shabbat	tav - t	Grace	Center	Iron

1. Rishon - Sunday

Kindness is associated with Sunday, the first day of the week. The planetary ruler of the first hour of the day is the Sun from which the Romans gave it the name.

*The fear of G-d is the beginning of Wisdom.
(Proverbs 1:7)*

*Who is among you that feareth the LORD, that obeyeth the voice of his servant, that walketh in darkness, and hath no light? let him trust in the name of the LORD, and stay upon his G-d.
(Isaiah 50:10)*

Ravin bar R. Adda said in the name of R. Isaac: He who regularly attends a house of prayer, but fails to come one day the Holy One, blessed be He, inquires about him, saying, Who is among you that feareth the Lord, that obeyeth the voice of His servant? Yet now walketh off in darkness and hath no light? If [he walked off in darkness away from the house of prayer] for a religious purpose, he will continue to have light; if for a secular purpose, he will have no light. [\[134\]](#)

2. Sheni - Monday

Judgment associates with Monday. On Mondays and Thursdays, Hashem holds back some of the good light so that we may learn to return to him. In order to make up for this light, we recite the Torah portion in shul on those days to bring the light of G-d down through learning. In addition, Mondays and Thursdays are chosen for self-appointed fasts to return to G-d.

3. Shlishi - Tuesday

G-d blessed Tuesday twice in the creation story. Beauty and splendor associate with Tuesday. The energy of the day facilitates torah learning and knowing truth.

4. Revaee - Wednesday

Wednesday associates with the upper prophecy of Moses. The energy of the day facilitates victory in undertakings and the joy of success, which is required to experience prophecy. Wednesday evenings are particularly suited for meditation for at this time the upper prophecy descends to the lower prophecy in our world.

5. Hamishi - Thursday

Thursday associates with the lower prophecy of Aaron the priest. This manifestation of prophecy is in life lessons and service to Hashem. The energy of the day is particularly suited to remind us of the need to show gratitude to Hashem and others in our life.

6. Sheshe - Friday

Righteousness associates with Friday. The energy facilitates preparation for Shabbat. Towards the end of Friday, Hashem grants an extra energy to finish the work of the week.

7. Shabbat - Saturday

Observing the Shabbas is one of the keys to achieving closeness to Hashem. This is the day when Hashem releases an extra portion of blessing stored in Malchuts for our world. This is similar to the extra portion of manna that the Israelites had for Shabbas while wandering in the Wilderness. We call the extra portion released from Malchuts, the Shechinah that is the presence of G-d. [\[135\]](#)

- Whoever is careful with Shabbas observance will be forgiven for all his sins even idolatry.
- Respecting the Shabbas is greater than fasting a thousand days.
- If the children of Israel would observe one Shabbas properly, the Moshiach would immediately come.
- If your children accept the observance of the Shabbas, they will merit entering the land of Israel.
- Whoever takes pleasure in the enjoyment of the Shabbas will be granted all of his heart's desires.
- Observing the Shabbas is equal to fulfilling all the mitzvot of the Torah.
- Proper Observance of one Shabbas is equivalent to having observed all the Shabbatot since creation.

There are 39 types of work prohibited on Shabbat. These are based on the work that was done in setting up the tabernacle. The tabernacle or Mishkan was a moving sanctuary that could be set up with tent walls and other holy articles. The original concepts are interpreted in stricter ways today. [\[136\]](#)

Table 11: Creative Works Prohibited on Shabbas

Work melacha	Torah examples	Rabbinical examples	Permitted examples
Plowing horaesh crwh	Turning soil, digging holes, and removing stones from a garden.	Sweeping may lead to leveling ground.	
Planting zoreah urwz	Planting a tree, watering plants, throwing seeds onto wet soil.		
Harvesting kotzar rxw	Picking fruit	picking a flower	
Gathering mamer rmu [collecting natural produce into a bundle]	Putting together a bouquet, collecting natural produce into a field.		

Threshing dash c [separating a natural product from its natural container]	Like English dash as in a dash of salt . Pressing grapes or olives for juice.	Squeezing fruits for juice.	
Winnowing zoreh hrw [using the wind to separate wanted from unwanted objects]	Blowing away nutshells from a mixture of nuts and shells.		
Selecting borear rrwb [separating desirable items from undesirable ones in a mixture]	Picking out specific books, dishes, or toys to be put away. Using a slotted spoon for selecting vegetables in soup.		Peeling fruit for immediate use is permitted.
Grinding - Tohän - }jwf [breaking down a substance into small usable pieces]	Grating potatoes or carrots. Making sawdust.	Taking medicines. As they were once prepared by grinding there is a prohibition from using them on Shabbas accept under essential circumstances.	Crushing crackers or other previously ground foods is permitted on Shabbas. Vegetables may be cut with a knife into small pieces for prompt use.
Sifting Mrakäd dqrm [separating mixed objects with a strainer]	Sifting flower. Removing a tea bag from a cup if tea. Separating spaghetti from water with a strainer.		
Kneading Lahsh - cl [combining particles with liquid to form a dough or paste]	Mixing cream of wheat or oatmeal cereal into a thick mixture.	Mixing cream of wheat or oatmeal cereal into a thin mixture.	
Baking Opheh - hpwa [changing the physical state of a substance by heating it]	Turning on a hot water faucet (causing cold water to flow into the hot boiler).	Stirring cooked food on a flame.	Making sun tea. Re-heating dry, cooked solid food.
Shearing Gozaz zzwg [Detaching non-living parts from a living animal]	Cutting nails, cutting hair, pulling out whiskers.	Biting nails or skin, combing or brushing if hairs will be uprooted, pulling out wool by hand from a living animal.	A very soft brush does not pull out hairs and may be used,
Bleaching Mlaban }blm [Freeing material from unwanted dirt, stains, dust, etc.]	Shaking or cleaning visible dust from dark colored clothing,	Hanging up clothing to dry may lead people to think it	Barely visible dust may be removed from

[illegible]

D. Seasons

The Earth is referred to by four names in the liturgy.^[137] During the spring, the earth is Eretz from the word Ratz that means movement or running. During the springtime, the earth is busy replenishing life. In the summer, the earth is called Tevel, which comes from the Hebrew word for spices and taste. In the summer, the earth enriches vegetation with the flavor of spices. In the fall, the earth is called Adamah, which means soil. Adam was created in the fall at Rosh Hashanah. In the fall, the earth dries up and soil clumps together with decaying vegetation. In the winter, the earth is Arak that means empty since the earth lies barren at this time.^[138]

So, wither the leaves of the past generation to produce the flowers of the next generation^[139]

The orchid is showing us the proper way to live.

E. Aging

Old age does not take well to negative or unhappy thoughts. One should focus on the positive, see the good in what makes them happy, for joy is the source of their life. Recall the exciting and happy thoughts in life during conversation and leave the sadder subjects for conversations with younger folks.

^[123] Sefer Yetzirah 5:4.

^[124] Sefer Yetzirah 5:10.

^[125] See [The Palm Tree of Devorah](#)

^[126] This is the force of the Kelipot. Before any significant spiritual experience, there is a battle or test to be overcome.

^[127] The Book of Our Heritage, Eliyahu Kitov, Book 1, pp 63-64.

^[128] Sha'are Orah, Gates of Light. Harper Collins. Page 189.

^[129] ibid. Page 263.

^[130] Berachos 4b.

^[131] The mirrors represent the reflection of the souls in each other since they were all of the same source root.

^[132] Likutey Moharan 17:5 vol. 3, page 45 also Footnote 80. Giving charity to root souls encompasses other souls.

^[133] The Book of Our Heritage, Feldheim Publishers, page 327.

^[134] Berachos 6b.

^[135] The 39 Avoth Melacha of Shabbath.

^[136] a- fâr, fâte; i- jovâl; o- nôte

^[137] Me am Loez. Genesis. Page 70.

[138] The month of Heshvan ~ November has the sign of AkraV which is the Scorpio. The similarity of spelling with Arak signifies that scorpions are often found in the barren desert.

[139] On helping Orchids to flower, April 19, 1997

VI. In Search of the Gateway

A. Gematria [TABLE]

The table below lists the Hebrew letters, their values, and their names in Hebrew and English.

Table 12: Hebrew Letters and Numbers

	Unity	Couples	Fertility	Rigor	Action	Love	Shabbas	Spiritual	War
twa Number	a 1	b 2	g 3	d 4	h 5	w 6	z 7	j 8	f 9
rbd Letter	[la aleph	tyb bet	lmg gimel	tld dalet	ah heh	ww vav	}yz zayin	tyj het	tyf tet
Meaning	ox	house	camel	door	window	peg	weapon	fence	serpent
twa Number	y 10	k 20	l 30	m 40	n 50	s 60	u 70	p 80	x 90
rbd Letter	dwy yod	[k kaph	dml lamed	\m mem	}wn nun]ms samehk	}yu ayin	ap peh	ydx tzadi
Meaning	hand	palm of the hand	ox-goat	water	fish	prop, support	eye	mouth	fishing hook
twa Number	q 100	r 200	c 300	t 400] 20 (500)	\ 40 (600)	} 50 (700)	[80 (800)	{ 90 (900)
rbd Letter	[wq kof	cyr resh	}yc shin	wt tav	typws [k final kaph	typws \m final mem	typws }wn final nun	typws ap final peh	typws ydx final tzadi
Meaning	back of head	head	tooth	cross					

Practicing Gematria requires the following:

- Calligraphy pens find a Sheaffer Calligraphy Kit.
- Hebrew calligraphy book - Jay Greenspan who taught at BCI [140] in August 1981 has an excellent book.
- Memorize the numerical values of each Hebrew letter with the final letters having the same numerical value as their source letter.

There are really only 22 principle letters in the Hebrew alphabet. Scribes to make it easier to recognize word separation added final letters.

1. Amen

Meditation, calligraphy, and gematria go hand in hand. Here is the result of a meditation on the word

Amen after reading the Psalms of David [\[141\]](#) and the Bahir. [\[142\]](#)

}ma

91

ax

}m = x

FROM }m = x THE TZADDIK BRINGS
G-D a INTO THE WORLD

{rab }rbtmh rca

}ma hlab }rbty

THAT WHICH HE BLESSES IN THE LAND IS
BLESSED THROUGH THIS AMEN

YHVH + ynda

26 + 65 = 91

}lya

ROOT < LEAVES < SUN < G-D
THE TREE TRANSMITS ENERGY
FROM ROOT TO LEAVES
AND BACK DOWN AGAIN

2. 100 Blessings a Day

The Sha'are Orah teaches the importance of reciting 100 blessings a day. This practice was instituted by David when he noticed a higher degree of illness in the people. The Sha'are Orah brings down that there were a hundred receptacles for the poles supporting the tabernacle. These receptacles are associated with Malchuts, the receptacle for G-d's energy entering our world. Reciting blessings helps to disperse this bounty to the rest of the world. Koof - q has the value 100 and is the result of the progression of G-d's energy from 1 - Aleph to 10 - Yod - y to 100 - Koof - q. The next step over is 2 - bet - b, 20 - caph - k, and 200 - resh - r. Rearranging the letters and putting the columns together spells one hundred bracha or blessings. Now, proceeding upwards from the Koof to the Aleph, the q represents Israel as they tithe to the Levites represented by y. Unless the Levites receive the proper tithe of 10 from the 100 they are unable to tithe the 1 - a to the Kohanim. The a represents the level of the Neshamah which requires the one hundred blessings to trigger the ten which trigger the single quanta of energy uniting our soul with Hashem.

B. Numerology [TABLES]

After studying Gematria for a few years, I ran across Linda Goodman's Star Signs which describes an English version of Gematria that is based on the Hebrew phonetic sounds. Include program in appendix for doing this calculation.

1. Alphabet

Table 13: Development of the Alphabet and Numerical Values

English Letter	Hebrew Letter Source	Greek	Roman
A - 1	aleph - a - 1	alpha " α " ±	A
B - 2	bet - b - 2	beta " β " 2	B
C - 3	gimmel - g - 3	gamma " γ " 3	C
D - 4	dalet - d - 4	delta " δ " 4	D
E - 5	heh - h - 5	epsilon " ε " μ	E
F - 8	Feh - p - 80	digamma " Ϝ " Æ	F
G - 3	gimmel - g - 3	gamma " γ " 3	G
H - 5	heh - h - 5	eta " η " .	H
I - 1	yod - y - 10	iota " ι " 1	I
J - 1	yod - y - 10	iota " ι " 1	J
K - 2	kaph - k - 20	kappa " κ " °	K
L - 3	lamed - l - 30	lambda " λ " »	L
M - 4	mem - m - 40	mu " μ " ¼	M
N - 5	nun - n - 50	nu " ν " ½	N
O - 7	ayin - u - 70	omicron " ο " ζ	O
P - 8	Peh - p - 80	pi " π " Æ	P
Q - 1	Koof - q - 100	qopp " Ϡ " ,	Q
R - 2	Resh - r - 100	rho " ρ " Á	R
S - 3	Shin - c - 300	sigma " σ " Æ	S
T - 4	tav - t - 400	tau " τ " Æ	T
U - 6	vav - w - 6	upsilon " υ " Å	V
V - 6	vav - w - 6	vau " ὤ " Ö	V
W - 6	vav - w - 6	upsilon " υ " Å	V
X - 5	heh - h - 5	xi " ξ " ¾	X
Y - 1	yod - y - 10	psi " ψ " È	Y
Z - 7	zayin - z - 7	zeta " ζ " ¶	Z

2. Single Numbers

These are the associations of the principle numbers:

Table 14: Principle Associations of the Numbers [\[143\]](#)

#	Planetary Ruler, Sign Ruled and Trait	Colors	Gems	Health	Treatments	Warnings	Foods
1	Sun Leo <i>Initiate</i>	sunny gold, yellow, royal purple	topaz, amber	Heart problems, lower back pain			
2	Moon Cancer <i>Sensitive</i>						
3	Jupiter Sagittarius <i>Expand</i>						
4	Uranus Aquarius <i>Base</i>	Electric blue, cobalt blue, silver-gray, ocean green	Sapphire, quartz, azurite, malachite	mental disorders, melancholy, anemia, poor circulation, pains in the head and back	electrical treatments, hypnosis, mental suggestion, massage, whirlpools	Avoid all kinds of drugs, avoid highly seasoned foods, avoid red meat	Eat spinach Principle herbs -sage
5	Mercury Gemini Virgo <i>Move</i>	Pearl gray, light green, silver	Aquamarine, Platinum, Silver	nervous, insomnia. Phantom pains in shoulders, arms, and hands.	Practice grace under pressure. Patience, sleep, rest, quiet surroundings.		Carrots, parsnips, sea kale, oatmeal, parsley
6	Venus Taurus <i>Love</i>	Pastels, pink blue, brown green	Opals, copper	infections in the throat, nose, upper lungs	Visits to the country. Live in the country.		
7	Neptune Pisces <i>Spirit</i>	sea green light yellow aqua pink white					

8	Saturn Capricorn <i>Material</i>	Black					
9	Mars Aries <i>Conflict</i>		Diamond				

a) Number 4

At the time of the destruction of the Temple, the people did not have the four arms, only the arm of halacha. They would learn at home and pray in the Temple. They did not learn in a house of a study, with others. [\[144\]](#)

Table 15: Number Four

Four concepts	Reference to:	Reference to:
L lmod - to learn	Mikra - scripture	Pshat - simple interpretation
Lamed - to teach	Mishnah - six commentaries	Remez - allusion
Lishma - to guard over the things we shouldn't do	Talmud - the finishing, Gemara.	Drash - expounding
Laasot - to do the things we're supposed to do	Halacha - the law.	Sod - secret

The number four represents work. Reb. Chiya ben Avi said in the name of Hulla, Greater is the person who has delight in living off of his own work than one who has fear of heaven. [\[145\]](#) For a person with the fear of heaven, the passuk says, happy is the man who fears G-d, Ashrei ish y rat Hashem. Further, for the one who lives by his own work the psalm says, the person who eats by his own toil, he will be happy and his life good. This means happy for him in this world and good for him in the world to come.

3. Compound Numbers

These parallel the 32 paths of wisdom from 10 to 32.

Table 16: Compound Numbers

Number	Description	Interpretation
10	The Wheel of Fortune	
11	A Lion Muzzled - A Clenched Fist	
12	The Sacrifice - The Victim	
13	Regeneration - Change	Death tarot card. Death is change and the regeneration of life.
14	Movement ... Challenge	
15	The Magician	
16	The Shattered Citadel	
17	The Star of the Magi	Immortality
18	Spiritual-Material Conflict	
19	The Prince of Heaven	Sun tarot card, victory over temporary failures and disappointment. Happiness and fulfillment, success.
20	The Awakening	Judgement tarot card, at some point there will be an Awakening for the person and a new clear path will be pursued.
21	The Crown of the Magi	The Universe tarot card. The Crown of the Magi. Success, advancement, elevation of a career.
22	Submission and Caution	A Blind man, good, but fooled by others.
23	The Royal Star of the Lion	Success, protection from those in high places. Grace, no other number can stand in its way.
24	Love - Money - Creativity	
25	Discrimination and Analysis	
26	Partnerships	Compassion, unselfishness, ability to help others not always oneself.
27	The Scepter	
28	The Trusting Lamb	
29	Grace Under Pressure	
30	The Loner - Meditation	
31	The Recluse - the Hermit	
32	Communication	

The number 16 has a terminal association. The Hebrew source meaning of the number is from the verb, fall - nofel - lpn with gematria:

lamed + peh + nun = 30 + 80 + 50 = 160 => which can be reduced to 16 with the law of zeros. [\[146\]](#)

In Genesis 6:1-4, the word refers to a people born of the result of the marriages of the Sons of G-d and the Sons of Men:

And it came to pass, when men began to multiply on the face of the earth, and daughters were born unto them, that the sons of G-d saw the daughters of men that they were fair; and they took them wives, whomsoever they chose. And the Lord said: My spirit shall not abide in man for ever, for that he also is flesh; therefore shall his days be a hundred and twenty years. The Nephilim - \ylpn were in the earth in those days, and also after that, when the sons of G-d came into the daughters of men, and they bore children to them; the same were the mighty men that were of old, the men of renown.

The number 16 refers to the shattered citadel that was once great but now the King and Queen fall to their doom. In kind, the Nephilim no longer live and many great kingdoms no longer exist.

Who were the Nephilim? Who are the sons of G-d and sons of men? The sons of G-d are the descendants of Adam who bear the divine soul. The sons of men are people who were around at the time, the result of evolution. The sons of G-d being tempted by their bodies saw the beauty of the daughters of men and took them to be wives. Their sons became heroes pursuing greatness, but trait for trait like their father's lust, away from the spirit of Hashem.

4. Higher Compound Numbers

Table 17: Higher Compound Numbers

Number	Meaning
33	magnified 24
34	same as 25
35, 44	same as 26
36	same as 27
37	

C. Song

Recording songs and poems helps manifest ideas to change oneself and the world.

*If you want to be free,
 Open your heart to what you need [\[147\]](#)
 Like calls to like and G-d sends the rain right down,
 G-d sends the rain pouring down.
 Rain on me, good rain on all my friends right now,
 Like calls to like and rain pours down [\[148\]](#)*

D. Star Wisdom [FIGURES]

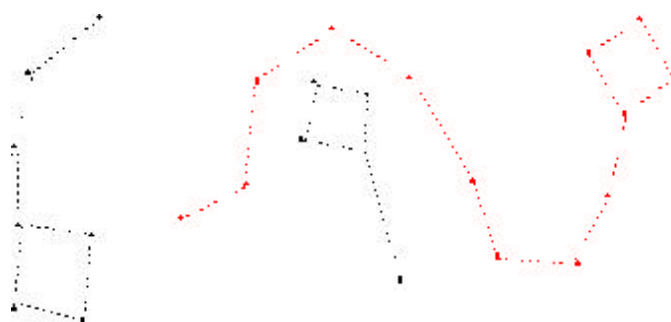
1. Recording Star Patterns in a Journal

Kaplan's commentary on Sefer Yetzirah states the way to understand the meaning of the night sky is to see your own star patterns. This is similar to seeing shapes in cloud patterns; but one's own imagination will reveal the inner meaning of the constellation. There is reference to using Ptolemy's constellations as an accurate basis, but better yet, is go under the heavens oneself and examine the stars often.

July 10, 1996

Last night I noticed Draco serpentine its way up and around Ursula Minor and then up into its head. The North star is at the tail of Ursula Minor which is 69 to Ursula Major. All constellations hang off of Draco like a Tallis in Hebrew. [\[149\]](#) In the sky Draco swirls closely around the North star and its size and position give it the appearance that all other constellations descend from it.

Figure 3: The Dragon, Big and Little Dipper

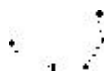


Sefer Yetzirah refers to the seven planets and twelve signs as set in the Teli. [\[150\]](#) The Teli may have originally meant a ball with a line attached to it for capturing animals and Draco is precisely in this shape. There is also the connotation of items hanging from the Teli from the word Tallis mentioned above. Other authorities identify the Teli with the Pole Serpent or Leviathan. Overall the Teli is the Dragon of the Universe from which the guiding constellations descend. [\[151\]](#)

Corona Borealis - The Northern Crown - August 5, 1996

The crown can be found by first locating Arcturus and then looking higher up in the sky. The crown reminds me of the sefira Keter whose Hebrew name means crown.. There is a dual star system in this constellation that flares up once every 80 years for a single night!

Figure 4: The Northern Crown



The Southern Cross

The stars below the equator are also amazing to see. Perhaps most amazing of all is Procyon in Canis Minor below and between Gemini and Cancer. The star is 0.4 magnitude and filled with the colors cool blue, sparkling Red, and white (kind of like the US Flag). If you are at the equator (Singapore) and look up to the right you will see Canopus (white), and above to the right Achernar, and then Fomalhaut. Below and between the last two is the Southern Cross with its leader Al Nair.

Fomalhaut

Procyon

At 5:30 AM, August 27th, 1998, I see Procyon, Sirius and Adhara, and Canopus, Achernar, and Fomalhaut rising to the right. They are G-d's lights in the Southern sky. They are beautiful. I learned in Singapore that G-d created all people with a special love and each is precious and has distinct importance.

August 27th, 1998 - 8:00 AM.

I dreamed of tracing my identity and another back through ancestors. I saw in myself different objects and in the other person objects that did not match. Finally, I saw an apple in me and then in her the same apple and I was as Adam and she as Eve. The apple turned into a tree with many fruits and the tree was growing as a fruitful vine extending into the reaches. I heard my father call my name, Jeff, with his youthful voice. Then I awoke refreshed and happy. I looked outside and the sun was shining. When you can see the sunrise in Singapore you have found a prize Tao Cheng.

2. Star Meditation

Kaplan's Jewish Meditation, P.67 describes:

One type of meditation mentioned in the Zohar (1:1b, 2:231b) involves contemplating the stars. The Zohar provides a biblical source for this type of meditation, from the verse, Lift your eyes on high, and see who created these, the One who brings out their host by number, He calls them all by name . . . (Is. 40:26).

Have you seen the stars in the night, they eliminate headaches with their twinkling light. [\[152\]](#)

Looking at the stars at night is a healing activity. They remind us of the grandeur of the heavens and lift us beyond the daily stress of life. For a life of contentment and simplicity, one should choose to live in a place where the stars shine bright. Looking at the stars bestows wisdom on the gazer. Learning the movements of the stars bestows understanding. Both together bring knowledge.

E. Divination

1. Tarot

The ability to do correct divination depends on the state of the diviner. In this manner, one catches obstructing angels off guard and obtains a more accurate reading. The Tarot as well as most fortune telling is inaccurate for predicting the future as we have free will. They are most accurate for learning the story behind past events. They are also accurate for revealing the present. There are 56 cards for the Minor Arcana and 22 cards for the Major Arcana. The Minor Arcana include four suits of ten cards corresponding to the four elements and the ten sefirot reflected in each of them. In addition, there are four court cards in each suit: Page, Knight, Queen, and King. They reflect messengers or personal representations in the divination. The Minor Arcana include 22 cards corresponding to the 22 letters of the Hebrew alphabet. The image on the card corresponds to the meaning of the associated Hebrew letter. The numbering of the major arcana should begin with the Magician as aleph - 1, the High Priestess as

bet - 2, the Empress as gimmel -3, the emperor as dalet - 4. There are also overtures of numerology in the associations of the cards with these numbers. Intrinsically the cards have no power, even their symbols are subjective but they serve as a channel for divine communication.

The twelve elemental Hebrew letters correspond well with twelve of the Major Arcana trumps. The remaining ten trumps correspond better with a numerological meaning. [\[153\]](#) There has been some attempt to associate them with the seven Hebrew double letters with correspondence to the seven planets and three Hebrew mother letters, but the symbolic meaning is off. Instead, English numerology has a better fit.

[Include posting here]

2. Urim and Tamim

Another example of divination occurs in the Torah when the High Priest would consult the Urim and Tamim - \ymt for a complete lighted answer to an important question. The King of Israel might ask for guidance with the Urim and Tamim in matters of national interest when meeting with the High Priest.

*Saul then said to the Lord, the G-d of Israel, Bring a complete answer.
Jonathan and Saul were indicated by lot, and the troops were cleared.
(Samuel I 14:41-42)*

Bringing a tamim was a way for a king to uncover a hidden reason for G-d's will in a situation. The root of the word, Tam - \t means perfect, complete, or simple. Nevertheless, the greatness of Israel is summed up with the following:

*No harm is in sight for Jacob, no woe in view for Israel.
The Lord their G-d is with them and their King's acclaim is in their midst.
G-d who freed them from Egypt is for them like the horns of the wild ox.
Lo, there is no augury in Jacob, no divining in Israel:
Jacob is told at once, yea Israel, what G-d has planned.
(Numbers 23:21-23)*

3. Lots of Jonah

4. Page Turning

5. Verse of a Child's Study

F. Tzaddik

The term tzaddik means a righteous, holy person. Seeking out a true tzaddik is always a gateway to spiritual elevation. The true tzaddik is actually a person who has very little to say but when he speaks everyone feels that sHe is being directly spoken to even in a group setting. I present my own experience in meeting a true tzaddik:

January 12, 1993 - 9:30 AM

I had an audience with the Tzaddik of Nikelsburg, Rabbi M. Lebovits. He is spiritual heir and a descendent of Rabbi Smelke of Nikelsburg, a student of the Baal Shem Tov. His silence conveys understanding. He suggested reading Psalm 128 daily. He asked some questions, listened to answers and stories, and seemed to understand what was said and not said.

The assistant asked for a Hebrew name and mother's Hebrew name, address, and phone number before entering the room. The Rebbe asked for family origin.

When I discussed the Nothingness of Keter that I saw or the book Bahir that I studied, his face lit up and I heard a sigh. There was something in his silence. Even when he spoke to the congregation, a silence in him waited. This was like the silence of Keter, waiting for the word to come forth to manifest the will of G-d. This is a wondrous silence. I never saw his face turn from anyone who questioned him. His soul was safe from the outside world.

Before the tzaddik gives his blessing, he asks questions to raise within him the energy for the blessing.

Joseph represents the essence of the tzaddik. In Jacob's blessing over Joseph, he states, GEN 49:24 But his bow abode in strength, and the arms of his hands were made strong by the hands of the mighty God of Jacob; from thence is the shepherd, the stone of Israel - larcy }ba huwr \cm The Bahir 91 explains:

***The stone that the builders rejected has become the head cornerstone.
It ascends to the place from which it was graven, as it is written,
From there is the Shepherd, the Stone of Israel.***

The Bahir, section 187 describes the character of the Shepherd:

***It is thus written (Isaiah 11:3), I will grant him a spirit of the fear of G-d,
And he will not judge by the sight of his eyes,
He will not admonish according to what his ear hears.
He will incline all the world to the pan of merit.
From there counsel emanates, and from there health emanates to the world.
From there is the Shepherd, the Stone of Israel.
This is the place that is called There.***

The Bahir 193 shows that the Supernal Tzadik nourishes Israel:

***From There is nourished the Rock of Israel.
What is the meaning of from There ?
We say that this is the Supernal Righteous One }wylu qdx.
What is He (the Tzadik above)?
He is the Reward, the great hidden Light which is called Socher - rhws
And the splendid rock below is called Dar r
And the rays these are the rays from His Hand,
they are from the five fingers [of his right hand].***

The Tzadik above refers to the Reward, the great hidden Light, Socher, that is Hashem; the tzaddik below is as the splendid rock Dar, that is His representative in this generation. Habakkuk 3:3-6 is the biblical source text of the above:

***G-d came from Texan, and the Holy One from mount Paran. Selah.
His Glory covered the heavens, and the earth was full of his praise.
And His brightness was as the light; and He had rays of light coming out of His hands;***

And there was the Hiding of His Power.

*Before Him went pestilence, and burning coals went forth at His feet.
He stood, and measured the earth: He beheld and drove asunder the nations;
And the everlasting mountains were scattered, and the perpetual hills did bow:
His ways are everlasting.*

G. Intelligence

Memorization is a key to building a better memory. One must always strive to memorize new teachings and prayers. One can then recite them while one is driving or walking to Shul as a memory exercise. Once one has memorized one can review to make it permanent, but one should continue to seek out and memorize new teachings for this is the process of exercising the memory.

Studying Gemara is a key to increasing reasoning skills. Gemara trains one in the process of logical deduction and analysis. It also will improve inspiration in technical fields and reasoning in all matters.

G-d commanded Moses that the written Torah should not be recited from memory, and that the Oral Torah should not be written down. The Oral Torah was recited from memory, and was thus given over from one person to another. [\[154\]](#) Hence, our sages focused on memorizing Mishnah. Others recite T hillim from memory. Most have memorized the Shema. While we are permitted to memorize our prayers, others are careful to recite the Shema from the Siddur. The Shema says, And you shall teach them to your children and speak of them when sitting in your house, when walking along your way and when you lie down and when you rise up implying these words are known by heart.

Why was the Oral Torah not written down? This was to teach us that the essence of learning Torah is by watching and living with religious people. We learn the details of Torah by observing their ways. [\[155\]](#) Greater is the serving of talmudei hochamei than learning from them. This is the true way of understanding the meaning of the transmission of Torah Baal Peh.

H. Seven Tests

According to our qualities, we are tested. Abraham was tested in kindness by whether he would forsake Sodom or plead on their behalf. Sodom whose values differed utterly from Abraham's would have nothing redeemable in the eyes of Abraham.

Isaac was tested in strictness by his acceptance of the Akeidah, his personal sacrifice.

Jacob was tested in truth by living in the house of Lavan. He dealt with Lavan in a straight manner though he was treated in a crooked manner.

Moses was tested in eternity by rejecting the offer of his children starting a new chosen people to Hashem.

Aaron was tested in gratitude.

Joseph was tested in righteousness

David was tested in kingship.

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- [140] BCI is a program offered by the Brandeis Bardin Institute. The program is aimed at college youth from the ages of 18-25 and consists of a 1 month intensive Jewish learning experience.
- [141] see The Psalms of David by James Freemantle, William Morrow Press. This most beautiful work was published by the son of spent mostly of his life working on the calligraphy and illustrations in this work which was dedicated in love to whose wife.
- [142] Bahir 95, 119
- [143] Linda Goodman's Star Signs, Linda Goodman, St. Martin's Press pp. 65-80.
- [144] Berachos 8a.
- [145] Berachos 8a, towards bottom - Amar lai rabbah.
- [146] Ibid.
- [147] Free Sept. 4, 2000
- [148] Bringing Rain Feb 18, 1996, having the astrological sign of Pisces is like water calling for rain
- [149] The Tallis is a prayer shawl worn in the mornings having strings called Tzitzit descending in the four corners. This also symbolizes the higher Tallis in the heavens but more importantly the presence of Hashem surrounding our lives.
- [150] Sefer Yetzirah 6:1, Aryeh Kaplan trans. Page 231.
- [151] Ibid. page 233.
- [152] Jan 3, 1997
- [153] see Linda Goodman's Star Signs
- [154] Me'am Lo'ez, Aryeh Kaplan trans. Page 2.
- [155] Berachos 2a, CD-Daf, audio commentary Rav Fishel Schachter.

VII. Dreaming

Dreaming is virtual life. Often times our dreams are a nutrient that we are deficient in that our subconscious mind is supplementing. Dreams can also be a spiritual gateway to visit the heavens, angels, or the rich beauty of our precious world. The collection of dreams below describes nutrients of the mind in unconscious dreams, how to achieve conscious lucid dreams, and the pursuit of prophetic dreams.

A. Unconscious Dreams

Healing by Dance - July 12, 1995

The previous night I studied the Torah, parsha Balak.^[156] This morning I read in Kitzur Shulchan Aruch the importance of reading the morning blessings each day including those before studying Torah. The night before I had the following dream. In my dream, I saw a few people assembling a canopy that would be lifted by four pole bearers, one at each corner. One pole bearer was a rabbi, another a woman. As they raised the canopy, there was a woman in the center under it. She was attractive with an ailment of the legs inhibiting her ability to stand on her own. The canopy attached to her shoulders raised her up, and to

her ankles helped her dance. There was music and she was dancing with the other four. Her dancing was great to see, greater than the other four alone. [Dancing is healing and no one must be left out of this joy.]

Now, as I beheld this, I felt some remorse at not participating, and a woman pole bearer fainted sick causing the canopy to collapse. Others ran to her side; I ran as well but the dancing did not continue. [A depressing thought causes instant sickness.][157]

A healer appeared. There were two sick. The pole bearer was treated physically as I was treated for negative thoughts. The healer led me to a place of crystals. There she took a few natural triangular stones of white base with blue tops and gave them to me. I assembled the stones and she said this would help keep depressing thoughts away.



The dancing brought me back to my youth at BCI[158] where we would dance the evenings away in circles and lines. Nothing is as rejuvenating as dance and we should do it often. How does the 7th beggar without legs heal by dancing; she is raised up by us holding a canopy giving us a reason to dance with her joy.

Dance - August 9, 1996 - Erev Shabbas

I had two dreams last night that were inspiring. The first was a test to see if I would perform the mitzvah of returning an item that did not belong to me.

I saw in my dream purchasing some goods at a house sale. The goods had some valuable stamps within them that were not part of the product I was purchasing. After I got home, I realized the stamps were there. With zealously, I returned to the house and called up the owners. For some reason I felt they were aware that the stamps were in the item and that they were part of this test setting me up. They did not appear and the dream ended abruptly. I felt there was another around my bed who left quickly in a dark light.

This is the manner of spiritual tests. I went to Shachris that morning and was the tenth to arrive. I hadn't made the morning services in a few weeks, but I was up early that morning working. I saw two angels fighting to bless the congregation. The one on the right was trying to grant a blessing with his right hand while the one on the left with his left hand. The one on the right was from Hesed and he was being pushed away by the one on the left from Gevurah. In the end, they both blessed. After the services, I went home and I just wanted to fall asleep in a sunbeam on the floor. My soul was calling out for this nap. Here I had the second dream.

I was at a spiritual Shabbaton. There was a lot of singing and youthful spirit in the temple service. It felt so good to be there. As the Shabbas came closer to the end, there were a few musicians who took up musical instruments and who wanted to begin a scheduled evening concert early. They started playing and it felt wrong. I took the initiative and went up to the guitarist who seemed like a religious guy. I told

him it is not proper to begin playing before Havdalah. He agreed and told the rest of the musicians to put down their instruments. The singing took the place of the instruments, a singing with great fervor.

The previous day I had gone home from work early and spent time catching up on cleaning at home. Everything in spiritual growth is connected. One proper act leads to the next ad infinitum. If we give G-d an opening miracles will begin happening. If we give G-d a small opening, he will open the whole world for us.

B. Lucid Dreaming

Lucid dreams are conscious dreams where one is able to control one's motion and action.^[159] Lucid dreams are opportunities to acquire understanding and wisdom on spiritual subjects. I will give two examples. The first illustrates how wisdom can be drawn from a dream. The second show how one can progress from a meditative state into a spiritual dream.

Names of G-d - May 1, 1993 - 5:00 AM - Saturday

During the night of the dream, I read about the lives of the Ramak, Caro, and Gikatalia. In the dream, I spoke with a maggid, i.e. a guide. Initially, he was in the form of a coworker^[160], but he metamorphosed into a form with an all seeing eye. I asked, Could you be my Maggid? There was no answer. I asked whether I had to know all the Talmud before receiving a maggid. No. The Ramak says a maggid comes through repeated meditations on Torah verses. The maggid in the dream hinted there must be a unification of Torah, mind, soul, and body. I called out the following phrases in my mind:

Eheyeh asher Eheyeh is the crown of the Universe (Keter). I rose from the world and soared past the planets.

Yah is the beginning of Wisdom (Hochmah)

YHVH (pronounced Elohim) is the source of Understanding, which divides the Universe into distinct components (Binah).

El is the source of goodness (Hesed).

Elohim brings forth justice and judgment and discipline (Gevurah).

YHVH (Adonai) is the splendor of the world (Tiferets).

YHVH (Adonai) Tzevaot is the eternity of eternities (Netzah).

Elohim Tzevaot is the source of eternal praise and thankfulness to Hashem (Hod).

El Chai, Shadai lays the foundation of the world (Yesod).

Adonai is the gateway to the heavens (Malchuts).

Hypnosis to Lucid Dreaming - June 5, 1993 - 5 AM

Entering a lucid dream is facilitated by practicing hypnosis early in the morning, which is the time we tend to be most aware of our dreams. Lucid dreams occur when one is refreshed and thus tend to happen more often when one is already rested, i.e. during morning sleep.

6/5/1993 - 5 AM

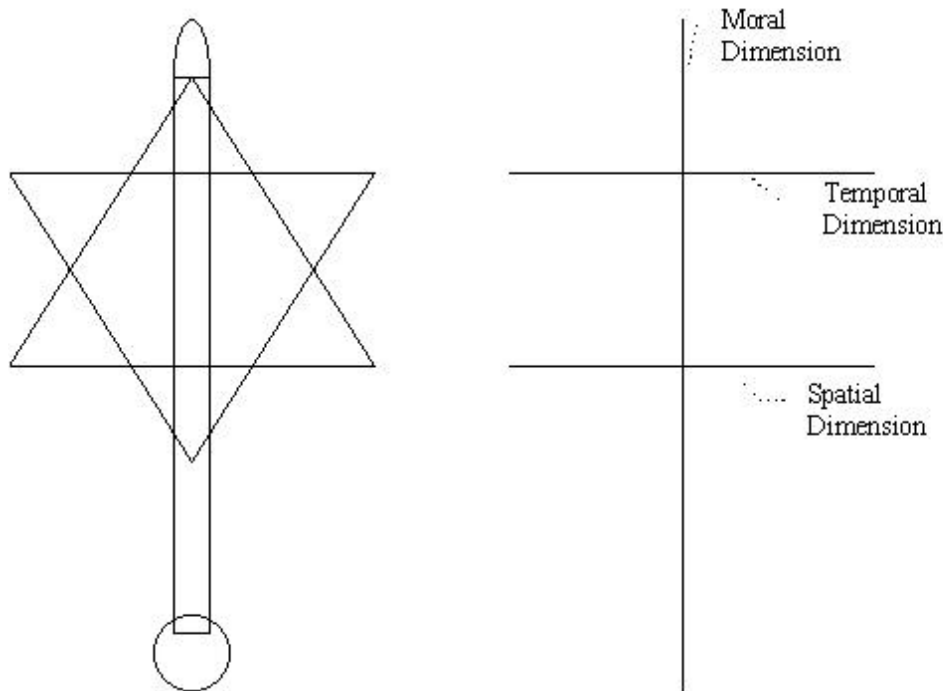
I listened to the Earth, Wind, Fire, and Air tape. Towards the end of the hypnotic session, I shifted slightly into a curled position and entered a lucid dream. I experienced rapid travel while gazing backwards over several green hills and bodies of water. I noticed the foam on ocean waves resembled clouds over the earth from an outer space perspective. I tried to maintain the lucid state by counting down.^[161] I exited into a light sleep. The key to success in obtaining a lucid dream is alertness, energy, and concentration when one begins.

Hypnosis to Lucid Dreaming - April 9, 1997 - 9 AM

4/9/97 - 9 AM

I listened to the Letter Ascension tape. The tape's introduction brought me to a river and suggested that I see something in the water and that I should take it out. At first, it was like a cross and then a double cross, but then it appeared like the Shield of David.^[162] Finally, I saw the form of a rod^[163] shaped as a small sword. Upon the face of the rod was the Star of David.^[164]

Figure 5: The Focus^[165]



The goal for the hypnotic session was to discover the answer to a biblical question. I sought to understand the purpose of the high priest's role and hereditary class in Judaism. I rose into the sefira of Malchuts. I was in a large cavern and there was a ray of light from a point high above entering the room.^[166] The tape guided one to visualize the letter Tav that connects Malchuts to Yesod. Through the Tav, I rose into the light of Yesod. The tape next asked to visualize the letter Yod. This brought me into the sefira of Netzah. This is the place of the spiritual Mt. Sinai and is symbolized by the patriarch Moses. To understand the priesthood, I knew I had to reach the sefira of Hod, which is the place of Aaron, the high priest. There is a mountain rising in Netzah whose base is in Hod. This is Sinai. Moses is on the mountain in communication with G-d. Aaron is in the valley with the people leading praises. The tape would continue to lead me upwards by visualizing the letter caph to go to Hesed, but I suggested to myself, turn the tape off.

Now how does one reach Hod? An ocean connects Netzah and Hod represented by the letter Mem. An angel guards the ocean. His name is Mayimel. I called his name and he appeared huge, towering into the heavens. He is the ruler of the Water Elements and appears like a towering wave whose top lips over into a face. At first, I was struck by his great height and then I called his name, and he lowered to me. I climbed upon his top, his head, and he began to take me across the great ocean. The distance was far but

this was his element and his travel was swift. Finally as we approached the place of Hod, he lowered and I dismounted. I was thankful for the transport and I tossed him the focus that I had found in the river at the beginning of the vision. He took it up in his mouth and departed.^[167] I inquired again on the purpose of the priesthood. I saw with my own eyes the purpose. While Moses was on the mountain, the people needed a leader in his place. At first, I thought this might be Joshua, but he still served Moses and had not been brought before them. Only Aaron had a similar status in their eyes. The priesthood is from Moshe's family as a symbol of an eternal connection with the Torah from Sinai. Even though our leaders depart, the priests descendent from Aaron continue to symbolize this eternal connection.

I turned and progressively entered a lucid dream. I felt myself rising off the ground into flight. All around the world was lit by the sunrise. I approached a place like Zion National Park near Cedar City in the South of Utah. There I beheld the modest red sandstone mountains of the park. I soared over them in various places. I desired to stay close to the ground for a better look and then soared straight up and over cliff faces. I was seeking to come close to G-d. I was wearing gloves and I removed the left to look at my hand and then the right to see the other hand. I saw their lines and their color was correct. I desired to be in the hand of G-d. All of a sudden I felt an incredible force pulling from behind me and I soared backwards; the wind passing swiftly by my sides. I then flew over the green land gazing at its harmony and beauty. I saw a large locomotive train and tennis courts as I came close to the ground. I sought to know the common denominator and I realized, these are a few of my favorite things. I had been to Zion Park. I remember locomotives of various cities, Sacramento and Silverton. I played tennis regularly in my youth. There was another common factor, I have not seen such places or done this activity in a long time and my soul was yearning for them.^[168]

We are only in this world for a short while; we must always remember to enjoy G-d's creation. This is a pathway to joy and a pathway to G-d.

Longing for Israel - July 16, 1998

Listened to hypnosis tape before going to sleep and then fell into lucid dream. In the Lucid dream, I let myself fly without control. This is the secret to control and prolong a dream in general. Let the subconscious direct the movement wherever it wills. In this manner, I rose abruptly over upcoming objects, and swoop close to the ground past other objects without harm. I would even have fun; for example, by bouncing off telephone lines. Before flying I chose a large towel to take with me, I thought to take a brown one, but it was a blue multicolored one instead. This helped in the flying.

I was moving and spoke to someone who was also moving. He was from Israel and we spoke briefly.

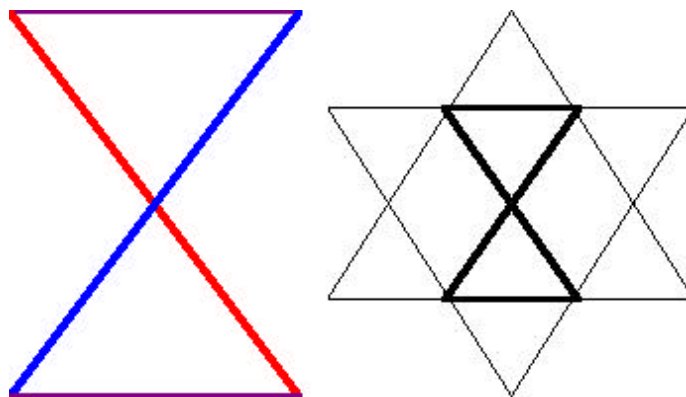
I found someone living alone, very depressed without legs. I saw an army uniform from Tzahal and asked to talk with him. He didn't want to, he didn't want pity. I said I know how it is to be alone and I said let us just talk. He still didn't want to, even after I said I want to talk for myself alone (no pity). Nothing, he sat on the floor without legs. I mentioned Israel and he perked up. I said I wanted to live there. He asked where. I said there is a place in the North, a small town next to Lake Kinneret, but I didn't know the name. (Probably this was a town like Yavne near the lake). Then I said Kfar Channanya. He shook his head, but felt impelled to get up to show me something. Out of nowhere, legs sprouted as he stood. It was like they were always there but hidden. He went over to a filing cabinet. He was very organized. He pulled out a folder on Israel, which contained a map. We opened it and it was a map of Jerusalem. There was a small map of Israel in a corner and a funny small map of San Francisco on it like a sister city to Jerusalem. We could not find the name of the town.

Secrets - April 12, 1997 - 8 AM

I discovered a 12th quasi sefira, which is the location of remez or secret knowledge. The quasi-sefira Daat represents knowledge. Now a 12th quasi-sefira called RaZ is a place of secret knowledge.

I played the letter ascension tape. As I looked into the stream, I saw various symbols forming. First, I saw the Star of David focus from the previous vision. Then I saw the letter Z within it and then another Z mirrored. I composed them in my mind and then lifted the hour glass symbol out of the star.

Figure 6: Symbol of Raziel



I visualized the letter Tav - t along with the tape and ascended from the level of Malchuts into Yesod. The goal for this hypnotic session was to find answers to mysteries. The tape led to a visualization of the letter Resh - r that is the vertical path to Tiferets. At this point, I combined the Resh with the letter Z from the Zayin I saw in the stream, to make the Hebrew word, RaZ - zr which refers to allegories, secrets, or mysteries in the Torah. I called the angel Raziel to pursue this further. At the level of Yesod, an angel descended. In the white light, I saw an angel with black robes. He veiled his face with part of the robe as he landed and beckoned. I put my arms around his neck from behind and we ascended. From his backside, I could not see where we went and I sensed that the place we were traveling to is hidden from all mystic plane travelers. Upon landing in the dark world, the angel unveiled himself and I saw a frightening face. I realized this was not the angel Raziel and I called his name again. I turned to notice another angel in dark robes. As I approached him, I saw that his face was old and his head was balding, but that this angel bore the countenance of a man. He said not to be afraid. The angel that bore me here is a guardian who scares off the unwelcome. He told me to come close. He asked what I seek to know.

I sought to understand by what individual merit are the mysteries of the Universe bestowed. He responded:

*By the knowledge of the seeker
By the seeker's deeds
By the longing in the seeker's heart*

Occasionally, the seeker may fall into bad straits and his/her knowledge may become impaired and even his/her good deeds may be lacking; still, there is a way back to discover the answers to the mysteries and purpose of life. This is by the longing in the seeker's heart.

Not by knowledge, nor by deed, but by the longing in your heart

The angel asked me to come close and I merged with the angel. At this moment, the answer to several mysteries became known. I sought a prophetic message to bring back to the people, but I learned that I

was not the messenger. Still, I asked could I know the message and the response was yes:

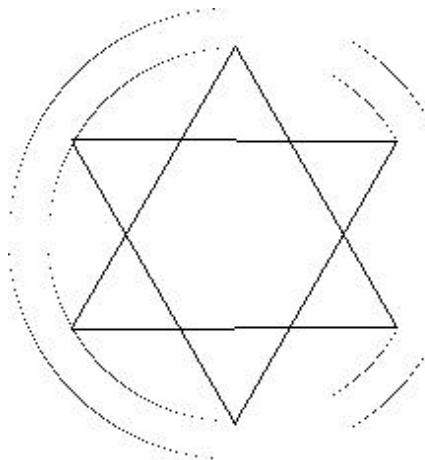
The Jewish people must learn to love each other first above other peoples. Unlike other peoples, we do not usually look out for the interest of our brethren first. We must always support each other before the other nations. [\[169\]](#)

He said if there are more factual items that I want to know I should ascend to the angel Yedeiel who is in the quasi-sefira of Daat. I ascended. I sought to know the locations of certain misplaced items and saw visions of their location. I pulled out the symbol I had found in the stream and looked at it which caused me to return to the place of Raziel. I offered the symbol to the angel and Raziel placed it upon his forehead and told me that the symbol was his very own. [\[170\]](#)

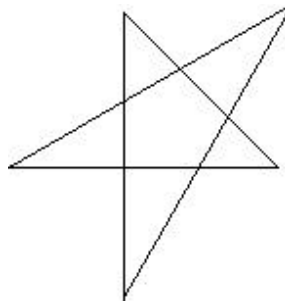
After I descended and emerged from hypnosis, I realized that the location of the place of Raziel is in the pathway between Tiferets and Yesod. This place is the 12th quasi sefira, RaZ. The sefira is accessible when Netzah and Hod come together in unity like Hochmah and Binah for Daat. In this manner, Netzah and Hod symbolize prophecy and their joining opens the gateway to RaZ and the answer to mysteries.

Secrets II - April 23, 1997 [\[171\]](#)

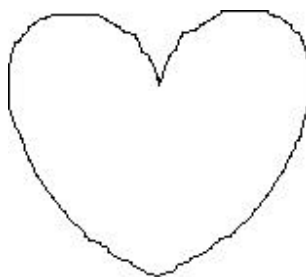
I focused my mind on the symbol of Raziel and ascended from Malchuts to his place. The angel taught its approach to demon and angel summoning for learning all secrets. First, he drew the following symbol:



Then we both entered into the area together. The symbol was for protection from deception and other trickery. He summoned the shedu, Asmodeus, who appeared as a short man with dark clothing. He showed that any answer pertaining to the material world could be extracted from the shedu. Nevertheless, these answers serve little benefit for the soul. In order to release the angel he erased his symbol in the air.



Next, he summoned the angel of love whose name is Anael. This angel appeared small, white, and feathery in a bright light. He asked the angel to show us love. The angel opened a portal and inside created a picture. First, he waved his arm to display a rainbow of butterflies. A mountain was behind the butterflies and a grass valley with water was below. The meditation guide, Ira, spoke of bonds that need to be freed at this point disturbing the tranquil picture but forcing the angel to reveal that sometimes love does have binds that restrict. For everything, there is a balancing force. He then dismissed the angel by erasing its symbol, a heart:



The Lamed Vavniks - The 36 Saints - December 12, 1994 - Rosh Hodesh Adar - Malava Malcah

The 36 Lamed Vavniks by tradition are 36 saintly souls whose zechus - merits tip the scale of justice in favor of the preservation of mankind. The tradition is that there must always be 36 select individuals for the world to continue. While some might be leaders of the generation, others may be lesser known.

12/10 Thursday Morning:

On the early morning of 12/10, I had a dream of rising up and over the peaks of sunlit mountains with the colors of a sunrise (warm orange). The mountains were of a warm hue much like the sandstone rock gardens of Colorado [Garden of the G-ds, Colorado Springs, Colorado]. At the top I could see a valley on the other side with the tribes of Jeshurun^[172]. I was way up, several miles high and the mountains formed a ring around the luscious green valley. I then descended in a swoop to the base and landed on the green grass.

KNOW that there is a field where the most beautiful and pleasant trees and herbs grow. The precious beauty of this field and its plants and trees is impossible to describe. Happy is the eye that has seen it!^[173]

12/11 Shabbat Evening Services:

On Shabbas eve at Chabad [in Palo Alto], I saw more of the vision. In the valley, there are righteous men davening^[174] to Hashem. They are there for Kabbalas Shabbat. They have a leader, the Baal Koreh [the Master of Calling out to G-d] and the grass and mountains pray with them. The mountains skip like

lambs, (Psalm 114:4) but their minds are on Hashem, the source and reason for this joy!. The Shechinah descends and rests amongst them. I saw myself dancing with her, all dressed in white, a dance of joy, a dance to Hashem. She spun round and under about me and I was pleased to be there.

12/11 Evening Dinner: At dinner I saw the men in black around their Shabbas table. I wanted to know who they were? I learned that there are 36 including the leader and they are the Lamed Vavniks, the righteous ones whose prayers sustain the world. As my host made kiddush, I saw their leader doing the same and he drank first and then the rest of us followed, so it was with bread and each course of the meal. As my host brought and poured me water so did the leader for the others. The love of the others for their leader is great and their presence in the valley is eternal. The valley is a place from the world to come for living tzaddikim to meet together.

12/12 Shabbas Morning:

As I was walking to the Minyan, I felt a little down from the previous night's later discussions but I wanted to feel joyful for the Rashi Shir, so I began to sing. ^[175] I chose the Morning has Broken song as a base and built upon it with grasses singing and mountains dancing. I was again in the Valley, but this time praying with them and realizing the support of all nature for my prayers and their object was Ribono Shalom. When walking home, I again sung and saw grasses rising up all around me and the thankfulness of the trees and my prayers were elevated. Now I am running, May I run to you forever Hashem.

12/21:

This past Shabbas I was studying in the Bet Hamidrash when Hashem sent me a cherub who said, What are you doing here? I responded that I'm studying. He said, Its kiddush time; its kiddish time. Finally, I complied realizing its a greater mitzvah to partake in kiddush over wine with the Edut [congregation] than to study alone.

This morning I prayed on the subject of what I should tell my parents before making a shidduch. When one prays before the Almighty, it is better to ask the more important questions than to remind G-d of our daily aches and pains. With our parents it is more so; one should not cause them to worry.

Dissolving Violent Dreams - October 28, 1993

Face up and defeat fear.

I had a dream where I was being threatened by a person. I defended myself and grabbed the person's hair. Tumah or impurity is in the hair. I then became lucid and resisted. I said, I will not fight this person. I released his hair. Only the evil adversary who is inspiring these dreams will I fight. As I sought for his face, a thousand faces appeared before me of others; the adversary hides behind the masks of others. I said, they are not the source though they have fallen prey to the evil inclination. I said, show me your face, evil one. The evil is not within us but is outside and it seeks an entry point. The entry can be greed, lust, superficial worries, or even depression. Eventually a slight face formed, totally evil but faint, powerless, and alone. He would not appear to me in strength and majesty for alone evil is weak and cowardly. His strength comes only from those who surrender, Has V'shalom, but when facing him in my dream his power dissolved and his countenance vanished.

Messiah I - October 28, 1996

During the night I had the following dream:

I beheld a sunrise and before it I saw the image of One like the Son of G-d rising high. There was a warmth of light upon his face and his arms were outstretched to receive me. I felt an incredible sense of comfort, safety, security, and peace as I moved towards the entity. I saw myself as a light soaring up to a

point near his forehead. I felt the rise of kavanah, fiery truth in my soul, that indicates a true vision. Being a Jew, this vision perplexed me. In the dream, I thought the being to be as the Christians claim their savior.

Earlier in the day I was watching a program about the conflict in the Middle East where the Christian moderator said, the conflict will not end until the Son of G-d comes again to bring all parties to peace. Certainly a great leader/messiah, that all parties respect and acknowledge as G-d's anointed, could make us realize the futility of our struggles and the higher purposes of G-d. Nevertheless, the messiah will also have to show an acceptable resolution to the issues of the conflict.

The next morning I sought the meaning of the dream. Fundamentally I believe that there is only one true divine power and that is G-d. Yet, I cannot deny the complete comfort I felt in the experience of this spiritual Being. Perhaps this is the reason for the principle that we are commanded as Jews to believe in the coming of Messiah^[176]. This is to remind and comfort us with the idea of a saving leader who will also care about each of us as individuals. The 3 passages below shed some light on the meaning of the vision:

*(Isaiah 62:1-3) For the sake of Zion I will not be silent, For the sake of Jerusalem I will not be still. Till her victory emerge resplendent and her triumph like a flaming torch. Nations shall see your victory, and every king your majesty. And you shall be called by a new name which the Lord Himself shall bestow. **You shall be a glorious crown in the hand of the Lord, and a royal diadem in the palm of your G-d. ...***

*(Isaiah 62:8-12) The Lord has sworn by His right hand, by his mighty arm, Nevermore will I give your new grain to your enemies for food, nor shall foreigners drink the new wine for which you have labored. But those who harvest it shall eat it and give praise to the Lord. And those who gather it shall drink it in My sacred courts. Pass through, pass through the gates. Clear the road for the people; build up build up the highway, remove the rocks. Raise an ensign over the peoples. See, the Lord has proclaimed to the end of the earth, **Announce to Fair Zion, Your Deliverer is coming! See, his reward is with Him, His recompense before Him.** And they shall be called, The Holy People, the Redeemed of the Lord, and you shall be called, Sought Out, A City Not Forsaken.*

The angelic entity I saw in my dream is an expression of G-d Himself.^[177]

(Kings I 11:36) To his son I will give one tribe, so that there may be a lamp for My servant David forever before Me in Jerusalem the city where I have chosen to establish My name.

This suggests that the Messiah, descendent of David will be the anointed. The final question I asked was to explain why I imagined an association with Jesus and the dream.

(Kings 20:41-43) Quickly he removed the cloth from his eyes, and the king recognized him as one of the prophets. He said to him, Thus said the Lord: Because you have set free the man whom I doomed, your life shall be forfeit for his life and your people for his people. Dispirited and sullen, the king of Israel left for home and came to Samaria.

The prophet represents a messiah who is setting free the doomed man, but in consequence forfeits his own life and descendants. The king of Israel is like Hashem, who watches the process unfold. In my dream, this prophet messiah became a great angel in the spiritual world, like Metatron and

Sandalfon^[178], yet different. As a result of the self-sacrifice and love he expressed in his lifetime, his angelic nature became an expression of Hashem's comfort and message of redemption. This is the

Right Hand of Hashem, his messenger of deliverance in our world.

*The messenger whether in the form of G-d as our Deliverer,
a righteous anointed king who cares for his subjects,
a prophet who risks his own life to save others,
is the essence of our belief in messiah.
May he come swiftly in our days even through our daily hopes and longing dreams.*

C. Spiritual Dreaming

1. Hypnotic Dreaming

There are three steps here. Immediately after awakening study a kabbalistic or pure religious text for inspiration. Prepare the tape recorder with the hypnosis tape. Find a comfortable place for the meditation like a recliner. Begin the hypnotic meditation with the tape. Set as your goal an objective from the inspirational text.

City of Heaven - May 24th, 1997 - 8:00 AM

This day was the 32nd day of the Counting of the Omer corresponding to Netzah in Hod which is a complete day of prophecy revealing the 32 paths of wisdom. I was browsing through Meditation and Kabbalah as my inspirational text and came across a passage translated from the Gates of Light:

Know and believe that there is a mystical method involving the purification of the limbs, through which it is possible for a human being to attach himself to the Divine Presence, even though it is a consuming fire. [\[179\]](#)

The passage puzzled me and I selected it as an objective for my meditation.

I listened to a hypnosis tape I made that directed me to clear away any preoccupation s or worries. My goal for the meditation was to discover the meaning of the statement, Know and believe that there is a mystical method involving the purification of the limbs, ...

I spent most of the meditation on cleansing thoughts and shut off the tape in the middle which permitted me to enter a lucid dream shortly thereafter. As I attempted to ascend the sefirot I was confronted with numerous obstructing spirits. They were born out of the impurities of my own soul, magnified as always by heightened spiritual awareness. I destroyed these spirits by reminding myself in each encounter that I am for G-d and not for the values of this spirit.

I noticed snow falling around me and I looked up and saw a central cloud in a blue sky that was the source of the snow. I sensed that the snow was coming from the storehouses in heaven where the reward is stored up for the righteous in this world. I attempted to will myself upward to the cloud, but there was a strong back wind. I invoked the names in my mind of El Shadai and Eheyeh. [\[180\]](#) The first meaning All Mighty to overcome any obstacle forces, the second meaning, I Will Be , corresponding to the name of G-d associated with the high place of Keter to request a lifting force. I rose up into the high clouds eventually emerging above them.

I saw buildings in a bright sunlight but no people. As I searched for the people I saw a city in a valley in the distance with mountains behind the city. I realized the good light stored up for us in the world to

come is similar to our own world.^[181] In fact the world we have here can be this paradise if we make it so.

The consuming fire is a reference to Deuteronomy 4:24.
For the Lord your G-d is a consuming fire, He is a jealous G-d.

This fire burns and destroys impurity. For the totally wicked nothing else would remain, but for the rest of us the fire cleanses us leaving only our pure soul.^[182] What is the mystical method involving the purification of the limbs. This is nothing other than high spiritual meditation that purifies the soul and cleanses the body.

2. Prophetic Dreams

Dreams can also be prophetic in nature. Food, learning, and purity all effect our ability to have and interpret prophetic dreams.

a) Food

The food that one eats, whether it is kosher or not, whether vegetarian or not, or whether milk based or not will all effect the dreams one has. Non-kosher meat is the greatest in danger for violent dreams from the slaughter and location of the meat result. These images are then combined with other stresses in our life to create nightmares. By keeping kosher we elevate the spirituality of our dreams so that the stress in our life have little impurity to hold on to and the dreams are clearer and better.

Now, like Yosef, someone who has achieved a perfection of his Holy Tongue is capable of interpreting the dreams of deep sleep, as explained there. This is because dreams are determined by foods that one eats, as is brought.^[183] We've seen that in every thing there are letters. And so, when a person .lays down and sleeps, the vapors of the foods he's eaten ascend and rise to the brain. The letters which they contain are combined, and from this the dream is made.^[184]

b) Learning

Dreaming the Bahir - The Brilliant Light

For a period of a 2 years I read the Bahir in the evening before falling asleep, particular on Friday night. Usually this led to a prophetic dream the same night on the subject I was studying.

c) Purity

Dreams can have important spiritual significance. At times when we are in a state of cleanliness, they can even point us in a direction we need to go.

Israel - March 30, 1994 - 4th day of Passover

At last to be a freeman in Israel is better than to be in exile. All night long I had dreamt of other countries and dreadful times. I awoke at 2 AM and read a little of the Fifth Sphere, Tiferets, in the Gates of Light.^[185] I read that we are judged by three names. Each has thirty garments which are the thirty years Ezekiel spoke of before Jerusalem was condemned to destruction. The 30 garments have 30 corresponding names that are like instruments in the hands of their ministers. The other nations of the world are identified with the instruments executing judgement. Some are judged by the name of Hashem

alone without garments. This is the way of true love between G-d and us forever and ever - Amen!

Later that night I had the best of all dreams. I dreamt I had reached Israel on my travels. I walked past a post office thinking to buy a stamp to send a post card or to exchange money, but then I saw an Israel Discount Bank across and down the street. Inside the bank, I got on the fastest line which was the farthest right and saw that there were multiple tellers handling the line and one was already open, calling me. They do things so speedily in the banks in Israel! I told her I wanted to cash a hundred dollars in traveler's checks which I gave her and she asked for some ID. All I had was old ID cards from college and high school days. She accepted them in lieu of my passport which I told her I must have left in my bag. She commented that the stamp is fading on these cards however.^[186] I felt incredible joy to be in my homeland!

1.

^[156] See [Balak](#)

^[157] Interestingly, today as I am writing this 7/9/96, I saw in Border's Books a book called, The Empty Chair excerpts from Rabbi Nachman of Breslov. I opened the book to a teaching which said, One must make every effort to be joyful in life, even if one has to do something silly. Other quotes dealt with the destructive force that comes with depression, has v'shalom. This dream also parallels Reb Nachman's story of the 7 Beggars who were great healers. The greatest of the beggars was the one who healed by dancing but had no legs. The story concludes by Reb Nachman stating that the secret of this beggar's healing would only be revealed in the time of Moshiach.)

^[158] Brandeis Camp Institute is a summer program for college age students from 18-25 in Simi Valley which is north of LA. The program was run by Dennis Prager when I attended in August 1980.

^[159] See Stephen Leberge's books for proven methods for experiencing these dreams.

^[160] This was Mike Liveright who in some ways has been a mentor in my life. Visions in dreams are more susceptible to image metamorphosis. see Ovid's Metamorphosis.

^[161] In hypnosis we count down to deepen the state of a trance. The same technique deepens a lucid dream. Similarly, Stephen Leberg wrote about spinning out or disorienting oneself as a technique for maintaining a lucid dream.

^[162] Magen David.

^[163] A foot in length.

^[164] This resembled a focus from a character I run in a Dungeon and Dragon adventure.

^[165] An Earthquake just occurred here in San Jose at 10:15 AM when I finished drawing this focus.

^[166] From the sefira of Yesod.

^[167] This is similar to the vision of the angel in Binah where I gave her a Heh that I had found in a river at the beginning of the journey. See [Merkavah](#)

^[168] A Pisces should visit these types of places regularly or live there.

^[169] Excuse the nationalistic message. In a conversation with the Arch-Bishop of Prague the Maharal records the Arch-Bishop saying, You Jews claim that you are a good nation. Observably you seem to have a pension for trouble or evil. It is not that we accuse you of being evil to those outside your own tribe. It is not that we are accusing you of . You Jews are really bad. Not because you treat us badly or other nations; this we could understand, we don't like you, you don't like us; no because you are not good for each other. All of these teachings, you shall love the neighbor as yourself stuff and then the harm you inflict upon your neighbor. I submit that you treat your neighbor worse than we treat our neighbor. You guys don't hang together. The harms you guys can afflict on each other. I submit that you

treat each other worse than we treat each other. The Maharal had three answers. Jews are at each others throats because galut (exile) is unnatural. Galut is divisiveness between the Jewish people. The Arch bishop said that your wrong. It goes back to Yosef and your brothers. You have it in your bones. The Maharal said, You have a prima-facie case. Yet, the source of this is not the impoverished state of the Jewish people. It is the nobility of the Jewish people gone awry. This nation by its nature tends to importance to the nobility of the soul more than other people. Hakodesh Baruch hu has elevated us above other nations but our sins have gotten in the way. The creation of the Jewish people dictated that the Jewish people have different yearnings. You can see that when we are up against the wall we come back to being one people. Jews are people into meaning, ideas. If we are on the right track we re into Torah, if not other ideas. The Galut is infighting and divisiveness. When we are an Am, a people, we are drawn back to our nation.

<http://www.613.org/jsi/zion23-adlerstein-maharal.ram> Maharal, Israel, Exile, and Redemption by Rabbi Adlerstein at Beth Jacob for the Jewish Studies Institute of the Yeshiva of Los Angeles on Jan. 13, 1998 taped by Dovid Silverstein.

[170] Raziel keeps the secrets of soul mates. He also knows the quality of different locations match each soul. He does not give these answers freely, but one must merge and become the angel to obtain the knowledge. Ironically, most often one will find that these answers will agree with what we each already know deep down in our soul.

[171] This meditation was led by Ira Brandell at Beth Shalom at the end of the 2nd day of Passover.

[172] G-d refers to Israel with this fond name which takes us back to the time when Joshua by the hand of G-d led us into Israel and we served G-d completely and wholeheartedly. The generation that entered Israel was like a new born child, innocent of the idolatrous ways of other peoples.

[173] Likutey Moharan I:65 quoted in Garden of the Souls, page 37.

[174] Praying an individual manner, often accompanied by standing and shifting one's weight side to side or forward and back. The movement is like the waves of a flag which catch the eye of Hashem to our needs.

[175] Stan Sussman leads the Minyan's Rashi shir each Saturday morning at 9 AM.

[176] Maimonides Principle 10: I believe with complete faith in the coming of Messiah.

[177] G-d communicates with us through angels, i.e. the angel of the Burning Bush.

[178] Metatron is from Hanoah; Sandalfon is the angelic Elijah.

[179] Meditation and Kabbalah trans. Gates of Light, Aryeh Kaplan, p. 130.

[180] Ibid. page 128.

[181] See I saw Heaven by LDS publishing. LDS maintains a strong believe in prophecy even to this day. The person who wrote this work had a guide which showed him a heavenly city which looked like SLC.

[182] See Daniel 9:7-14, See [Zohar river of fire descending from beard](#)

[183] Berakhot 61b; Tikkuney Zohar, Addendum 3, p. 140b.

[184] Likutey Moharan, Ch. 19, pp. 185-187.

[185] Sha'are Orah, Gates of Light.

[186] Time is running out. Now is the time to return. The stamps are on the postcards that need to be sent. Concern for money is an obstacle.

VIII. The Power of Prayer

The Midrash explains^[187]:

Great is prayer in the sight of G-d. R. Eleazar said: If you wish to know the power of prayer, know that if it does not achieve the whole of its object, it achieves at least half of it. Cain rose up against Abel his brother and slew him, and the decree went forth, *A fugitive and a wanderer shalt thou be in the earth* (Genesis 4:12); immediately he confessed before G-d, as it is said, *My punishment is greater than I can bear* (*ib.* 13); he said before Him: Master of the Universe, Thou bearest with the whole world, and yet with my sin Thou wilt not bear; Thou hast written, *Who is a G-d like unto Thee, that pardoneth iniquity, and passeth by transgression* (Micah 7:18); pardon my iniquity for it is great. Immediately he found favor before G-d and He withheld from him the curse of fugitive; that is half of the decree, for so it is written, *And he dwelt in the land of Nod* (Genesis 4:16). Hence you learn that prayer is great in the sight of G-d. And likewise it was with Hezekiah. When G-d said to him, *Set thy house in order; for thou shalt die* (Isaiah 38:1), immediately, Hezekiah turned his face to the wall (*ib.* 5). For so Scripture says:

*He will fulfill the desire of them that fear Him;
He also will hear their cry, and will save them.
(Psalm 145:19)*

A. T hillim

The psalms are a powerful form of prayer for changing one's life. Read each day they work their way into the subconscious and improve one's entire attitude towards life.

For R. Joshua b. Levi said: The Book of Psalms was uttered with ten synonyms of praise, viz.: nizzuah [victory], niggun [melody], maskil [instruction], mizmor [psalm], shir [song], ashre [happy], tehillah [praise], tefillah [prayer], hodayah [thanksgiving] [and] hallelujah. The greatest of all is hallelujah, because it embraces the [Divine] Name and praise simultaneously. (Pesachim 117a)

1. 10 Psalms a Day

Rabbi Nachman of Breslov popularized the idea of reciting 10 psalms a day for a complete reparation or cleansing of the body and soul. His Tikkun Hakelei collection contains the 10 types of song which together are particularly effective (see Tikkun Hakelai). Here is a list of different groups of 10.

Table 18: Ten Palms a Day for Healing

Rabbi Nachman's	My Own Revealed From On High In This Order	Short Ten Revealed In This Order	Short Alternates
16	123	100	6
32	67	128	13
41	126	131	71
42	43	23	95 99
59	93	24	100
77	117	8	101
90	134	146	110
105	130	4	111
137	87	149	112
150	113	150	138

2. Marriage Psalms

a) For Men Psalm 128

This psalm is recommended by the Nicholsburg Rabbi:

A Lifting Song
Sing praise all ye who fear the Lord and walk in His way
By the toil of your hands you shall eat and it is a goodly praise to you.
Your wife shall be a fruitful vine in the innermost part of your house.
Your sons shall be like olive saplings (seated) around your table.
Thus, is blessed the man who fears Adonay.
Adonay will bless you from Zion
And you will see the good of Jerusalem all the days of your life.
And you will see your children's children.
Peace upon Israel

twlumlh ryc
 wykrd b jlh y ary-lk yrca
 jl bwfw jyrca lkat yk jypk uygy
 jtyb ytkryb hyrp }pgk jtca
 jnlcl bybs \ytyz yltck jynb
 yy ary rbg jrby }k-yk hnh
 }wyxm yy jkrby
 jyyj ymy lk \lcwry bwfb harw
 jynbl \ynb-harw
 larcy-lu \wlc

b) For Women 31, 32, 70, 72, 124

These psalms appeared in an interesting newspaper article with the following description:[\[188\]](#)

A mystic rabbi in Israel suggested the five psalms, which are preceded by the words, I am reciting these psalms in the merit of King David and I wish blessings to come to these women. Then they say the group members' Hebrew names and the members' mothers' Hebrew names. The goal is to pray for others.

3. The Songs of Ascent

Those seeking to elevate their spirit to G-d can recite Psalms 120-135 at Seudah Shelishis, the third meal on Shabbat, which is a holy time of the day. We recite Shir Amalot, the Songs of Ascent, after Mincha starting on Succoth until Pesach. From Pesach until next Succoth, we read Perkei Avots. Reading Shir Amalots is a preparation for a heightened state of spiritual awareness. The period after Mincha on Shabbas is the time of Zer Anpin who descends to join with the Shabbas Queen. Who is Zer Anpin? He is the Prince and masculine counterpart to Nukva who is identified with Shabbas. After the sefirot shattered because they had not learned to give, Hashem reformed them into the Partzufim. There are four lower ones consisting of father, mother, son, and daughter. Zer Anpin, the son, surrounds Nukva, the daughter and Shabbas Queen from six sides or directions: South, North, East, Up, Down, and West. Also Zer Anpin is associated with the six days of the work week while Nukva is associated with Shabbas. In the Shabbas Amidah, we make a throne for the Shabbas Queen, this is the union of Zer Anpin and Nukva, or in their sefirot names Yesod and Malchuts. The Shabbas Queen when well supported by Zer Anpin rules over all her domain with blessing and spreads peace in the land and in the heavens above. We should view the Shabbat as the middle of the week with three days before and three days after. In this manner, we keep the Shabbas Queen in the center of our lives.

This is the same for a husband and wife. Placing the wife in the center of life with work on the periphery causes the wife to feel supported, loved, and cherished, which in turn brings the Shechinah or presence of G-d into the household. The Shechinah is the Shabbas Queen and the wife causes her presence to dwell in the house. When the husband is behaving properly serving his wife and his wife respects her husband's Torah devotion, then there is a great unity in the home and the Shechinah descends through their joy and the family is blessed.

4. Hallel

These psalms are recited in gratitude after deliverance from a threat. They are also effective on holidays to elevate joy and healing.

5. Improving oneself - Midos

Psalm 15 is the corner stone of spiritual cleansing, while Psalm 13 is the cornerstone of longing to be close to G-d.

Psalm 15

A Psalm of David

*Adonay, who will sojourn in your Tabernacle?
Who will dwell upon Your holy mountain?
He who walks in wholehearted integrity
and deals righteously
and speaks truth in his heart.
He who has no slander on his tongue,
who has done his friend no evil,
nor cast disgrace upon his fellow man.
In whose eyes a vile person is despised,
and those who fear Adonay he honors;
though he swears to his own hurt,*

*he does not change [his oath].
His money he has not lent out at usury
and a bribe against the innocent he has not taken;
whoever does these things will not be moved forever.*

B. Siddur [FIGURE]

1. Introductory Prayers

During the reign of David a plague broke out that killed many of the people. David prayed for the cause and solution to the plague. He learned that the plague was due the people not recounting enough of their daily blessings. Consequently David mandated that everyone recite 100 blessings a day which would increase their appreciation for life. The plague ceased. [\[189\]](#) Amongst the blessings is the following commandment which we remind ourselves of every morning:

]wmk]url tbhaw lc hcu twxm ylu lbqm ynyrh
*I hereby accept upon myself the commandment,
You shall love your neighbor as yourself
(Leviticus 19:18)*

This recitation of this lesson reminds us that each day we must forgive any insult or harm that anyone has done to us, whether actual or perceived. We are reminded each day that we are forbidden to hold a grudge against anyone.

2. Offerings - Asiyah - World of Doing

This 1st level of the morning service is associated with the physical world. Karbanos or offerings/sacrifices during the time of the Temples were considered a principle means to come close to G-d. While the temple does not exist, we consider the reading of these offerings to bring a merit similar to the actual offerings. The word for sacrifice - Karban bears a similar spelling to the word for close in Hebrew, i.e. Krov, which implies a similarity in meaning.

Rabbi Chiya bar Abba said in the name of Rabbi Yochanan, When a person relieves himself, washes his hands, puts on Tefillin, says the Shema and then prays, it is counted as if he built an altar and offered a sacrifice on it. (Talmud, Berachot 14b, 15a) [\[190\]](#)

3. Psalms - Pesukei D Zimra - Yetzirah - World of Formation

The 2nd level of the morning service consists of the recitations of various psalms and songs. The level parallels the angels in the World of Formation who are forever singing songs to Hashem.

Rabbi Yose said, May my portion be among those who complete the Praise (Hallel) each day. How could he have said this? We have learned, One who completes the Praise each day is blaspheming and degrading. When he said this, he was speaking of the Verses of Praise (Pesukei Dezimra). [Rashi: This refers to the two psalms of praise, Praise G-d from Heaven (Psalm 148), and Praise G-d in His Sanctuary (Psalm 150).]

Berachos 4b says that if one recites Ashrei three times a day he is assured of a place in Olam Habah. This is because of the passage, thou openest thy hand and satisfiest everything that is living. This

passage contains the concept that we accept entirely our portion from Hashem. We accept that Hashem has given us everything we need to survive. This is also the reason that many religious people throw themselves into Torah study instead of planning their livelihood.. Ashrei is recited twice at Shachris and once at Mincha.

The Gemara goes on to discuss a similar benefit to connecting the concept of redemption (Goel Israel) with prayer (the Amidah).^[191] If we begin the Amidah with a focus on our redemption from Egypt, we realize again that Hashem gives us all we need to survive. This is the reason that we attempt to connect the Redeemer of Israel with Adonai in the Amidah.

Overall, the Gemara^[192] is teaching us that we can throw our burden onto Hashem and be His servants doing His will. This is the way to Olam Habah (The World to Come). We realize that everything Hashem has given us is for His service. All of our money, our wife, our children, our material possessions, our bodies, and our souls are for love of G-d.

4. Shema - Beriah - World of Creation

The World of Creation contains the Throne of G-d. Part of the reason we sit when reciting the Shema is to emulate the descent into the throne room of G-d where G-d's presence rests upon the throne.

The first two verses of the Shema consist of twelve words and forty-nine letters:

So, when a person accepts upon himself the yoke of the Kingdom of Heaven with these verses, through which his soul is encompassed in the Twelve Tribes of G-d, he separates his soul from the soul of the mixed multitude,^[193]

Rabbi Nachman explains that there are 49 letters in the spelling of the twelve tribes of Israel as well as the first two lines of the Shema. Saying the Shema with one's eyes closed alludes to the faithful woman of God, Sarah or the Shechinah, who follows her spirit rather than the desire of her eyes.

To turn the mind away from the promiscuous woman, we recite the Shema with great concentration binding us to the Twelve Tribes of G-d and turn our mind to the faithful woman, the Torah woman, or the wonderful woman.

By accepting the yoke of the Kingdom of Heaven <with the two verses that are> an aspect of the sea of Shelomoh, he disengages from the souls of the mixed multitude/evil maidservant/promiscuous woman, and is encompassed in the souls of the Tribes of God, an aspect of a God-fearing woman. ^[194]

5. Amidah - Atzilut - World adjacent to G-d

Before the Amidah, the cantor recites the Kaddish, the Sanctification prayer:

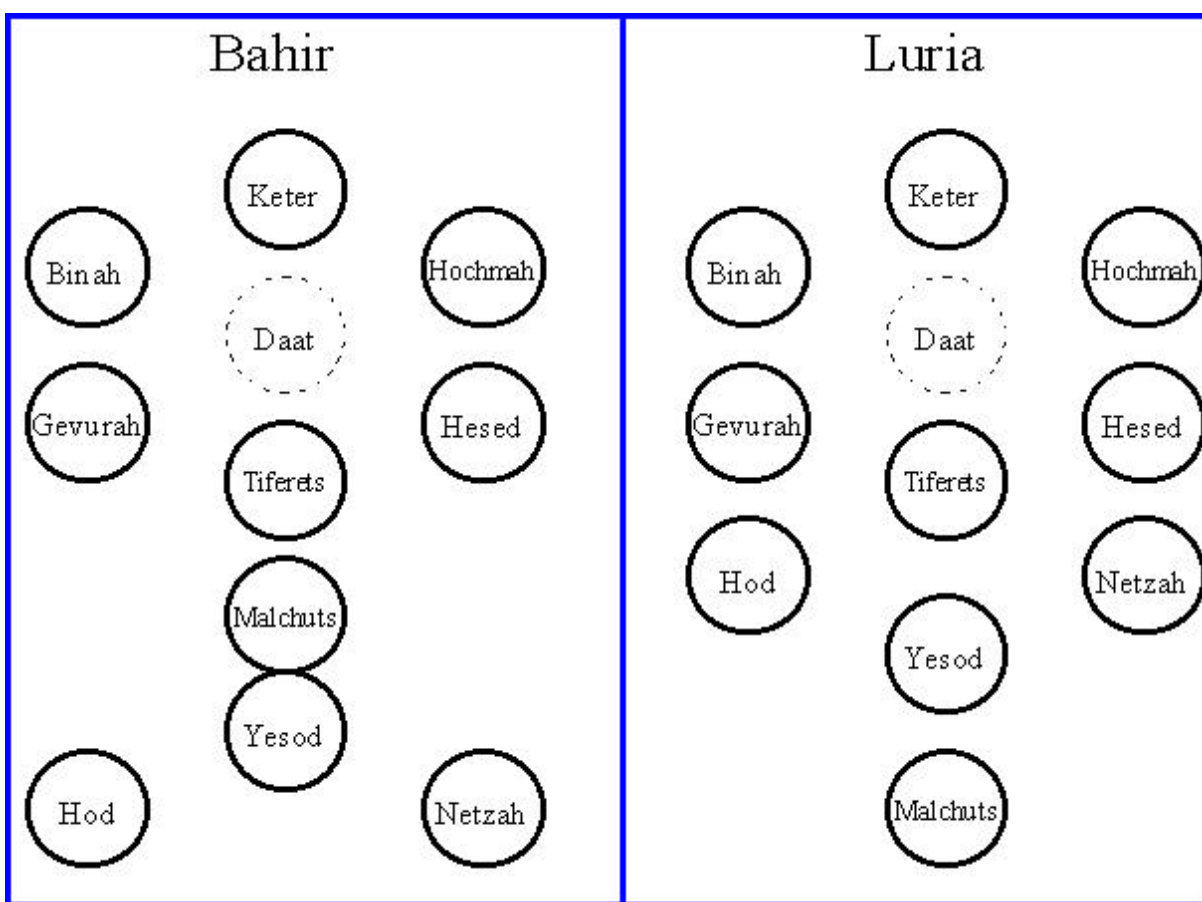
One who responds with Amen, Yehei Shmei Raboh... (His great Name shall be blessed forever and for all eternity) with all of his strength (of concentration and aloud) nullifies any evil decree that may have been pending against him for the next seventy years.^[195] (Shabbas 119b)

The Amidah consists of 18 principle blessings and is the core prayer in Judaism. As the service approaches the Amidah, one recites, True and Certain is our G-d which leads to the blessing of G-d who redeems Israel. The word for redeem in Hebrew is Ga'al - lag and is associated with Yesod and Hashem's righteousness. When we begin the meditation before the Amidah, we say, Adonai, open my lips so that I may declare thy praise. The Shaarey Orach suggests that we bind the redeemer to the name

Adonai, which is associated with the sefirah of Malchuts. In fact, the redeemer becomes a throne for the Queen and when the Queen sits upon the throne the redeemer supports her instead of fleeing from her presence; and then she bestows all the blessing of the Amidah on the land and the people of her kingdom. If the redeemer should flee her presence, has vshalom, then she will go into exile and join with foreign rulers who do not appreciate her great worth.

In the Bahir, the sefirah Yesod is seen in the eighth position below Malchuts. The Bahir places Malchuts in the 7th position since she represents the Shabbas Queen on the seventh day of the week. The eighth sefirah is associated with the brit milah, which is performed on the eighth day and was epitomized by Yosef who resisted the temptations of Potifer's wife. Netzah and Hod are seen as the 9th and 10th sefirot always acting together like Moshe and Aaron as the legs of the tree. They are associated with the Shehakim, the heavens that are the source of prophecy. [\[196\]](#)

Figure 7: The Kabbalistic Tree in Two Systems



Nevertheless, in the Luria system, Yesod is in the 9th position with Malchuts in the 10th. How are we to reconcile these differences? The key is that Yesod has two names of G-d associated with it. It is called El Shadai when seen from the viewpoint of Malchuts below. When Malchuts has received enough sustenance she calls out Dai, enough. She then bestows what she has received upon the rest of the world. The sefirah is seen this way when ascending [\[197\]](#). When Malchuts is above resting on Yesod, she calls Yesod, El Chai (Elohim Chaim), the living G-d, and the source of her creative energy. El Chai is the name of G-d associated with Malchuts looking down at her supernal spouse and represents the creative energy in process. She rests on the throne and prepares to bestow this energy as a blessing on all creation.

When Yesod is below, Netzah and Hod are in the 9th and 10th positions. When Yesod is above, Netzah and Hod are the 7th and 8th. In the former Netzah and Hod represent a preliminary energy to ascending the sefirot. In the later case, Netzah and Hod are traversed after already ascending into the tree. Both configurations are reasonable. I have chosen to draw them removing the channels from Hochmah to Gevurah, and Binah to Yesod, instead replacing them with channels from Yesod to Hesed and from Yesod to Gevurah. These channels are the correct paths and can be traversed by the adept where Netzah and Hod become the source of prophecy. I have also traversed the tree with these sefirot in their Lurianic positions. However I have never found channels from Hochmah to Gevurah or Binah to Hesed and now believe these pathways exist only through the sefirah of Daat.

6. Concluding Prayers

a) Ntzor Lshoni

My G-d, guard my tongue from evil and my lips from speaking guile; and to such as curse me let my soul be dumb, yea, let my soul be unto all as the dust. Open my heart to thy Torah, and let my soul pursue thy commandments. If any design evil against me, speedily make their counsel of no effect, and frustrate their designs. Do it for the sake of thy Name, do it for the sake of thy power, do it for the sake of thy holiness, do it for the sake of thy Torah. In order that thy beloved ones may be delivered, O save by thy power and answer me. Let the words of my mouth and the meditation of my heart be acceptable before thee, O Lord, my Rock and my Redeemer. He who makes peace in his high places, may he make peace for us and for all Israel, and say ye, Amen.

This prayer is recited at the conclusion of the Amidah and reminds us not to mutter negative thoughts of others. Instead, we should focus on the positive and be dumb to the negative so that we do not remember the faults of others. By reciting this prayer meticulously at the end of every Amidah, one will overcome negativity towards others.

b) Tahanun

Rabbi Feinberg taught this prayer of supplication and confession is the prayer for a soldier going off to battle. By supplicating ourselves before Hashem, one strengthens his position against his enemies. Similarly Balak sought to destroy the children of Israel by demonstrating his zealotry in rising before dawn and saddling his donkey to gain an upper hand with Hashem by making himself appear righteous. In truth the children of Israel had their ancestor Avraham who was the source of this teaching and Balak had only adopted it from the children of Israel.

The desire of the woman produces the soul of a female, the desire of the man produces the soul of male. [\[198\]](#) Feminine waters before masculine draw a male soul. Masculine waters before feminine draw a female soul. The goal of the prayer service is to elevate the feminine waters first drawing the masculine waters in response. The main prayer that does this is the Tahanun meaning falling on one's face. This is the quintessential feminine prayer and draws the masculine bounty of G-d into this world. [\[199\]](#)

c) Alenu

Tradition holds that Joshua composed the Alenu before conquering Jericho.

Joshua recited Alenu seven times, backward and forward, and thus broke down the walls of Jericho. It is

therefore beneficial for all things, helping for whatever trouble may occur. (Rabbi Moshe ibn Makhir of Safed, Seder HaYom p. 12d)^[200]

We recite Alenu while standing before the King with strength for the unification of all creation under one G-d:

I found a manuscript relating a tradition that one should recite Alenu with awe and reverence.... All the hosts of heaven hear it, and the Blessed Holy One and His heavenly family rise and respond, Happy is the one who has all this ... (Rabbi Moshe Mat, Match Moshe)^[201]

d) Kaddish

We recite Kaddish in Aramaic which is the language of Gevurah and the Other Side. It has the power to break the barriers of the other side and ultimately brings judgment and punishment to the left side of mercy, kindness, and a good ending.

Rabbi Yehoshua ben Levi said: If one responds, Amen, may His great Name be blessed with all his might, then all decrees against him are torn.... (Talmud, Shabbat 119b)^[202]

This [Aramaic] language is certain to subjugate the Other Side and break its strength, elevating the glory of the Blessed Holy One. It breaks the powerful locks, fetters, chains and all evil Husks. G-d then remembers His name and His children. (Zohar 2:129b)^[203]

C. Requests

1. Bypassing Obstacles

(see [Prayer on Rosh Hodesh Av](#))

2. Calling out to G-d

3. Amongst the Grasses

4. Shachris - Morning Prayer Answers - Jan. 21, 1994 - 9 AM

One can ask Hashem questions while praying. Yet one may ask, How can I bother Hashem with small questions? A Breslov Rabbi responded, You are not bothering him; he wants to be bothered. Tell Him all your smallest concerns.

Here are some answers to some peculiar questions.^[204]

1. Prayer for guidance on Shabbas observance revealed that Shabbas is the time of the Shechinah descending into our world. It is not a time to be alone. I saw two pigeons eating near each other from the window. Shabbas is a time for an elegant meal to make and delight the Shabbas Queen and the lady of the home.
2. The mitzvah of tefillin should be done even if one doesn't have time to recite all of the morning prayers, even if none are said; it is still a mitzvah of value to be done.

3. A metal covered siddur should be kept by the bedside. Modeh [I thank ...] should be recited upon arising in the morning.
4. Forbidden scoffing includes if you disparage someone's actions even without intending to offend the person herself. Causes of scoffing: You think that your opinion is superior to others.
5. The Shema should be recited 3 times a day; reciting the first line even alone fulfills the mitzvah.
6. Sleep with water close to one's bed in order to perform n'tilats yadayim [the washing of the hands] upon awaking.
7. showing discontent for a decision that will help others. Be positive and of cheerful countenance.

D. Short Service

Often, reciting the entire morning service is too much for most of us to handle. There are various abbreviated paths set by our elders when time is short. Nevertheless, today the prayer service is also a learning path. Let Hashem guide you to the prayers you need to emphasize at this point in your life. A few examples are included here:

1. Short Prayer Service - Jan. 15, 1997

The morning service is lengthy to insure that each person find at least one prayer that is a source of inspiration. Part of the strength of a minyan is that each individual supports the group during his inspirational prayer. Siddur means order and while one may not necessarily say every prayer completely he should aim to follow their order. If one is short in time Hashem will reveal the prayers one needs to recite though the divination of turning pages. Here is an example service:[\[205\]](#)

1. Put on morning Tefillin and Tallis
2. The preliminary service Shema - p. 12
3. Recite the What Preciousness is Your Kindness prayer which is normally said after putting on the Tallis - p. 21
4. Recite Psalm 100, A Thankful Song which Rises to the Lord of all the Land - p. 28
5. Recite the Yishtabach - p. 60
6. Blessings before the Shema - p. 64
7. Shema
8. Blessing after Shema for the Redeemer of Israel - p. 74
9. Amidah
10. Alenu - p. 134
11. Psalm of the Day - p. 137
12. The Thirteen Articles of Faith (last 4) - p. 153
13. I believe, with a perfect faith, that the Creator, blessed be his name, takes cognizance of all the deeds of human kind, as well as of their thoughts; as it is said: He who fashioned all their hearts, understands all their actions
14. I believe, with a perfect faith, that the Creator, blessed be his name, recompenses those who observe his commandments, whilst he punishes those who transgress them.
15. I believe, with a perfect faith, in the coming of the Messiah, and though he tarry, I will daily await his appearance.
16. I believe, with a perfect faith, that there will be a resurrection of the dead, when such shall be willed by the Creator, blessed be his name, and exalted his memorial for ever and to all eternity.

E. Temple

Praying in a group strengthens ones prayers.

F. Psalms for a Sunny Day by Samantha Grier

These were composed by Samantha Grier, MSW and founding executive of Caring for Children San Francisco, CA. Samantha's inspired writing could be canonized if there was room for another book of psalms. Her masterful way of seeing G-d in nature, attaching to G-d, and expressing a longing for G-d, reveals her spiritual genius.

1. PSALM I

God is the sunshine of my life
the weather matters not
The day is always sunny
when we hold God in our heart

The storms of life are many
We can struggle if we please
But with acceptance
troubles fall away like autumn leaves

Our lesson is to know God's love
is with us all our days
although obscured it is truly there
to guide us through our daze

We need to see more clearly
what is in our hearts and know
what matters is not the tests or lessons
but our courage, and willingness to grow

2. PSALM II

I see God in the sunshine
I see god in the rain
I feel God when I'm happy
I feel God in my pain

It's clear that God does love me
and naught is good or bad
but rather lessons for my soul
and not to make me sad

So sleep is sweet no matter what
the day may have been
for when we live with open heart
there's no way that we can sin

3. PSALM III

God is my protector and
God is my friend
my shepherd and provider
His bounty has no end

God is my Father
and God is my peer
my lover and my playmate
with God there is no fear

Although the meaning is obscure
my life is God's to mold
for what may seem like mud to me
God can turn to gold

We can never know God's plan for us
It's only ours to trust
to seek the truth and
hold the faith

And when the veil lifts
revealing our purpose and our destiny
We will finally understand and accept
God's ultimate mystery

4. PSALM IV

Oh Lord lead me to the light
let your love illumine my path
guide me with your loving ways
Sustain me when I fall

Oh lord please lead me forth from
this barren plain of failed desires
free me from attachment to all but you for
I long for your tender touch
your gentle guidance

Thou art my rock and
my redeemer and the
restorer of my soul
your presence comforts and sustains me
your light shall lead the way

5. PSALM V

Lord, you are my source and my salvation

your love surrounds me when awake
and covers me when asleep

Your glory is in all things
large and small
insignificant moments and
chance encounters that are not so after all

Your profundity invites my soul
to taste the depth of your essence.
Please Lord, bless me and all my enterprises,
my goings and my comings
and all the affairs of my heart

6. PSALM VI

God of my fathers and my mothers
hold me in Your holy hand
surround me with your goodness
protected by your love

Although I am but a speck of dust
a spot of earth's horizon
a flower that fades, a dew drop that falls
I have a soul and a purpose in this world

May your light illumine the corners of my life
so that I may clearly see and gladly do
all that thou hast created me for

My soul submits to
Your wisdom and Your will
and welcomes Your sheltering presence

7. PSALM VII

Of God of all Creation, I surrender
to your wisdom and magnificence
Thy will be done

In vain I ponder Your divine plan
I sacrifice my ego to serve you
show me the way to
open my heart and my eyes

Welcome me into Thy dwelling by night
and Thy arms by day
know that I am devoted to Your will
I surrender all to follow the path that Thou

has laid out before me

Thy power and the glory fill the universe
and show me the way to come home

8. PSALM VIII

Oh Lord of nature's beautiful bounty
I view your marvelous creation with awe but
allow petty distractions to consume my piety so
I see not that the bush burns unconsumed

Your wonders surround me
every moment of every day;
If I would but lift up my head
I would see your Glory

Still my frantic heart with peace,
slow my hurried pace so that I can see that
wondrous treasures lie all around
and all my heart's desires
are fulfilled

9. PSALM IX

The violence all around us
profoundly shakes our calm;
Could it be our inner turbulence
that badly needs the balm?

For this world of lessons
and games for us to play
teaches us that peace comes with forgiving
and loving whatever comes our way

Our true home is God's Kingdom
We never can get lost
our souls are in his keeping
there never is a cost

10. PSALM X

Sometimes in the darkness
when life seems hard and bleak
the path unclear
the way obscure
God's voice begins to speak

You can hear His words by listening

to the quiet deep inside
It tells you all you need to know
and helps you loosen pride

Love is the salve that heals our wounds
calms our fears
and makes us strong
to fight the doubts and frights
and gives us courage
to bring them to the light

11. PSALM XI

Sometimes I m lonely
Sometimes I m sad
Sometimes I m angry and feel very bad

These moments of blindness are closing my eyes
to God s loving presence and all that I prize

I try to remember that what I now feel
isn t what s true and isn t what s real

The truth is God s glory, his light and his love
and knowing I am protected by heaven above

12. PSALM XII

Sometimes in the shadows
When I m down and feeling blue
divine light manifests to help me see anew

there are no skies of grey
only passing clouds
that cover bright and sunny days

So when illusions cover truth wit
cloudy thoughts of doom
remember all the good thoughts
that would fill our mind
if only there were room

13. PSALM XIII

When I sit and watch the sea,
I note the ebb and flow,
I see the moon move slowly and
glistening stars peeking out at me

Then morning sun bursts through the sky
Like a baby being born
a new day's promise
accompanies the coming of the dawn

In any moment each of us can be born anew
and manifest our heart's desire
If we accept God's purification
and baptism by fire

Our souls direct us
we cannot fail
with faith, hope and clarity we can all
prevail

Nature moves us forward
We can always reach our goal
If we hold fast to God's gift
and thank him for our soul

14. PSALM XIV

Blessed with inner vision
We no longer need be blind
nor miss the abundance of God's gifts in
all the sparkling beauty that abounds

To smell a flower, watch a bird,
hug a child is to honor
God's gifts

His will be done

15. PSALM XV

We find God in the strangest places
with friends, strangers and smiling faces

in hearts that are open and arms welcoming wide
love creeps in bearing treasures that nest deep inside

Lovers, honor each other,
be noble and true
be faithful and honest
and create joy anew

For we are all siblings,
children of God's light
resting on our mother's breast

nurtured with delight

Our family is forever,
We never have to mourn
for nothing is ever lost
it only changes form

If we love without attachment,
offering integrity and hearts that care
Our gifts will be community
with compassion always will be there

16. PSALM XVI

We often overlook the simple things
bearing hidden gifts galore
If only we recognized these treasures
We would never ask for more

We know not what we really want
moving blindly through our lives
like mindless bobbing reeds

Yet we can reclaim our riches,
when we look down deep inside
and see the peace and love
where all God's gifts reside

17. PSALM XVII

We know God in the sunshine
in the glories of our lives
but also in the shadows
and the sorrows of our mind

We overcome with love and faith
Knowing the light will lead the way;
Even though the path is steep,
and many obstacles slow us down each day

But with each new step we build new strength
until we can honestly say
Thank You God for all your gifts
It was the challenges that taught me how to pray

18. PSALM XVIII

Fill your heart with love
Open your arms to the Lord

Know that s/he is there for you
at all times and in all ways
you only need to be ready to receive

Know you are loved and cherished,
supported, guided, and protected,

Remember that you are led to the right place
at every moment in time
even the difficulties, challenges, losses, obstacles
bear their gifts

So open your eyes wide
See that all is love and light
and peace in our hearts
These are God's gifts to us,
To carry in our hearts,
So we can transform the world

[187] Midrash Rabbah Deuteronomy 8:1, Soncino addition, pp. 147-148.

[188] Jewish Bulletin, Women seeking baserit? Prayer, mitzvot might help, 6/28/1996 issue.

[189] Me am Lo ez, page 107.

[190] A Call to the Infinite, Aryeh Kaplan, pp. 65-66.

[191] The Amidah is the quintessential prayer and is referred to as Tefillah.

[192] Berachos 4b.

[193] Likutey Moharan #36:3, Vol. 5, page 153.

[194] Ibid, page 155.

[195] Ashrei, Moshe Goldberger et. al., Staten Island Yeshiva, page 4.

[196] Bahir

[197] Shaarey Orah, Chapter 2.

[198] Likutey Moharan #31:14 Vol. IV, page. 387 quoted from the Zohar I, 85b.

[199] Ibid. page 391.

[200] A Call to the Infinite, Rabbi Aryeh Kaplan, page 76.

[201] Ibid. Aryeh Kaplan quotes this from Eliahu Rabbah 132:3, Beer Hetiv 132:3.

[202] Ibid.

[203] Ibid. pp. 77-78.

[204] Revealed with the name Adonay Tzavaot, the name of G-d associated with the sefira of Netzah.

Netzah is the higher source for prophecy and revelation in this world. Moses, our teacher, epitomized the midos of Netzah.

[205] Siddur Avodat Israel, English Translation, Sinai publishing

IX. Hypnosis

A. Introduction

The Kabbalists achieved their prophetic-like experiences while in a mental state akin to the hypnotic state of mind. There are many levels of hypnosis. If while driving a car or sewing one doesn't notice the passage of time, one is in a hypnotic state of mind. Today we call this subconscious state the meditative state of mind. Meditation really means focused. The kabbalist focuses his or her mind in the trance state to find Torah or personal answers and experience the mystical realms. In essence the conscience releases itself to the subconscious state which while immersed in Torah seeks the divine.

Hypnosis is the tool for directing the subconscious mind. Fundamentally the experiences of hypnosis, meditation, TM, progressive relaxation, etc. are all similar in that they represent semi-conscious experiences. Ironically, the full unconscious dream state is the most intense subconscious level and happens every night. Our purpose in learning hypnosis is to bridge the gap between an uncontrolled dream and a lucid dream to create an open channel for us to ascend and descend the spiritual realms manifesting in extra sensory perceptions in sight, sound, taste, and smell.

B. Keeping a Journal

One should keep a journal of one's progress. One can review the ideas that worked as well as those that didn't. The journal will become a record of your inspirations as well. I recommend writing an entry after each hypnotic session with the following form:

1. B H - By the blessing of G-d

This acrostic denotes that everything you are writing is with G-d's help. By acknowledging Hashem, one will write with inspiration and truth. This is a key to recording prophecies. Place this in the upper right hand corner of every page you write. Besiadata Shemaya - d sb - with the knowledge of heaven. Everything belongs to Hashem - } hl.

2. Date

The date is useful for tracking one's meditation development. Sometimes a person is given a particular vision on a particular day which corresponds to a religious holiday in the vicinity, a Torah portion read that week, or some other event in your life. Knowing the date helps one track these correspondences. Record the date in the upper left hand corner of the page.

3. Time

Knowing the time of each meditation helps one track his/her best meditation times of the day. Meditations upon awakening can be extremely vivid since the mind is quite alert. This is also the best time for experiencing lucid dreams. At one point in my life I developed a technique for entering a lucid dream state from a deep hypnotic trance. I was only able to practice this in the morning which is often the time of greatest intensity in dreaming. The date, time, and place together specify a precise astrological instance, which may be interesting to examine occasionally. Record the time just below the date in the upper left hand corner.

4. Location

This is an optional entry indicating the place where the meditation was done if not mentioned in the text. The location entry is below the time.

5. Text

Try to write in your journal as soon after the hypnotic session as possible. It is important to review the entire hypnotic session in the last few minutes of hypnosis, in order to help oneself remember everything that happened. Unlike dreaming, the train of an entire hypnotic session is meaningful. The significance of the journey will become more evident by recording the session.

C. Trust Yourself

1. Fears

The key to experiencing hypnosis is to first realize there is nothing to fear. Many of us have preconceived notions about hypnosis. Maybe we saw a hypnotist at a show or have heard stories about someone being under another's hypnotic control. If one has seen a hypnotist at a show, one knows that s/he usually starts out with a group several times larger than the remaining group that is performing the antics in front of the audience. The reason for this is the final performers are really comfortable with doing the antics in front of the audience, while the others are not. Our ability to exercise free will and not to follow a suggestion is always available under hypnosis. In fact, one's mental control under hypnosis is far greater than the ability to resist a dream at night.

2. Self-hypnosis

Hypnosis done alone is called self-hypnosis though the effect is identical with having a partner. I recommend self-hypnosis for beginners because it is easier to trust oneself initially. The procedure in general is to plan, write, or use an existing script as a basis for the hypnotic session. If you are using someone else's script, read it over carefully to make sure you are comfortable with the ideas contained within. Next tape record the script at a slow pace. Leave plenty of pauses to let your imagination roam free. Here are some guidelines from the book *Strategic Self-Hypnosis, How to Overcome Stress, Improve Performance, and Live to your Fullest Potential*. [\[206\]](#)

- **Relax and let go.**
- **Imagine along with the suggestions.** One should be like a child in make believe land. Feel free to change any item in a story you hear at any time during hypnosis. This will enhance the make believe experience for you and let your subconscious guide you to the answers you seek.
- **Let it happen.** Don't try to induce the hypnotic state. Hypnosis like dreaming, opening and closing one's eyes, breathing or even walking is perfectly natural. Trying will interfere with this process. As an example try opening and closing your eyes instead of blinking. The conscious effort will be far more difficult than just letting your subconscious take over.
- **Whatever happens, whatever you experience is always appropriate.**
- **Don't worry, don't bother to think about what's happening, just let it flow.**
- **Take an experimental give it the old college try and see what happens attitude.**
- **Feel free to change suggestions into your own words and images.**

D. Exercises

The following exercises are intended to demonstrate the hypnotic phenomenon.

1. Cheveul s Pendulum

This technique involves attaching a coin to a thread and suspending it before one s face. The goal is to stare at the coin and concentrate on seeing it move. One has the choice of clockwise, counterclockwise, side to side and front to back.

Exercise:

Attach a thread with a piece of tape to a coin and practice concentrating on seeing it move clockwise or counterclockwise. If this difficult one can try concentrating on side-to-side or forward-back motion

This exercise demonstrates the hypnotic phenomenon, which is fundamentally for the mind to suggest physical or mental responses that appear to be happening autonomously.

2. Experiment 1: How does it Work?[\[207\]](#)

DIRECTIONS:

Tape this script. Pause a few seconds at the ellipses ... While always a good idea, for this exercise it is imperative that you don t stop listening and imagining to think about what you are doing. Just keep on imagining, pretending, making-believe, as if what your voice is describing were actually happening.

SCRIPT

OKAY. I am closing my eyes now. I shut my eyes and focus my attention on what it feels like. I let myself feel what it feels like to feel my eyes closed, and when I do this I notice them closing more and more tightly shut . . . I tell myself my eyelids feel very heavy, very very heavy, tightly closed . . . I imagine that I can actually feel them become more and more tightly, tightly shut. . . .

I want to see how closed I can think and feel and imagine my eyelids become . .

a) Experiment 1 Results - June 9, 1992 - 10:30 PM

Completed experiment on closing eyes. By repeating ideas to myself, concentrating, and letting myself believe, the ideas become part of my reality. In fact, I cannot prevent this from happening if I choose to believe. I could not open my eyes but I was not afraid for I knew how the tape would end. I let myself be hypnotized, because I trusted myself and the ending would be good. I remember what happened. My eyes felt very relaxed when I let myself open them.

3. Experiment Six: What is Hypnosis Like?[\[208\]](#)

PURPOSE

To experience for yourself a conventional hypnosis session.

METHOD

Imagining along with your recorded voice, exactly as in previous experiments.

DIRECTIONS

SCRIPT

To begin, I am going to look up with my eyes and find a spot on the ceiling somewhere above the center of my hairline. I am going to focus my attention on that spot with all might and keep staring at the spot for as long as I can.

As I stare at my spot, I will take a deep breath and hold it for as long as I can and then breathe out slowly, as slowly as I can, and as I breathe out I let my body go limp and loose and relaxed . . . I breathe in starting now, even as I keep on staring at that spot on the ceiling . . . And I'll keep on staring at that spot while I breathe out, letting nothing distract me . . . and I'll keep staring at that spot as I begin breathing in and breathing out naturally, automatically . . . more and more slowly as I begin to relax. . . .

E. Hypnotic Induction Stages

1. Stare at a spot on the ceiling. Repeat suggestion that staring at the spot makes you feel tired. This step sets up a loop that will help one close one's eyes autonomously.
2. Exhale negative thoughts. Inhale cool cleansing breaths.
3. Count down as a way of letting oneself enter a deeper state of hypnosis. The number zero should be associated with entering the hypnotic frame of mind.
4. Review the goals for this session in your mind. This should lead to the exploratory part of the session.
5. Have fun, explore any new ideas that you came up with in the session.
6. Mentally review the experiences chronologically.
7. Give yourself the suggestion that you will feel great as you count up and out of hypnosis. This leads to counting up from 1-10 and becoming fully awake and feeling great.

F. Automatic Writing

Similar to the process of doing Gematria, automatic writing involves asking questions and writing the answers from the extra-sensory mind.

G. Training***H. Actual Tape Scripts*****1. Into the Heavens and Beyond****2. Fire, Earth, Air, and Water****3. Self-improvement**

[206] Strategic Self Hypnosis, Roger A. Straus, revised addition, 1989.

[207] Ibid. pp. 3-6

[208] Ibid. pp. 42-48.

X. Meditation

A. Healing Meditations

Healing Technique August 11, 1993 - 7:30 PM

I moved the cause of any bad dreams I'd been having into my finger tips and washed them off.

I visualized Raphael - lapr hovering above the waters of creation. The beating of his wings transmitted healing energy throughout our world. I felt Raphael behind and through me lifting up my hands to heal those I prayed for. I prayed for each individual in the room and those that were ill that could not be with us. I saw their ill parts between my hands and I felt a flow of energy between them. My hands began moving as I visualized them along side my head and then down my body with a healing ray between them. I saw a golden light around my head (sunlight of Tiferets) and felt a surge of energy with Raphael still with me. I saw scintillating lights dancing around me and providing joy and healing.

I wanted to expand the healing that G-d was working through me. I visualized a glowing ball and I saw a string of light extending from its top, upward into the heavens. G-d created the world in the tzimtzum though a line of light and I saw its color was opal or mother of pearl. Raphael began to spin counter-clockwise above my head and into the heavens through the string-pipe.

I walked off into the mountains which is the wilderness, the realm of the klipot. I visualized drawing klipot coming out from others. They would then strike me and snap like a fire cracker turning into a flower lining my path. I preceded in this manner healing those I knew. The klipot turned into the most beautiful multi-colored flowers as if our sins were made as white as snow. I walked further into the dark realm and began to visualize the harm of words spoken negatively in other lands. Eventually the klippot were coming in the thousands against my body until I had no more energy from Hashem to turn them. There were flowers everywhere and my hands fell down to the ground. I needed protection and thought of the garment, Malbush - cblm, the small silent voice, whose gematria is lightning.

$$\text{cblm} = 372 = \text{lmcj}$$

I visualized the garment around me and wondered at the Klipah Nogah that separates us from annihilation. I felt safe and drained of all energy as I opened my eyes.

B. Space travel [FIGURE] [TABLES]

Primordial Aleph - July 22, 1992 - 7:30 PM

Asiyah First being given a drink

Angels lifting

Moving higher, soul leaves the body

Leaving all behind, forgetting the physical

Yetzirah Dancing before a symbolic man of G-d as a bright fairy light

Kissing gleefully, being a bright happy spark

Seeing the primordial Aleph smoking as the molting pot of creation

All beginnings lie here, freedom from all restraints
 Falling into the Aleph, nullifying all restraints
 Beriyah A dark angel extending hands pulled out from within, the Merkavah lies below
 Barely seeing the chamber
 Going higher now into the heavens
 All the angels chatting about what good things they will do today
 Some are making a white feathery garment, placing the garment
 Ascending higher [\[209\]](#)
 Atzilut Moving towards an object way out in space. Getting closer, seeing a triangle with
 Orbs at the vertices, connected to the bottom of the sefirot tree.
 Pulsating with energy, the energy that sustains all creation
 Eyes begin to flutter because of the energy
 Head is rolled up in total vision

Commentary

The space in the tzelem [\[210\]](#) was filled with plasma energy, the power generator of the Universe. In astronomy, this is analogous to a black hole at the center of the Universe. Before ascending to the tzelem, an angel led the way and there was a beam of light shining from its head, teaching, and empowering. The Merkavah mystics would talk while experiencing these visions and the students would record the teachings. As a final gift a crystal of light descended into my hands, a most spectacular beautiful light and I began to rise with the following vision:
 I recall the unity of all creation, the black fire of the world against the white light of nothingness. All physical problems dissipate in the nothingness.
 And there is something more, I recognize my soul and the other souls I have touched as part of me. There is no sadness only exchanged sparks and tokens of Love.
 I remember my face lit with white light. This is the image I wanted to remain with: the white light and love of G-d, the world, and all people. Amen.
 A relaxed jaw is a beginning to the meditative state.

Eloah May 8, 1993 - 10 PM

I played the tape, Further Suggestions For Induction. [\[211\]](#)

I found myself being greeted by a white pelican. It told me to follow as it soared into the heavens. I transformed into this type of bird and flew upwards. I gazed at the world below and saw green hills. From a bird I changed back into a man though I remained dressed in white and my arms had the likeness of feathers on them. I lifted them upwards and called unto G-d. I found myself in the large cavity of Malchuts - twklm. I called upon the angel Michael - lakm to take my right arm and Gabriel - larbg my left and we began our ascent. I uttered the names in my mind associated with Yesod (El Chai, Shadai) and the heaven of rock (firmament) opened and the angels took me higher. We ascended to the realm of Tiferets. I said the Tetragrammaton, Hashem, and we entered. There they let me rest. I was led to one of the academies of Kabbalists that reside there. I sat down in front of this book and opened it. On the first page, I saw the words:

YHVH - yy
 ShaBaT - tbc

In Tiferet is the everlasting Shabbat of the world to come. This is the Shabbat of Hashem while in Malchuts is the Shabbas of mankind. The page was followed by many blank pages. I realized the book

would reveal the answer to any question I had. In the academies of Heaven, the mysteries are revealed directly instead of veiled as in this world. I thought of the name, Eloah^[212] and it appeared on the page. I meditated on the name and lifted the white page overhead. There I saw the name as black fire on white fire and the name parted:



The name begins with Yod and ends with Yod, and represents all creative energy. It is the power of Elohim brought into the creation of the world. Between the names came forth the image of a flower, like an orchid, one of the double flowers. I realized the Name is the source of youth and renewal in this world. Herein lies the fountain of youth. In my mind, I saw myself running in a wonderful dance and I stood up even while I was still meditating. I began to turn to my left and recalled the sefirot associated with the different directions and the creative forces of G-d they emit into this world. To the east is Tiferets, the source of a new day. From the North comes G-d's strength, Gevurah, riding forth. To the West is the foundation of the world, Yesod, where the world grows and is built up. And from the South comes G-d's kindness, Hesed. Above is the source of prophecy, Netzah. And from below comes the praise of man to G-d, our thankfulness; Hod.

As I rotated to the left, I saw the name ELOaH turning the clock of life backwards. Extending my arms outward in the shape of a five-pointed star energy entered my head in a beam of light and went forth into the world through my arms and legs. Next, as arms lowered, I became tzayr - ryx - young, a nair, a youth, a boy. This name is the source of youth and childhood. It is the means of preserving eternal life in the world to come. I saw between the two parts of the Name an endless stream of life pouring forth, the Genesis of the world. I made the following suggestions:

1. See the world new again with the eyes of a child.
2. See all people in a good light, trusting.
3. Grow younger in age.

I opened my eyes to see the youthful light of day. I picked up the Sefer Yetzirah and opened it to a chance page. Before me were the names of G-d to descend and ascend the Elon - }lya - the Tree of Life.^[213]

C. Letter Meditations [TABLES]

Double Letters - May 15, 1993 - 8:40 PM

I was studying the Handbook of Jewish Thought^[214] and Sefer Yetzirah towards the end of Shabbas. In the chapter Judgment (21:2), life, children, peace, and wealth are not covered under the daily judgments. Instead, they are sealed on Rosh Hashanah. The rainfall of the year is sealed on Succoth (New Year of Rain), grain is sealed on Pesach, and fruit trees have their well being sealed on Shavuot.

Table 19: New Years

New Years	Holidays - Hagim - \ygj	Items Sealed
New year for People	Rosh Hashanah	Life, children, peace, and wealth
New year of Rain	Succoth	Rainfall
New year for Grain	Pesach	Grain harvest
New Year for Trees	Shavuot	Fruit harvest

I recalled a meditation from Sefer Yetzirah on the double letters for influencing the four long-term human fates:

Table 20: Double Letters

Letters	Tav - t	Resh - r	Peh - p	Caph - k	Dalet - d	Gimel - g	Bet - b
Channel Upward	Malchuts To Yesod	Yesod to Tiferets	Hod to Gevurah	Netzah to Hesed	Tiferets to Daat	Gevurah to Binah	Hesed to Hochmah
Planet	Jupiter	Saturn	Mercury	Venus	Sun	Mars	Moon
Anatomy	Mouth	Left Nostril	Left Ear	Left Eye	Right Nostril	Right Ear	Right Eye
	The mouth speaks praise to G-d	The left nostril smells war	The left ears hears ways of dominance	The left eye sees life	The right nostril smells new life	The right ear hears wealth	The right eye sees wisdom
Day of the Week	Shabbas	Friday	Thursday	Wednesday	Tuesday	Monday	Sunday
Patriarch	David	Joseph	Aaron	Moses	Jacob	Isaac	Abraham
Sefirot Color	Blue	Orange	Lower Eyelid	Upper Eyelid	Yellow	Gold Red	Silver White
Vowel Names	(none)	Shurek	Koobbutz	Heriq	Holam	Sheva	Segol
Vowel Symbols		װ	װװ	װ	װ	װ	װװ

Meditation uses

Permute DGBKPRT - trpk bgd with D - d in place with the sound th for children. p.177.
Strengthen on Tuesday - twice blessed, good for marriages.




Interpretation Uses

Find day of birth (Wednesday) planet (Venus), [ruling planet by starts (Venus)] ruling planet by name (Venus), first letter of name sound influences. Name influences - Jewish Thought (21:22).

Friday - April 16th, 1993 - 6:30 AM

I studied the Key of Solomon. [\[215\]](#) The 6th hour of Friday is ruled by the Angel Anael under the planet Venus. These are also the guiding forces of Friday alone. [\[216\]](#) The influences of Venus are empowered during prayers at this hour. Copper is the metal of Friday and the color is green. [\[217\]](#)

Table 21: Mother Letters

<u>Upper</u> <u>Sefira</u>	<u>Vowel</u> <u>Name</u>	<u>Vowel</u> <u>Sound</u>	<u>Vowel</u> <u>Symbol</u>	<u>Letter</u>	<u>Elem</u>	<u>Elem</u> <u>meaning</u>
Keter	Kametz	awe		Aleph	Air	decree
Hochmah	Patach	ah		Mem	Water	merit
Binah	Tzerey	ae		Shin	Fire	liabilit [218]

D. Biblical narratives [FIGURE]

Pinchas - July 24, 1995 - 8:30 PM - Entered July 13, 1996

A breathing meditation led to a visualization of colors (auras) behind others. [\[219\]](#) I journeyed to the time of Pinchas and saw the unruly crowd before Moshe and Aaron. They were parading their Midianite women as Zimri slept with one. Pinchas who was depressed was all of a sudden filled with the souls of the first two sons of Aaron and his head lifted. He knew clearly what to do and there was no rage or even anger. He slew Zimri and the Midianite woman for his jealousy for G-d and the crowd quieted. Pinchas's composure was self-evident and his right to priesthood secured. As he [Pinchas] did not die, Elijah was also jealous for G-d and a Cohen. [\[220\]](#) Pinchas's life will end when a full love of Israel fills his soul and the sanctity of G-d is secure in all Israel, (at the end of days?)

I also saw the tragic bus bombing in Ramat Gan in my mind and experienced the shock of the dead and the sorrow of their relatives. It is G-d's intention to reveal the closeness of Am Israel with Eretz Israel and that only the Jews can have this relationship with this land. I also asked of what to do in life. Money is gathered in the west (US) to sow seed in the east (Israel). Yesod is in the west and Tiferet in the east. Joseph accumulated the wealth of Egypt; Jacob was the source of the seed of Israel in Israel. Gather in the west to sow in the east is the way.

Walking meditation is halacha [\[221\]](#), since walking makes one aware of following G-d's will. Blessed be the Lord, G-d, King of all the Universe who revealth all dvarim [words].

Adam and Eve - July 30, 1995 - 8 AM

I played the Progressive Relaxation Tape. I started in a beautiful meadow and prayed to Hashem with the grasses around me. [\[222\]](#) I ascended a tower of faces. This was the ladder through Yetzirah to higher worlds. I asked G-d of the mystery of Lilith. This was Adam's first wife, other half, separated from him [\[223\]](#). She was the object of his lust, but he did not love her for his wife (Zohar 27b p. 105). Her children were winged demons of a thin body who spread throughout the world and one would be the tempter of Hava [Eve] in the garden. [\[224\]](#)

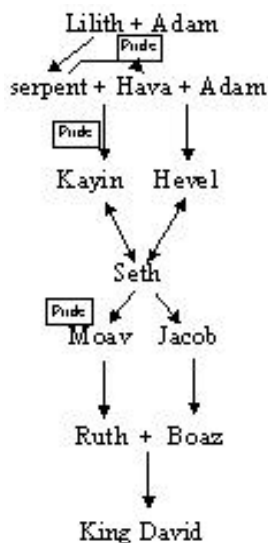
I asked G-d further on the meaning of this story. Adam rejected Lilith for a desire for someone similar to himself. But, there are deep mysteries why an opposite is a test of our choice in marriage. I pressed Hashem for the answer to this mystery. I pounded on the Gate of Knowledge that I may know it. The answer lies with David Hamelech who is a descendent of Ruth, of Moab, of Lot, of Seth who replaced Kayin. [\[225\]](#) Within every soul in this world is a unique part of Adam Kadmon. [\[226\]](#) The soul that David received, though tainted initially, brought with it great initiative that carried his ability to be king. This idea I learned yesterday on Shabbas from an article stating, Kingship was not found in the Jewish people

due to the lack of pride of Moav. [\[227\]](#) Kayin descended from the first wife of Adam [\[228\]](#). Hevel was from Hava. The source of the pride of Moshiach comes from Adam's opposite Lilith. Seth replaced both Hevel and Kayin and for this reason was not taken away by the demons of Lilith. How do we know that Seth replaces Kayin:

Eve said, G-d has granted me *other* offspring in the place of Hevel. (Genesis 4:25)

The word *other* alludes to Kayin. This occurred after the death of Kayin. [\[229\]](#)

Figure 8: Cain and Abel



So the deep mystery of the choice of one's wife returns to the beginning and the choice repeats itself in every generation [\[230\]](#). Praise to Hashem and much gratitude for being permitted this knowledge [\[231\]](#).

Isaac and Rebecca - August 14, 1996 - 7:30 PM - Rosh Hodesh Elul

I was studying Ahavas Chesed - loving kindness by the Chofetz Chaim in the morning. He quotes from Chazal, He who only occupies himself with Torah study and not with kindness is as if he has no G-d. [\[232\]](#) That night Ira led the healing meditation at Beth Shalom.

I visualized Sarah pregnant with Isaac. I sensed her satisfaction with being B'rayon - pregnant and the good feeling about the child she carried. My search for Isaac brought me to a vision of him as a young man. I saw him in the fields amongst the grasses praying to G-d. He had long golden hair and was handsome in form. Nevertheless, what distinguished him most was the smile on his face and the joy in his heart. I was amazed by his energy in prayer and play in the fields and his joy and dance before Hashem. Isaac's blessings were multiplied by his fun loving spirit. I introduced myself to Isaac and we shook hands. Isaac asked me, what do you do? I told him I learn Torah. He said, No, learning is not doing. I asked you what are you doing with your life? I told him I work. He said, No, what are your deeds? What are your actions in life? What are you doing that distinguishes your life? I told him I once taught in a senior center. He said that was good and what are you doing now? I said I am writing a book. He said, that's OK, but what else are you doing? The point of these questions was the emphasis Isaac placed on doing and action in life as opposed to learning. For Isaac, even playing was an aspect of doing and an important part of life. I tried to reconcile this attitude with Isaac's childhood experience of almost being sacrificed. Isaac said that it was a long time ago and behind him. Ira suggested after the

meditation that when a person has a near death experience, one develops a greater sense of urgency to enjoy every moment of life. Instead of an emotional scar, Isaac became a very happy child who enjoyed nature and the world around him.

Doing implies taking chances occasionally. Certainly we will all make mistakes, but without doing we will not find them, correct them, and lead a better life. Doing applies to marriage as well. Isaac married Rebecca without doing an intensive personal search himself. This was a risk; nevertheless, his marriage was joyful. People whose marriages do not work out should not be unhappy but should take what they learned with new joy into their life.

I saw Rebecca riding on her camel and then alighting before Isaac as he wondered who she was ^[233]. Eleazar led her to the camp and Rebecca took Sarah's tent and renewed the rituals of Sarah. Isaac was overjoyed with Rebecca, his wife and their love ran very deep. I asked Isaac to take me to meet his wife and he led me up a hill to what is known today as Hebron and I saw a tent in the distance. We came up to the tent and Isaac called his wife who came out to meet us. She was short with youth in height and she reached to cling to the side of her husband. Her face was also lit up with the joy of youth and love. Isaac mentioned something about food and drink and Rebecca said that the table is already prepared. I saw an ordered table set with light and food and drink within the tent. When I saw Rebecca, I saw her with a pitcher volunteering water for Eleazar to drink and for his camels. Her life was one of action as well.

I sought to know where they were residing and why I saw them so young. I saw the gold of the grasses blowing in the wind and realized with Isaac's guidance that this place too was found in Gevurah. Gevurah is the 5th sefirot and epitomizes action and doing in life. The number 5 is associated with movement. The angel Gavriel is the one associated with rescuing the Jewish people in the time of Daniel and calling out to Abraham to end the test of sacrificing Isaac. The world of Gevurah is associated with nature and enjoying life besides the rigor, discipline, and judgment as traditional associations. The name of G-d associated with Gevurah is Elohim which represents natural law in our world. Fun is part of the opportunities of life in this world and should be embraced wholeheartedly.

E. Palace Visions

Having an authentic vision requires careful preparation. By learning the descriptions of the Palaces of Yetzirah or the Chambers of Beriah one can attempt to duplicate the vision during a meditation and learn more details of these worlds. The descriptions are only a guideline and the journey is only for those whose longing is strong.

1. The Seven Palaces of Yetzirah

Perkei Hekhalot - Chapters of the Palaces ^[234] contains a formal description of these palaces. The following contains my own personal experiences of these heavens. In the world of Yetzirah there are 7 heavens ^[235]. These are:

a) Shamayim (Sham - Mayim : There is water -> Firmament)

This is the location of the Sun, Moon, planets, and stars. Yet how can this be since we see them in our world and know of their places. I have seen a star in Yetzirah and its light source is a precious soul that serves Hashem like an angel ^[236]. Some of these souls were once from our world, others are of angelic source.

b) Shemai Hashamayim (Water above the Waters -> Nehar Di-nur)

In this heaven new angels are born each day to utter praises to Hashem. They are born from the spring of fire each morning. They first dip their hands into the fiery waters and bring a taste to their mouths. Then they sing the holy Kadosh to Hashem and praises from sunrise to sunset.

c) Zevul (Habitation -> prince)

lw bz

This heaven is the place of the prince . He is surrounded by his ministering angels. He is called Meattah for he is from G-d. This heaven may be the residence of Zer Anpin in the world of Yetzirah.

d) Araphel (Fog or mist -> Torah)

lpru

This is like the morning mists and clouds that cover mountain tops. Moshe's tent was said to be enclosed in araphel when the Shechinah dwelled within. It represents Mt. Sinai and the place of the giving of the Torah.

e) Shehakim (Heavens)

syqjc

The rebuilt Jerusalem is prepared in this heaven. The Temple, Table, Ark, Menorah and all the utensils are here.

f) Mahon -> Aravot

It is five hundred year journey from Shehakim to Mahon. In the midst are the storehouses of snow and hail as well as the rewards for the righteous and punishments for the wicked. Five hundred years further is the Aravot whose merkavah is called Av bu which means cloud. There are some souls yet to be born.

g) Throne of Glory

This is the heaven of the Throne of G-d.

The descent from the heaven of the Throne of Glory leads to the place of the Merkavah or the Throne of G-d . Beneath the throne souls await their entry into our world.

2. The Seven Chambers of Beriyah

In the world of Beriyah there are seven chambers.^[237] The seven chambers are discussed in the work of the Me'am Lo'ez.^[238]

a) Brickwork of Sapphire - First Chamber

The first chamber [is called the Brickwork of Sapphire (Livnath HaSappir)]

It contains two angels, one on each side, under the direction of a great angel [called Tahariel]. He stands at the gate of this Chamber; by his side are myriads of fiery angels, with eyes all over, each holding a burning rod.

When a soul leaves this world, it must pass before this angel. If it is not sullied by sin, the presiding angel opens the gate of this Chamber and allows it inside. But, if the soul is defiled by sin and naked, not clothed in good deeds, it is shoved to the other side of the chamber, where there is a great angel presiding over thousands of harmful angels. They grasp the soul and beat it severely, leading it to purgatory [Gehenom], which is the place of judgment.

Another duty of this holy angel is to oversee prayer. Each prayer passes through this chamber....

b) Essence of Heaven - Second Chamber

The second Chamber [is called the Essence of Heaven (Etzem HaShamayim).] It has three gates, two of which are closed, and one of which is open. [Overseeing the open gate] is an angel [called Orpeneyel, who is also] in charge of the three directions south, north, and east. Under his supervision, two other angels stand by the two closed gates.

In the time of the Holy Temple, the Sanhedrin (Supreme Court) had the power to inflict the death penalty. When a person is put to death by this Court, his soul ascends to this Chamber, where it is greeted by the presiding angel. The same is true of the soul of a person killed by gentiles.

If a person has been killed by the gentiles, his image is engraved on [the angel's] vestments, and he brings it to the highest heaven. There, this person is recorded in the Great Book.

If he has been put to death by the Jewish courts, the angel overseeing the open gate greets his soul. It then conducts this soul all around the Chamber, until it arrives behind the two closed gates where it is shown the good reward given to all those who keep the Torah. The soul experiences great jealousy and extreme anguish for not having kept the Torah.

The angel then opens the east gate, comforts this soul, and allows it to enter. It is welcome inside, since its sins were expiated when it was put to death by the court.

In this Chamber are many kinds of garments prepared for the ones who present themselves before G-d. Every time a person observes the commandments with good intentions, not with any ulterior motive, a beautiful garment is prepared for his soul by the supervisors of this Chamber. When he passes away, his soul arrives in this Chamber. The angel who made his garment sees this soul coming, takes the garment, and accompanies the soul to the River Dinur.

Every soul must immerse in this river to purify itself, since there is no one who has never sinned.

Some souls are burned in this fiery river. They cannot leave it until the morning hours when the south wind blows. This is the time when all such souls are restored, singing praise to G-d and returning to their place. In this manner, souls behave like angels.

If this soul is perfectly pure, it can emerge from the river immediately. It is then dressed in its garment, and brought up to the heavens, into the domain of Michael, the greatest of all angels, who oversees Israel. Michael then offers this soul as a sacrifice to G-d [on the altar on high]. The soul then attains high

status, and is allowed to remain permanently in this holy place...

c) Luster - Third Chamber

d) Merit - Forth Chamber

e) Love - Fifth Chamber

The fifth chamber [is called Love (Ahavah)]. ...

In this chamber there is a Force [called Suriah] who has four colors white, black, green, and red. Under his direction are many angels who oversee all the gates. All the keys are in his hand and it is he who opens all the gates and locks them. All the mysteries are also given to him. Three times each day all the angels come into this Chamber, and he nourishes them.

In this chamber are all the souls which are destined to be born, as well as the form of every future body. Since the world was created this place of souls has never been empty.

Hakodesh Baruch directs Suriah who commands the gate keepers to open the gates of heaven which include the Gates of Repentance.

f) Desire - The Sixth Chamber

The sixth chamber [is called desire (Ratzon)]. ...

The presiding angel in this Chamber [Raziel] is the greatest and most important of them all. All the divine mysteries are given to him.

...

In this Chamber there are other angels [Shakhniel, Azuziah, Yehudiah, and Azriel,] who oversee the voices of young children who study Torah in school. The breath exhaled from these children's mouths is clear and pure, without sin. These angels take this breath and bring it up to heaven, where it sustains the entire universe. This is most precious in G-d's eyes.

g) Holy of Holies - The Seventh Chamber

The seventh Chamber, which is called the Holy of Holies (kodesh Ha Kadashim), is the most excellent of all. It is sealed and concealed from all eyes. It is to this chamber that holy souls come when they leave the world, and here they delight in the radiance [of the Divine Presence]. Here they remain until the coming of the Messiah [and the Resurrection].

Ascent of the Palaces - June 9, 1996 - 8 AM

I played the Earth, Wind, Water, and Fire tape for hypnotic induction. Initially I saw a pool of cool blue green waters and descended into a deep hypnotic state.

I descended the stairs and opened the door into Shamayim. I was below looking up at the stars of the night. Everything was quite spectacular.

Eventually I saw a waterfall of fire and swam up it into the 2nd heaven. I swam towards the source. I saw two activities. First I saw a rope of angels being pulled out of the waters and as they parted each one

took its own shape. Simultaneously there was a rope of angels returning into the waters. I placed myself into the form of one of the angels being born. I came to the water side and reached in lifting the liquid fire above my mouth so that my hand did not come into contact with my face. A few drops fell into my mouth and I began to sing praises to G-d. I was filled with joy and understood the pleasures of these angels. For them a day is eternity.

I then strove to enter the 3rd heaven, but found many barriers. There was no path to Zevul - lwbz and I remembered only two of the names of the Prince . I tried Meattah and Metatron, but they had little effect. I gave myself a hypnotic suggestion to wake for 30 seconds, retrieve Cohn-Sherbok's Jewish Mysticism, lookup names and reenter the hypnotic state. This worked perfectly and I retrieved 2 names for the prince. They were Kimos and Sanas. The second is the name of the Guardian who appears like a manticore^[239] with the head of a human and the body of a lion. He came down and swept my soul out of my body raising me to the entry point. I looked like a quasit with 2 thin wings and a mere spark of light for my head. It was a bit dehumanizing at first. I realized soon enough that he wasn't the Prince and would not let me pass. I asked to go beyond but he said wait, I can give you any knowledge in the world that you would like to know. He claimed to be able to reveal the purpose and truth behind all my current struggles as well as the answers to what would happen in the future. I saw upon his shoulder and then above his head a snake hissing a way and realized the meaning of the tempter in the garden upon the Tree of Knowledge. I said that all knowledge I need to know has been given to us in our world and I took the position of the GRA and did not take the gift. Still I could not pass. I prepared another hypnotic suggestion and awoke and saw the name of the merkavah associated with this heaven. Once I knew this name, I felt the Guardian slipping away with the snake. I did not even need to utter the name.

A small angel came down and I raised my arms above my head and I was lifted into the third heaven proper and brought to the Prince. I gazed only at his beard and saw the 13 attributes of Hashem hanging there. I uttered them in my mind. I felt the appearance of the Prince like the emperor but of more whiteness and mercy sitting on the throne. There was an opportunity to ask questions here as well but I did not pursue it. At this point, I do not believe any harm would have ensued.

Instead I requested to ascend to the world of the Torah, since the Torah was given to us in this world to answer all of my questions. I focused on the name lpru and saw the mist at the entrance of Moshe's tent. I also saw the fog hanging on Mt. Sinai. At this point I decided to return. I was very tired.

Eventually I gave myself a suggestion to be refreshed and counted myself up to ten and into the awake state.

Journey Through the 7 Heavens - June 14, 1995 - 7 PM

Healing Meditation. Chant tape followed by instrumental. Discussed homeless situation prior to meditation. I saw that part of the healing process for homeless people would be to live in the rural country. Closeness to natural beauty heals the soul.^[240]

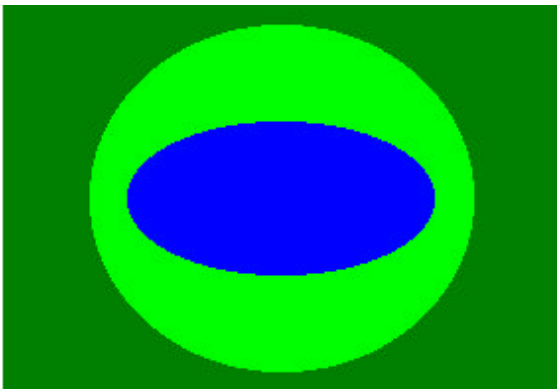
1st Heaven

The 4 angels led us through the 1st palace. There resided the homeless who had suffered in this world with walls of small angels playing soothing musical instruments. They walked stress-free in this world. We met the protector of the palace whose face was his full body. There was a staircase in the back that ascended to the second palace.



2nd Heaven

Here was Alyssum, a lake, and surrounding grasses. The world was guarded by a small druid with a keen mind. There were artists along the lake side drawing. He led us through the forest to the base of a mountain. After ascending the mountain, I passed through the clouds, the firmament into the 3rd world.



3rd Heaven

Here were astrologers and healers who had spent their lives on spiritual pursuits. The sky was dark and the piercing lights of the stars and planets was brilliant. The astrologers were in heaven. Passing through an arch led to the 4th world.

4th Heaven

This was a mirror of Israel, the dead sea and desert. Here the prophets of old walked. My guide was Isaiah who asked me what I had learned. He told me I understood the prophecies about the anointed well. He said I will find answers in Malachi. [\[241\]](#)



5th Heaven

All entities in this heaven were in a lightning energy. I held my guides hand for stability. [This world exists in raw visual energy.]

6th Heaven

The sixth world is entirely audio. The words of the Tzaddikim were all that I heard.

7th Heaven

This is the world of fragrance, closest to Hashem. The fragrance is that of goodly women whose souls are highest of all in heaven.

Follow up - June 16, 1995

***When you share your bread with the hungry, bring the outcast poor to your home,
When you see the naked and clothe them, hide yourself not from your own flesh ...
Then you shall call, and G-d shall answer, You shall cry out, and He will say, I am here.
(Isaiah 58:7,9)***

[209] Props in a vision help in movement. Here a garment aids the visionary in ascent.

[210] Man was created in the image (tzelem) of G-d. The sefirot are equated with this image and manifest themselves from the attributes of Hashem into the image of man.

[211] Similar to stories of Ovid.

[212] Eloah Beriyahot G-d of Creation, is found in Parsha Vayigash.

[213] Sefer Yetzirah 1:1, Aryeh Kaplan trans. Weiser, page 5.

[214] Handbook of Jewish Thought II, Aryeh Kaplan, Mozanim, page 334.

[215] Mathers translation.

[216] The 6th hour is from midnight and corresponds to the 1st hour of daylight. The ruling planet of the first hour of the day dominates the influence of the day.

[217] [The Sevens of Creation](#) has associations from a different tradition. The metal and color here are from the Key of Solomon.

[218] Sefer Yetzirah. Page 96.

[219] Kol Emet meditation group, Palo Alto, CA.

[220] There is a tradition that Pinchas did not die and became Elijah who also never died. G-d took Elijah directly into heaven in a fiery chariot. Each Pesach - Passover, we leave a cup of Elijah out with the expectation that he may come and visit us soon with the dawn of a new age.

[221] Halacha or law literally means walking. Judaism equates keeping the commands with the way one walks in life.

[222] There is a Midrash that Isaac went out in the field to pray amongst the grasses. As the grasses wave in the wind so does Jew wave when he prays to G-d. The grasses prayed with Isaac and received Rebecca his wife.

[223] G-d created Lilith from the dust of the earth at the same time as Adam. Nevertheless Lilith was not a help mate for Adam having a different nature entirely. Eventually she tried to rule over him without G-d between them. There is a teaching that the name of man in Hebrew is ish - cya and that of woman is ishah - hca. As long as G-d is between them they live as husband and wife. Nevertheless, if they remove G-d from the relationship, i.e. the letters from the name of G-d - hy, has vshalom, only fire - ca is left and the relationship consumes itself.

- [224] Mido-cnegdo-mido, character trait begets character trait, for Adam's lust.
- [225] The text used the reflexive version of kill, implying Cain killed himself as well as Abel.
- [226] G-d's primordial thought and creation of first man.
- [227] OU article, Jewish Thought Vol. 3 #2 page 62. Ber. Rabah 23:5 on Ber 4:25. Zohar 28b p. 108.
- [228] Zohar 28b p. 108.
- [229] After Hevel died, Adam avoided relations with his wife for 130 years. At that time Lamech's wives came in mourning to Adam. Lamech had killed Kayin and Tuval Kayin in a hunting accident. Lamech's two wives refused to have relations with their husband because of the murders and fulfillment of the prophecy over Kayin. Adam said that we are commanded to be fruitful and multiply and should not avoid this even because of prophecy. The women retorted, Before you correct others correct yourself. Therefore he set an example with his wife so that Lamech's wives would not point out that he had given up relations with his wife over the death of Hevel. Seth is born after the death of Cain and Abel and replaces both.
- [230] Lilith was very beautiful and Adam was proud of her and took her. This is the source of pride necessary for Kingship. The children of this marriage were demons. A marriage for appearance or wealth alone will not produce good offspring. Nevertheless, Seth had both the goodness of Abel and a touch of pride from Cain. Pride in one's wife is an ingredient for this balance. Women have the same dual choice and this is often the basis of their attraction to the wrong man. In essence a touch of pride elevates goodness into leadership.
- [231] Psalm 78:38, Zohar 23b, pp. 96-97.
- [232] Ahavath Chesed, page 92. Chazal is a term referring to our sages of blessed memory.
- [233] Abraham had not revealed the purpose of Eleazar's mission to Isaac before sending him away.
- [234] Pirkey Hekhalot, Jewish Mysticism - An Anthology, Dan Cohn-Sherbok. pp. 72-75.
- [235] I have placed them there with the highest heaven leading to the base of the world of creation.
- [236] This is from a vision I had where I was placed as a star upon high point to transmit light in Yetzirah.
- [237] Sefer Yetzirah, Aryeh Kaplan trans. Weiser, 1990, page 186.
- [238] Me'am Lo'ez, Genesis 6, page 182.
- [239] These are mythological creatures.
- [240] See [Healing Meditations](#)
- [241] See [Malachi](#)

XI. Up and Down the Tree of Life

A. The 32 Paths of Wisdom [TABLE]

The Sefer Yetzirah begins: [242]

*With 32 mystical paths of Wisdom
engraved Yah
the Lord of Hosts
the G-d of Israel
the living G-d
King of the Universe*

*El Shadai
Merciful and Gracious
High and Exalted
Dwelling in eternity
Whose name is Holy
He is lofty and holy
And He created His universe
with three books (Seforim)
with text (Sefer)
with number (Sefar)
and with communication (Sippur)*

The 32 paths of wisdom are related to the word heart . In Hebrew, the word for heart is *Läiv* b, which has a gematria value of 32. The Torah begins with the letter Bet - b and ends with the letter Lamed - l.

larcy-lk ynyul ... \yqla arb tycarb

These two letters, the 32 paths, the knowing heart contain the Torah. Nevertheless, the heart is directed by the intellect - sekhel. The heart that pumps blood and affects our exuberance and joy with life is related to the 32 paths of wisdom. The literature refers to the 32 in three different ways: the first 32 instances of the natural name of G-d - Elohim - \yqla in the book of Genesis, the 22 letters plus 10 principle numerals which G-d combined to create the world, and finally 32 levels of consciousness that Hashem displays in our world.

1. The 32 Names of G-d in Genesis

2. The 22 Letters 10 Numerals

3. The 32 Levels of Consciousness

These 32 Levels are mental attributes that operate in creating and sustaining our world. Genesis states that G-d created man in the image of G-d. The name for G-d, here, is Elohim. This is also the name for G-d in the 32 paths of creation at the beginning of Genesis. Since we are in the image (tzelem) of G-d, we have an opportunity to activate our mind on each of these 32 levels:

*18. Consciousness of the House of Influx (Sekhel Bet HaShefa). By probing with it, a secret mystery (raz) and an allusion are transmitted to those who **dwelt in its shadow** and bind themselves to probing its substance from the Cause of Causes.* [\[243\]](#)

*Those who dwell in the shadow of the Almighty are those who trust in G-d
(Psalm 91:1)*

The name of G-d for Almighty is Shadai, which is associated with the sefirah of Yesod. The 18th level of consciousness is the gematria of chai - yh. The other name of G-d associated with Yesod is El Chai. The probing done from Yesod reveals the secret mystery (raz) and allusion (ramez).

The quasi sefira RaZ is located above Yesod and between Netzah and Hod. When Netzah and Hod join during prophecy, the seeker can enter the gate of RaZ. The double letter connecting Yesod to Tiferets is

the letter Resh representing RaZ. ^[244] Similarly, the double letter representing Tiferets to Keter is the Dalet representing Daat.

30. General Consciousness (Sekhel Kelali). It is called this because it is the means through which the generalizers of the heavens collect their rules regarding the stars and constellations, forming the theory that comprises their knowledge of the Ophan-orbits of the planets.

This is the knowledge of astrology in our world. Nevertheless, one is forbidden to worship the planets as described in the 32nd consciousness.

3. Sanctified Consciousness (Sekhel Mekudash). This is the foundation of the Original Wisdom, and it is called Faithful Faith. Its roots are AMeN. It is the father of faith, and from its power faith emerges.

Amen is found Isaiah 25:1 with the reference Elohay Amen meaning G-d of Truth. AMeN is also the word for artificer and the word refers to craftsmanship and art. The word for belief is Emunah and we say AMeN after a blessing that is a Shevuah or vow binding ourselves to G-d through the content of the blessing. Truthfulness is the foundation of wisdom and is sanctified consciousness. Being truthful is more than honesty; it is behaving in an authentic manner with the values that one knows from his true heart, which contains the Torah.

32. Worshipped Consciousness (Sekhel Ne'evad). It is called this because it is prepared so as to destroy all who engage in the worship of the seven planets.

4. These are the travels of B'nai Israel

There are 32 resting places recorded of the children of Israel when they went forth from Egypt (Numbers 33:1-50). These travels also correspond to 32 stages of spiritual growth, which create a complete healing for the Jewish people. The Israelites mastered the midos of the 32 paths of wisdom. Here is a description of the places along that journey:

Table 22: The 32 Rest Places of Israel

Stop	Place	Hebrew Name	Comments
1	Succoth	ts	And they journeyed from Ramese in the first month, on the fifteenth day of the first month; on the morrow after the Passover, the children of Israel went out with a high hand in the sight of all the Egyptians. (Numbers 33:1-3)
2	Etham	\ta	In the edge of the wilderness. The name contains the aleph and tav which is the beginning and end. The mem denotes water. Check Kaplan map.
3	Migdol	ldgm	literally from the great - getting off the pedestal.
4	Marah	hrm	literally bitterness - removing

			the bitterness in life.
5	Elim	hmlyā	12 springs of water and 70 date palms.
6	Red Sea	[ws-]y	Reed sea.
7	Wilderness of Sin	}ys-rbdm	
8	Dophkah	hqpd	
9	Alush	cwla	
10	Rephidim	\dypr	
11	Sinai	ynys	
12	Kibroth-hattaavah	hwath trbq	
13	Hazeroth	trxj	
14	Rithmah	hmtr	
15	Rimmon-perez	{rp }mr	
16	Libnah	hnbl	
17	Rissah	hsr	
18	Kehelah	htlhq	
19	Mt. Shepher	rpc-rh	
20	Haradah	hdrj	
21	Makheloth	tlhqm	
22	Tahath	tjt	
23	Terah	jrt	
24	Mithkah	hqtm	
25	Hashmonah	hnmcj	
26	Moseroth	twrsm	
27	Bene-jaakan	}quy ynb	
28	Hor-haggidgad	dgdgh rj	
29	Jotbah	htbfy	
30	Abronah	hnrbu	
31	Ezion-geber	rbg }yxu	
32	Wilderness of Zin or Kadesh	cdq or }x-rdmb	And they journeyed from Kadesh and arrived at Mt. Hor, in the edge of the land of Edom. And Aaron the priest went up into mount Hor at the commandment of the Lord, and died there, in the fortieth year after the children of Israel came out of the land of Egypt, in the fifth month, on the first day of the month. (Numbers 33:36-39)
33	Mt Hor	rh rh	

34	Zalmonah	hnmlx	
35	Punon	}nwp	
36	Oboth	baw	
37	Ije-abarim	\yrbuh yyu	
38	Dibon-gad	dg }bydb	
39	Almon-diblathaim	hmytlbd }mlu	
40	mountains of Abarim in front of Nebo	\yrbuh yrh	
41	plains of Moab by the Jordan at Jericho	wjry }dry lu bawm tbrub	
42	And they camped by the Jordan from Beth-jeshimotheven unto Abel-shittim in the plains of Moab.	tmcyh tybm }dryh-lu wnjyw bawm tbrub \yfch lba du	And the Lord spoke unto Moses i the plains of Moab by the Jordan at Jericho saying: Speak unto the children of Israel, and say unto them: When ye pass over the Jordan into the land of Canaan, then ye shall drive out all the inhabitants of the land from before you, and destroy all their figured stones, and destroy all their molten images, and demolish all their high places. (Numbers 33:50-53)

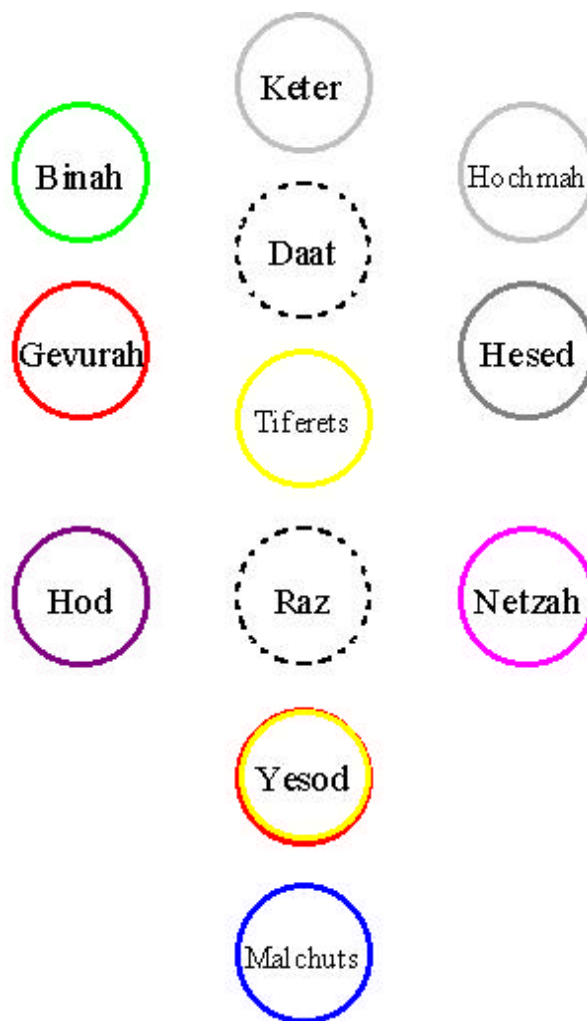
And ye shall drive out the inhabitants of the land, and dwell therein; for unto you have I given the land to possess it. And ye shall inherit the land by lot according to your families- to he more ye shall give the more inheritance, and to the fewer thou shalt give the less inheritance; wheresoever the lot falleth to any man, that shall be his; according to the tribes of your fathers shall ye inherit. But if ye will not drive out the inhabitants of the land from before you, then shall those that ye let remain of them be a as thorns in your eyes, and as pricks in your sides, and they shall harass you in the land wherein ye dwell. And it shall come to pass, that as I thought to do unto them so will I do unto you.
(Numbers 33:53-56)

B. The Sefirot [FIGURES]

The 32 paths originate from the first letter in the name of Hashem, the y - yod. This tip of the yod is associated with Keter, while the body with Hochmah. The energy of G-d is a unity in Hochmah and flows into Binah which divides it into 7 children.

1. The 10 Sefirot

Figure 9: The 10 Sefirot



a) *Binah*

Binah is the place of the upper Shechinah as Malchuts is its lower place^[245]. When the people of Israel do not fulfill the will of G-d, Hashem's bounty is held back. Binah which means understanding is associated with the name Hashem pronounced Elohim. Binah is also associated with the feminine aspect of motherhood while Malchuts would be a young feminine ruler. Praises with T'hilah, like the Hallel, are uttered only at the time that the upper Shechinah is revealed for example on Yom Tovim - festivals or Rosh Hodesh. Prayer which is called T'fillah directs itself through the lower Shechinah in Malchuts and ascends from there. To utter T'hilah properly one must be in a highly elevated state of mind where one feels closeness to Hashem.

T'fillah on the other hand can be uttered at regular times and helps bring one back to Hashem. T'shuvah is associated with Binah since reward was stored up in this place for righteous souls and this level represents an intimacy with G-d. The year of the Yovel^[246], Jubilee, is also associated with Binah since this represents freedom from slavery which in our world is material bondage and must be achieved in order to have closeness to G-d.

b) *Daat*

Either the sefirah Keter is seen or Daat but not both. Daat is a gateway to the 3 upper sefirot. Keter,

Hochmah, and Binah are always complete and hold the reward of the world to come. The lower 7 sefirot have their bounty limited and there are obstacles to overcome in traversing them. Daat opens the pathway between the lower 7 and the upper 3. After the path is crossed the sefirah ceases to exist below and above there is Keter. Daat specifically applies to the pathway Tiferets-Keter which requires the union of Hochmah-Father and Binah-Mother to open, hence knowledge.

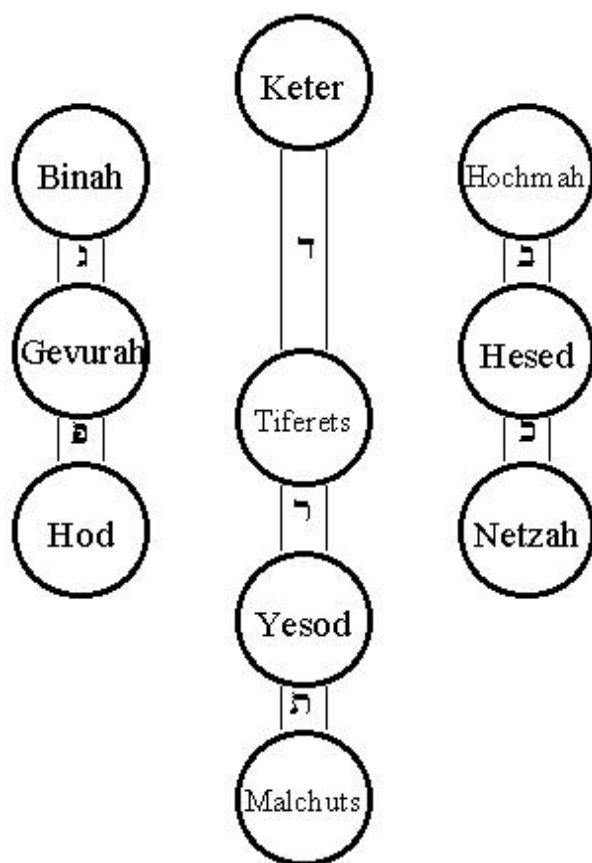
And Adam knew his wife and she conceived.

When father Hochmah and mother Binah join Daat opens for us to enter. The vertical pathway from Tiferets to Keter is the letter Dalet. Dalet means doorway in Hebrew. Daat lies upon this pathway and holds those below from entering above until they merit entry.

2. The Seven Double Letter Paths

These correspond to the seven double letters in the Hebrew alphabet: תּ רַקּ דּ גּבּ. This is the Cloth of Atonement. And what is the תּ רַקּ דּ גּבּ in this world? It is none other than the tallis. The married man wears the tallis and atones each day for his family. As the vertical path ascends the heavens in the spirit realm, the tallis ascends the heavens in the physical realm.

Figure 10: The Seven Vertical Paths

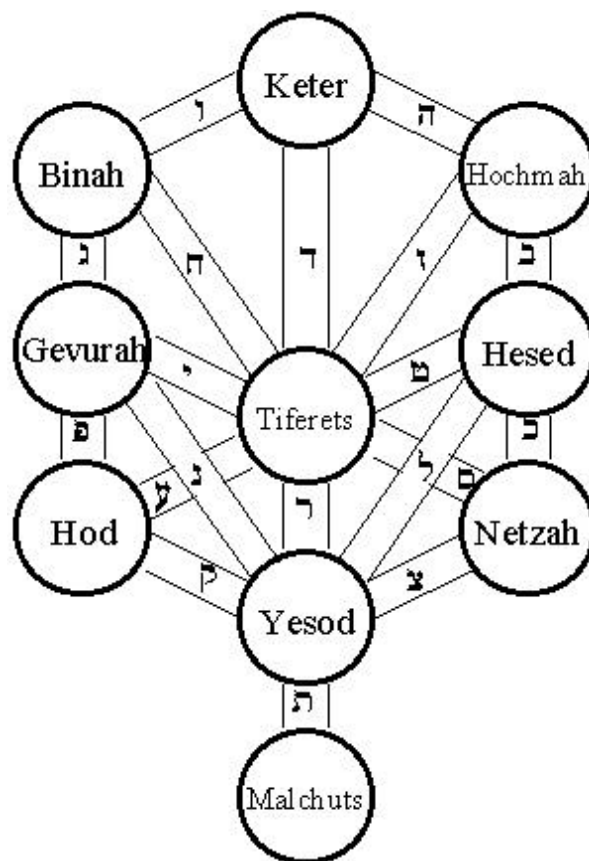


Each of the double letters has two pronunciations, a hard and a soft form, which constitute different meanings according to the Sefer Yetzirah. With the hard sounds one ascends the paths. With the soft ones one could descend. [\[247\]](#)

3. The Twelve Single Letter Paths

To seven vertical paths we add twelve diagonal paths which make up nineteen paths of traversal.

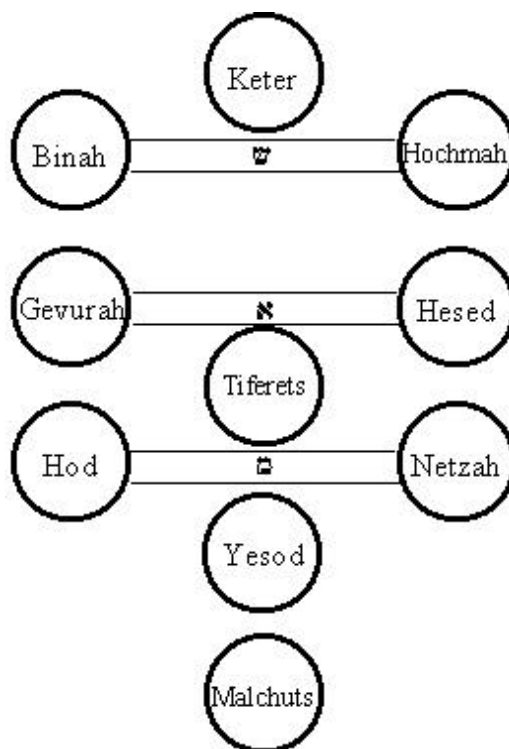
Figure 11: The Twelve Diagonal Paths



4. The 3 Mother Letter Paths

Shin - c connects Hochmah and Binah and is the elemental plane of fire. Aleph connects Hesed and Gevurah and is the elemental plane of air. Mem connects Netzah and Hod and is the elemental plane of water. These pathways preceded the other pathways and represent an earlier version of the name of G-d from which the name Yod Heh Vav descends. Mem is also associated with the right pillar, Shin with left, and air with the center.

Figure 12: The Three Horizontal Paths



The Elemental Planes - Shemini Etzeret - Oct. 5th 1996 -6 PM

Introduction

Hypnotic Relaxation Tape Induction - All of the windows into the heavens were opened to me this Shemini Etzeret. I learned many things about my soul and others that I will share. The knowledge I obtained in this vision was within my own soul brought forth by the guidance of angels. I asked how could I know this much about the realms above. The answer is that my soul is a reincarnation from Yosef Gikatalia with a small portion of Yosef Caro. I saw myself in Italy as thin and tall with fair hair and eyes and so was my wife. I studied with Abraham Abulfaia and others of the time. I started writing in my teens for my knowledge was advanced even then, though perfected in my 30's when I started writing the Shaarey Orah.

The plane of water does indeed connect the sefirot of Netzah and Hod. The plane of air connects the sefirot of Hesed and Gevurah. The plane of fire connects the sefirot of Hochmah and Binah. The plane of water is the source of the seasons of the world. For as the world rotates around the Sun, the waters of the world change in motion and the 4 seasons arise. The plane of air controls the falling of rain. The plane of fire rules the lights in the heavens which include the constellations, planets, and stars.

The Plane of Water - m

I began in Malchuts and called upon the angel, Af-Bri, to lift me. Instead I began to see thunder clouds forming over mountains in the foreground. Lightning began and there was wind and rain. Af refers to anger which has its place in the nose which is also called af. Bri refers to healing and a health which a benevolent rain brings. This angel acts through both Af and Bri. As I focused on the storm I realized that this was a place in the plane of water connecting the heavens Netzah and Hod, the Shehakim, across the sky. To be proper this is the upper plane of water. Later I discovered the lower plane which is in the seas, waterfalls, and other pools of water in the world.^[248] The storm scared me but I held my ground for I knew my name and the names of Hashem. I called upon the angel Af-Bri to show me his place. I heard these words, Who is calling me. I responded with my name Yosef Ben Tvi and Ben Ruth. He

many others as well. I said I am also water from Pisces moon and he paused. I said, like calls to like and he responded, it is so. I asked to know his place. Before me I saw a huge tornado form. He told me in this plane was as small as my hand. As I entered I felt myself spinning and pulled upward into the heavens.

- a

The top of the tornado opened into blue sky and there were breezes all around. I called again to the angel

Air. This is the place of my source. The rain is caused by the motions of the clouds and they move according to the deeds of mankind.

\cgh dyrwmw jwrh bycm

When they are righteous, good clouds bring rain from the seas and lakes. When they are not righteous,

The wind also controls the evaporation of waters and the temperature of the world in all places. This determines the weather and rain. Hence my source is in the Plane of Air. I walked along the plane and I

with Af. I sought to understand the connections between the planes. I saw that I ascended from the water to air through a tornado. The tornado contained both water and great winds together. The connection

told me enter the Sun.

Plane of Fire

I saw the Sun in the sky and moved towards it, falling into its flames. Again, I did not fear the fire though I had great trepidation as I moved into it. I saw the fire of the Sun around me and then I was in

fire. All fire is connected through this plane. I sought the angels in this place, noticed distinct flames and wondered what they were. I realized they were seraphim and they would help me. I chose a distinct one

Instantly my upper body became erect and my head straight and I sensed unlimited knowledge. The plane of fire holds the knowledge of the Universe. All the knowledge of science, crafts, and construction

fire has an upper part and a lower part. The lower part is described above. The upper part of the plane of fire is all of the lights in the heavens. I moved with the Seraph into the Universe and amongst the

As I moved towards the right on this plane, I could see into my past and as I moved to the left I could see the future. (Hochmah, which represents the past is on the right in the plane of fire and Binah which

I could see where I was moving to in the future. [\[249\]](#)

flame of the seraph is in continuous motion like the flame of a candle, so this plane represents time and the transition from past to future as motion is an aspect of time.

correct rectification of the tree. Still I sought to understand how then was Binah connected to Hesed. Instantly I saw Daat between the two and when Binah is connected to Daat then energy descends to

Hesed. Likewise, when Gevurah is connected to Daat, only then with G-d's mercy is Gevurah pulled up into Hochmah and a harsh decree - Din is removed from the world.

The Return

I reviewed my travels while descending. In each plane, there is an upper and lower part. In the plane of water, I visited the lower part and discovered the presence of an angel in a waterfall. I saw that the plane of water is responsible for the renewal and rebirth of the whole world each year. In this way, the plane of water is the source of the seasons of the world. The plane of air is the source of rain. The plane of fire is the source of the constellations in the heavens and knowledge. There are other forms in the deeper waters of this plane that cause forgetfulness which is connected to forgiveness. It is because of the danger of forgetfulness, that the adept traveler should not gaze too long in the waters for he could lose himself. Nevertheless, **forgiveness is assisted by forgetfulness** and this too is part of the plane of water. I brought the three angels I met together and I got up from my recliner and danced with each one while under hypnosis. I danced first with the seraph of fire in a flame dance, then with the tornado angel of wind, and finally with the angelic waterfall. In the end I brought all of these elements down into Malchuts which is Earth and looked up emerging out of the journey. Earlier I was in danger of not knowing how to exit the plane of fire. The secret is to ground oneself in the plane of earth which is Malchuts and our world^[250].

C. 50 Gates of Understanding

I posted the following response to a discussion on the meaning of the 50 Gates of Understanding.

From: jeffs@lsil.com (Jeff Spiegel)
 Newsgroups: alt.magick
 Subject: Re: 50 Gates of Understanding
 Date: 8 Jun. 1994 04:45:28 GMT

My own knowledge of this subject is based on the biblical writings and commentaries. The 50 gates are really 49 days or 7 weeks of self-elevation and self-evaluation (followed by one day of prophetic revelation) that the Israelites strove for from the time of the Exodus from Egypt until the time they received the Ten Commandments at Mt. Sinai. It is said that all of Israel experienced prophecy at this time and heard the voice of G-d (Kol Hashem) declare the first two commandments.

How is it possible for an entire nation to be able to experience prophecy?
 This is the secret of the 50 Gates of Understanding.

Being worthy of receiving prophecy requires character improvement. There are 49 aspects of character that the Israelites worked on developing while they wandered in the desert of Sinai. These aspects correspond to the combinations of the 7 lower sefirot which are called midos or character qualities from the Hebrew.

The counting is done backwards from the highest level to the lowest since prophecy is energy transferred from G-d to man.

Hesed - kindness - Abraham (epitomized quality)
Gevurah - judgment power - Isaac
Tiferets - beauty - Jacob
Netzah - victory eternity - Moses
Hod - thankfulness - Aaron
Yesod - foundation - Joseph
Malchuts - kingdom - David

Shavuot - the day of the giving of the Ten Commandments, the revelation and prophecy. (Pentecost)

Hesed in Hesed 1. study
Gevurah in Hesed 2. attentive listening
Tiferets in Hesed 3. orderly speech
Netzah in Hesed 4. understanding
Hod in Hesed 5. intuitive insight
Yesod in Hesed 6. awe
Malchuts in Hesed 7. reverence

Hesed in Gevurah 8. humility
Gevurah in Gevurah 9. joy
Tiferets in Gevurah 10. purity
Netzah in Gevurah 11. attendance on scholars
Hod in Gevurah 12. debate with colleagues
Yesod in Gevurah 13. discussion with students
Malchuts in Gevurah 14. deliberation

Hesed in Tiferets 15. knowledge of the scriptures
Gevurah in Tiferets 16. moderation in business affairs
Tiferets in Tiferets 17. moderation in worldly affairs
Netzah in Tiferets 18. moderation in pleasure
Hod in Tiferets 19. moderation in sleep
Yesod in Tiferets 20. moderation in conversation
Malchuts in Tiferets 21. moderation in frivolity

Hesed in Netzah 22. patience
Gevurah in Netzah 23. good nature
Tiferets in Netzah 24. trust in the sages
Netzah in Netzah 25. uncomplaining acceptance of suffering
Hod in Netzah 26. knows his place
Yesod in Netzah 27. is content with his lot in life
Malchuts in Netzah 28. limits his words

Hesed in Hod 29. does not claim credit for his achievements
Gevurah in Hod 30. is beloved
Tiferets in Hod 31. loves G-d
Netzah in Hod 32. loves mankind
Hod in Hod 33. loves acts of charity and kindness

Yesod in Hod 34. loves straightforwardness

Malchuts in Hod 35. loves admonition

Hesed in Yesod 36. shuns honor

Gevurah in Yesod 37. is not conceited with his learning

Tiferets in Yesod 38. does not delight in dictating decisions

Netzah in Yesod 39. shares the burden of his fellow man

Hod in Yesod 40. and judges him favorably

Yesod in Yesod 41. directs him to the truth

Malchuts in Yesod 42. and to peace

Hesed in Malchuts 43. is composed in his learning

Gevurah in Malchuts 44. asks pertinent questions and answers to the point

Tiferets in Malchuts 45. listens and adds to his learning

Netzah in Malchuts 46. studies in order to teach

Hod in Malchuts 47. studies in order to practice

Yesod in Malchuts 48. increases the wisdom of his teacher

Malchuts in Malchuts 49. Notes accurately what he has learned

Shavuot 50. Quotes a thing in the name of the person
who said it

These teachings on character development are taken from the "Sayings of our
Fathers 6:6"

The secret to understanding the correspondences is to recognize how the
respective patriarchs perfected these character traits in their lives.

1. Abraham learned all he could of G-d and lived a life of kindness sharing this knowledge.

2. Isaac always listened attentively to his father.

3. Jacob never spoke hastily but was a master of speech.

4. Moses gained the highest level of understanding possible and was able to speak to G-d face to face.

15. Abraham's knowledge of the Torah was so great that he revealed the Book of Creation which
bestows kindness and truth.

16. Isaac avoided excess business dealings, and at the end of his life was judged favorably, and blessed
his sons in truth.

17. Jacob abstained from worldly affairs and was rewarded with physical beauty and truth.

18. Moses abstained from pleasure with his wife in order to be ready to reveal Hashem's truth.

19. Aaron had little time for sleep as he spent his nights dissolving arguments of couples with the truth.

20. Joseph circumcised his lips by only speaking after careful thought in truth.

1. Isaac was beloved by the people of the land of Caanan since he was friendly, displayed gratitude,
and was carefree with his neighbors. This also led him to love his son Esau and his wild spirit.

2. Jacob's love for G-d brought him to Bet El, the house of G-d, where he beheld the angels
ascending and descending. His love for G-d taught him the importance of peace for to love G-d
requires an environment without anger and hatred. He encouraged peace with his neighbors, his
wives, between his children, and he pursued peace with his brother.

3. Moses's love for G-d brought him to a love for people.
4. Aaron displayed acts of charity and kindness his whole life sometimes beyond measure by fashioning the Golden Calf.

39. Moses carried the burden of the whole house of Israel by answering their disputes in righteousness. Sharing the burdens of your fellow man means placing oneself in their position and not reacting spitefully to an inconvenience. For example, if a loud truck privately owned by a couple begins unloading and loading cars in a nearby parking lot, one should look for a way to assist them instead of criticize them for the noise. If the president of the shul hints at the need for more tzedakah even though you may already be a large contributor, prepare a contribution instead of a contrary word.

46. Moses learned all he could in order to teach the people.
47. Aaron learned all he could in order to be an example of practicing the commandments.
48. Joseph increased the wisdom of his father Jacob, his teacher.
49. David recorded his experiences in his Psalms.

D. Sefirot Colors and Lights [TABLE]

Each sefira associates with a different color. One may visual these colors during meditation for enhancing the realism of the vision. When one adheres to the authoritative associations, the vision comes in loud and clear. During a meditation, this is similar to tuning a radio station to eliminate the static noise.

In addition to colors, the Gate of Kavannah describes eight qualities of light.^[251] Here is the description of the Crown:

Above it is the Crown. This is the light that crowns the desires of the mind and illuminates the paths of the imagination, enhancing the radiance (zohar) of the vision. This light has no end, and it cannot be fathomed. From the glory (Kavod) of its perfection comes desire, blessing, peace, life (chaim), and all good (tov) to those who keep the way of its unification.

Table 23: Sefirot and Colors

Sefirah	Color	Light Quality	Names Of G-d
		Concealed Light	Ayn Sof
Keter crown, will, or desire	blinding invisible light	Crown	Ehyeh asher Ehyeh
Hochmah wisdom	a color that includes all colors		Yah
Binah understanding	yellow and green		Hashem (Elohim)
Hesed kindness	white and silver	Tov Good	El
Gevurah judgment, Discipline	red and gold	Nogah Glow	Elohim
Tiferet Beauty	yellow and violet	Kavod Glory	Hashem
Netzah eternity, victory, prophecy	light pink the color of the upper eyelid	Bahir Brilliance	Hashem Tzavaot
Hod thankfulness, acceptance, prophecy	dark pink the color of the lower eyelid	Zohar Splendor	Elohim Tzavaot
Yesod righteousness	Orange	Chaim Life	El Chai, Shadai Living G-d
Malchuts kingdom, Shechinah	Blue		Adonai

Why is the light of Keter called a blinding invisible light? Blinding, since no objects can be seen in this place. Invisible since the light does this without being seen. Light, since the vision is clear.

The color of wisdom includes all colors, for wisdom includes all knowledge in its synthesis. Yellow is associated with illumination and green with fertility which together represent the understanding of Binah with the fertility of the mother Partzuf. White and silver are traditional associations with kindness, red and gold associate with judgment. The sefirah of Tiferet illuminates the truth, yellow, and holds the mysteries of Torah, violet. [\[252\]](#)

The light pink and dark pink colors of Netzah and Hod are the colors of the upper and lower eyelids, which symbolize the experience of prophecy, i.e. sunlight shining through ones closed eyes. The orange of Yesod is the color of righteousness that is based on the discipline of Gevurah, red, with the illumination of Tiferets, yellow, and the prophecy of Netzah and Hod combined, pink, which together is Orange.

Kingship is blue, i.e. royal blue.

Lights January 14, 1993 8:30 PM

Review the associations of light and color with each sefira during the day. [\[253\]](#) The color associations are of background value. The light of Chaim assists in entering Yesod, but El Chai is the main gateway. The goal of the session is to visit the sefirot Netzach Hod, and Hesed. [\[254\]](#)

The Gates of Kavanah [\[255\]](#) present the lights in order of encounter:

- Nogah - Glow
- Tov - Good
- Bahir - Brilliant
- Zohar - Splendor
-
- Chaim - Life
- Crown - Desire of the mind
-

In a prophetic experience, one must first overcome the Klipah Nogah, a fragment of the broken vessels

Table 24: Lights and Quality

	Quality	Similarity
	Cannot be seen, without boundary or end	
Crown	Desire of the mind	
Chaim	Life	
Kavod	Glory	
Zohar	Splendor	
Bahir	Brilliance	
Tov	Good	
Nogah	Glow	

In the realm of Yesod, three white angels form a circle, providing the first level of purification. [\[256\]](#)

I focused on the light above to the realm of Netzah and ascended there. Before my eyes was the Mountain of the Lord with dark clouds at its peak. I saw a line of souls heading up the mountain. This the mountain without fear of death. As I climbed, I saw a light on the mountain. This was like the burning bush that Moshe rabbenu had seen. When I got closer, a voice told me to come closer still. The spoke, This land where you stand is Holy, remove your shoes from here. I complied spiritually. The Voice spoke again, I am the G-d that took you out of Egypt. I am the G-d of Avraham, Yitzhak, Yakov, up six stones in front of me and position them in the shape of a Magen David. After placing the stones, a line of light sealed them and an angel of immense height rose out of the flame. He called himself and live.

Metatron said, When all our people feel a closeness to G-d through these ways, the world will be united towards the world of Hesed.

Hesed is the world where some of the light of Tov has been saved for us. There I beheld the tent of and a soul mate beside me. Avraham came out to greet us and brought us into his tent. He said when he met us that he would provide us with food and water for cleaning and that we should come with him. In travel, just him and myself. We took preparations and he began leading us towards a mountain. As we got to the top, I saw there was an opening that looked downward. As I gazed inside there was a bright Merkavah. This is the same place as the Akeidah and the Temple Mount, it is Mt. Moriah where the Lord appeared. I began to descend into the mountain. It was somewhat scary and there was brightness all

(This vision was completed at another time.)

Descent into Mt. Moriah - February 23, 1994

[\[257\]](#) lifting me while on my back looking upwards. The first two sons of Aaron

1. In Malchuts I beheld the Circular Ladder which is the Tree of Life. All may climb the Tree from
2. the left encountering Aaron in Hod.
What bothers you was a question I heard from Aaron. I responded, Nothing, everything is like a blessing from Hashem; what could possibly be on my mind. Aaron blessed me with the Three
4. in a large hall I saw a table and resting upon it was the Hoshen, the breast plate that Aaron wore with the 12 stones of light. The Urim vTumim was in a fold behind the plate being the true source
the Yod - y
lit up; as D varim 4:35 states ki Hashem, Hoo Ha elohim ayn od melvado - the Lord He is G-d there is none else beside Him. I asked where the ark of the covenant rests and all of a sudden the
5. way to the Ark of the Covenant. They were the Cherubs or Cheruvim. As we tried to go forward, they stopped us saying, he who is not clean may not approach the Ark. At this point a robe of
resist, I spoke up and said, The contents of the Ark are given unto man. The commandments and tablets within are for us not the angels. I commanded, they parted and the ark curtains opened.
6. I lifted the tablets out.

Ira led the meditation:

First we envisioned the angels all around us and preceded with the descent of the Shechinah over and

flowers on a trail. We were walking up the trail towards a mountain top and saw various shrubs. At one

point we came to a place where we had to remove our shoes to cross. Beyond that line was the burning bush that the fire would not consume.

Now I will describe my own personal experiences:

I lowered my head down toward my knees, relieving all stress and tension. I had two questions which I set as my goals at the beginning of the meditation. They were:

1. What is the secret to achieving complete repentance without backsliding?

This can only be obtained by practicing complete forgiveness of everyone around. Achieving a pervasive attitude of forgiveness such that one never holds a grudge against others will prevent backsliding into an original sinful pattern.

1. What else does the 42 letter name of Hakodesh Baruch Hu direct?

There are 7 groups of 6 letters.. One point to note is the number 6 in this case is associated with the letter vav and the Partzufim of Ben which is Zer Anpin, or the supernal son. Together they represent the 6 directions in the Universe and the active aspect in life. [\[258\]](#)

After this point I found myself in the meadow and felt particularly happy with the beauty of a warm spring day. I visualized this meadow which appeared as a place I visited on Mount Shasta which is a spiritually inspiring place. Walking up the trail we ascended the mountain. Ira told us that the trees turned into shrubs as we ascended. In the distance I saw a burning bush. As I approached I heard a voice in my head saying, I am that I am. I am calls you. I wondered what was the source of the non-consuming fire in the bush. In my mind I heard that the fire is from the Plane of Fire driven by an elemental angel. The fire is a spiritual fire and its secret is contained in the pathway connecting Hochmah-Wisdom and Binah-Understanding on the Tree of Life. This path brings together the supernal father and mother resulting in Daat-knowledge. This True Knowledge is knowing G-d. and is the byproduct of learning Torah This knowledge is not the Torah, but like a flame resting on a candle wick is sublime and a byproduct of the formal knowledge and rests in the heart. In the heart from the word lav - bl are the 32 paths of wisdom. Gaining this True Knowledge is the byproduct of learning Torah. By Torah I mean any Jewish work of spiritual elevation. Wisdom is associated with the supernal husband and Understanding with the supernal wife. When the two join, there is Daat which is knowledge or the byproduct of Torah learning.

When the Israelites left Egypt, they journeyed 32 times before coming to rest in place where Aaron died. Aaron had mastered his own heart by always judging the people favorably. There are then 10 more paths mentioned to make 42 and these are the 42 resting places of the people of Israel when they left Egypt. This is a name of transformation, sometimes associated with the creation week. In these 42 journeys, the Israelites recreated their nation through movement, which is change, which leads to purification which leads to cleanliness.

The secret to obtaining purity is less is more i.e. less possessions, less money, and less spoils of life purifies the soul to Hashem. The less one has, the greater the ability to become pure of outside influences. Purity leads to cleanliness which is a very high state enabling a person to burn clean all impurities and return close to Hashem.

Returning to the idea of supernal fire I saw the Staff of Moses as a branch off of the Tree of Life. The staff had a supernal flame around one end to those who could see the supernal fire. Around the other end

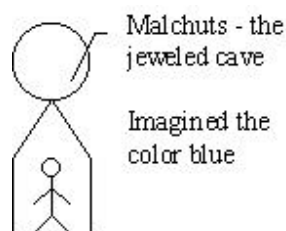
were buds and blossoms like those found on the Rod of Aaron indicating the staff was yet alive. The Staff embodied the idea of knowledge and life like the burning bush that is never consumed.

E. Sefirotic Worlds [FIGURES]

Star of Light Jan. 1, 1993 - 6 PM

I had been reading Meditation and Kabbalah , Gates of Light - Shaarey Orah, Page 128 by Joseph Gikatalia and the Songs of Ascent - Shir Amalots in the Psalms.

Figure 13: Hypnotic Experience of Ascending the Sefirot



Vision of Malchuts

Entered realm of Malchuts, invoked the name, Adonai for the light to be revealed. I felt a funnel descending upon me. Whenever I searched for the light above, I would locate the next higher level. In this manner, I ascended the sefirot. The ascent was strictly through the central column while the descent took the longer route through all the spheres. ^[259] When I sought the source of light in Malchuts, I noticed a bright beam pouring in from above. I positioned myself in the beam and willed to be brought into the realm of Yesod. I invoked the name of Hashem [El Chai] and I ascended in the beam of light through a small hole at the top.

Vision of Yesod

As I passed through, I was amazed to see the world of Yesod. Here there are tall angels working hard away. There was a palace here. The Hebrew word for palace is Hechel that has the same gematria value as Adonai:

$$\text{heh } 5 + \text{yod } 10 + \text{caph } 20 + \text{lamed } 30 - \text{lkyh} = 65 = \text{aleph } 1 + \text{dalet } 4 + \text{nun } 50 + \text{yod } 10 - \text{ynda}$$

I was very small compared to the height of the angels, many of whom I could not see the tops of. One of the angels lowered his hand and picked me up. He asked, What do we have here? I said my name was Yoseph and that he should put me down. Yoseph the righteous one. We shall use you to light our world for the patriarch, Yoseph symbolized the world of Yesod. The angel put me in a high place and I became a five-pointed star of light. I said I couldn't stay here for I have business on high and I began to pray. I said I must fulfill further mitzvot in the physical world and I must ascend higher to beseech the Lord's will. Two angels came down beside the shining star and grabbed each of my arms. They were Gabriel on my left and Michael on my right. As they lifted me Gabriel looked down upon me and I looked upward. They lifted me out of my body like a white translucent spirit leaving its body and we headed upward towards Tiferet, the place of Gan Eden [Garden of Eden].

Vision of Tiferet

I could feel the warmth of the light above basking on me as the angels lifted me higher. Eventually, we

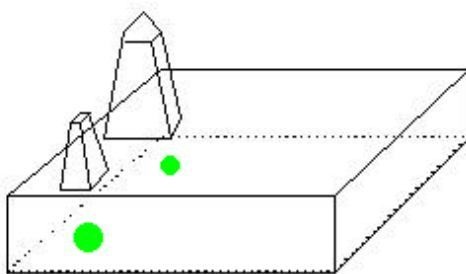
passed through a hole in the top and there I beheld the Garden of Eden. Such a forest with bright light and lakes and wonderful grass as can only be glimpsed in our world. The souls of Adam and Eve came forth to greet me. They were in ethereal white bodies and they were holding hands. Only the strength of the angels kept me up in this world. I beheld the Tree of Life on my left and the Tree of Knowledge on my right. They wanted me to stay and I stayed awhile out of respect for the avot - ancestors. Finally, I said I must ascend higher for I have a request that I must present in the realm of G-d's Will. I called upon the name Ehehyeh and the angels returned to lift me higher to the source of the light of the world of Gan Eden.

I will raise him up because he knows My Name. (Psalm 91:14)

Vision of Keter

As I slipped through the hole and into the world of Keter, I found a gray light not like the white light of Eden. In this gray world, I stood upon an impenetrable floor of blackness. Here is the world where G-d's will takes form.

Ascent to the Temple - July 24, 1996 - Erev Tish B Av - 7 PM



B"H

July 24, 1996

Erev Tish B'Av

7:30 PM

Temple Ascent

Preface

I attended the healing meditation at Beth Shalom. I arrived and Ira was outside watering the Roses. I volunteered to pick up all the trash that had been deposited amongst them. This opportunity led to the vision as well as powerful chanting from Ira. I washed my hands after the work and we began listening to Ira's tapes and humming a Ningun. I listened mostly until the end, when I participated at last with a touch of the tune of Aicha - Lamentations on my lips.

Attending the meditation was Rita at my right, Monte at my left and Ira in front of me. Rita, earlier, showed me a work by Reb Nachman called, "The Empty Chair." We discussed several positive

anecdotes. During the evening service at Am Echad, I remembered all the details of the vision.

Vision

Ira brought down the 4 angels and I saw them vividly this time: Michael on the right in silver light; Gavriel on the left in gold light, Raphael behind in the color of green, and Uriel in front in white-yellow

Gamliel was leaving, a peer of his looking at the temple saw a fox dwelling therein [Lamentation ...] and commenting woe is us for having seen the temple occupied by animals now. Reb Gamliel commented it

now I know just as this prophecy has been fulfilled so will the prophecy concerning it being rebuilt come to pass."

Michael and Gavriel lifted me overhead and pushed me above themselves directly up and through a white cloud before the base of the Third Temple. It loomed before me like in drawings except that their

pointed top like a steeple. I explored the grounds and discovered 2 huge court yards in the back. One housed a great Esthrog tree corresponding to the Tree of Life (on the left looking from the West). The

The top of the tower was made of glass and inside was a study with wall-to-wall books. At night the ceiling would open permitting the one within to gaze directly at the heavens and contemplate the stars. I

Messiah

The first thing I noticed is that he was standing with one of the arms of his glasses dangling in his mouth was granted from Hashem and he was able to answer any spiritual question put forth to him. I asked him a few questions:

- long must we wait for an end of this situation? He responded,

"the question is not one of time at all for in each moment we can choose to love G-d with all our heart,

- I asked about the commandment to be fruitful and multiply and how we are often led to involvement with partners with this driving thought. Again, I got the response, "the answer is to Nachman spoke about how the great longing and love for G-d leads us to love of our fellow man and to great acts of Hesed - kindness.]

- I asked again, what of the situation when partners of different backgrounds are merging their values in a relationship, how can we avoid the loneliness and difficulty here? Again, the same response, "you shall love the Lord your G-d with all your heart, soul, and might." This is all you need to follow. Good will flow from this." The meaning here is that by seeking G-d, one will seek the right partner and the proper values will emerge in the relationship.

Ira mentioned that it was Tish B'av the time when the 1st and 2nd temples were destroyed. He said we should view our body as a temple and this replaces what was lost. [This is similar to the idea that our prayer service replaces the sacrificial offerings that were carried out in the temple.] I tried to see how the Moshiach standing in the future temple saw the previous temples. I saw in his mind (this is possible in the hypnotic state) the temples burning and the people dying. A guiding intellectual reason that the burning of the temple was a Karban - a sacrifice that atoned for that generation supplanted mourning. [In the Kinot we read how the priests and prophets served with ulterior motives and l'havdil how King Josiah was brought down because of the sins of his kingdom while he himself was holy unto G-d.]

After the questions, I prayed for the well being of those present and their friends, and relatives. I began to see prayers ascending in a spiral out of the head of the Moshiach like a tornado going up into the heavens. I saw the image of the four of us ascending in the spiral. There was a female part of the moshiach, his wife. They had or would have a son as well. [In the trance state- past, present, and future may merge.]

At this juncture I made one more request. [The Nach rabbi said that we should make a list of all our requests to Hashem and repeat them daily. Even the little requests should be said for Hashem. We should also meditate for 20 minutes a day and that this was a powerful way to change our lives.]

My request was to see Abraham again. Here I learned another technique of ascending the sefirot. The moshiach tilted his head to the right and directed his consciousness toward the sefira of Hesed which is to the right and above Tiferet, the heavenly temple mount. With his thought I began the ascent. Ira began chanting at this point and I brought him up with me. We emerged upon a desert and I saw Abraham waiting for us. I shook with a brief spiritual chill from Ira's chanting. Abraham pointed and I looked up to behold an angel like myself ascending to the place of G-d where prayers are received. The angel said he was carrying my requests and the requests of others I had prayed for to higher levels. He was extremely beautiful, straight forward in speech, and of singular purpose like a chunky version of myself with small wings. [The chill indicated a separation of a small bundle of spiritual energy from myself which created an angel.] {add cross link to similar visions}

I was elated to see Abraham and greeted him with a hug. I said I missed you so much. Abraham is also my father's Hebrew name and I saw the likeness of my father in him as well. The patriarch was happy to see me and announced our presence to his wife. I asked what to do with Ira who was chanting away. He said it was fine, Ira was doing his thing and it was good. When we reached the tent, Ira was still chanting and Abraham sat down and began participating in Ira's meditation! The chanting was very good to Abraham as well! We continued the deep meditation until the end of the chanting. At this point Sarah brought out manna cakes from heaven as food to eat. The food had no physical taste but instead nourished and replenished spiritual energy of the soul.

At this juncture, Ira began to bring the meditation to a close since it was approaching 8 PM and time for Tish B'av evening services. I asked Abraham about the best way for descent. He told me to go down the

diagonals from Hesed to Tiferet to Netzah across to Hod then to Yesod and Malchuts. I briefly saw the temple, Moshe on Mt. Sinai, Aaron at the base of Mt. Sinai, the surface rock of Yesod, and then found myself resting in the spherical cave of Malchuts. This was a fast effective grounding and I opened my eyes.

Postscript

I told parts of the vision to the others. The vision of the temple with the tower and moshiach's dwelling place. I said that the moshiach would be able to bear all the turmoil of the people by retreating to this tower each night and opening the glass ceiling to gaze out the stars. This would renew him with inspiration and calmness each night. I told them of the first question I asked concerning when the loneliness and difficulty of people would end and how the answer was not in the future but in each one of us. Monte spoke up at this point about how we should view the temple inside us and how the holiness within is the answer. I told them of the encounter with Abraham and what he said about Ira and there was chuckling.

I reached Am Echad at 8:15 and the service had not begun yet. Once, evening services began I was reminded of all the points in my vision at different points in the service. It is good to daven each day; this too is a teaching of Nach that even meditation cannot replace.

Gevurah - January 8, 1993 - 7 PM

1. I read the 49th Psalm on the need to transform material wealth for spiritual purposes.
2. Started hypnotic tape.
3. The effect was different from the previous week. I had been feeling some financial strains and my mind was lower.
4. I decided that I would go to the Sefirot of Gevurah, which I had avoided previously. After a slight entrance to the world of Malchuts, I uttered the name of Hashem associated with Gevurah, Elohim, and two angels came to take me. They were black and small in form differing from previous experiences. These were angels dedicated to bring one to judgment unlike white angels.
5. The world of Gevurah appeared to me with walls of red and gold. Before me was a judge's dais of dark wood. The setting was like a court and was being judged for the crimes of my youth, (Kohelet - Ecclesiastes ???) The name Elohim is judgment and the seal pictured below a form of prison with the letters at 5 points surrounding.



6. The seal is like a pentacle.
7. Meditations are safe even under such circumstances. One merely needs to will himself to the conscious state.
8. Next day we read of the death of Yoseph, the last portion in Genesis. [\[260\]](#) My prayer was stimulated by the idea that it is better to be accompanied by Elohim than to be alone in this world.
9. memorized colors associated with meditations on the sefirot. There are two Josephs of significance here: Joseph Tzayach on the colors, Joseph Gikatalia on Shaarey Orah.

- [242] Sefer Yetzirah The Book of Creation, Aryeh Kaplan trans., page 5.
- [243] *ibid* page 298.
- [244] See [The Seven Double Letter Paths](#)
- [245] Bahir 96. Shaarey Orah Ch. 8.
- [246] Shaarey Orah, Chapter 8.
- [247] Sefer Yetzirah, Aryeh Kaplan, page 166.
- [248] Kabbalah Tradition of Hidden Knowledge, Zev Ben Shimon Halevi, page 70. The Temple Mount symbolizes the four worlds of creation each with an upper and lower part. This is a minimum and applies to all planes of existence.
- [249] I saw my past lives in other Yosefs before me and my future path in life to marriage. I saw Malchah in the place of Binah and myself below her. I saw her spirit sawing upward like a white sparrow shooting up. I realized that it was the freedom or Jubilee of Binah that would set her spirit soaring up to Hashem and she would lift me in this flight of joy. I also saw the publication of this work, Dancing with Angels.
- [250] This vision completes the first 72 pages of Dancing with Angels in the original manuscript.
- [251] The Gate of Kavannah: Meditation and Kabbalah pp. 119-122, Aryeh Kaplan translator
- [252] The violet is the lowest part of Tiferet adjacent to the dark and light pings of Netzah and Hod. Together they are the boundary of [RaZ](#).
- [253] Meditation and Kabbalah, Aryeh Kaplan, pp 121, 181. Transcribed 7/11/96 torah learning, conversation, star watching at night inspire writing in the morning.
- [254] In the first few minutes of any hypnotic session, one should remind oneself of one's goal.
- [255] Meditation and Kabbalah, Aryeh Kaplan, pp. 119-122, 326. Jewish Theological Seminary Ms 1822:9 p 43a,b. Quoted in Shaarey Kedushah.
- [256] Michael, Gabriel, Uriel.
- [257] Michael, Gabriel, Uriel, and Raphael.
- [258] The following ideas came after the meditation and are not significant.
- Sunday is emphasized with Hesed by the letter aleph - a which rules air and is the symbol of the first day of the week and the first day of creation.
- Monday is emphasized with Gevurah by the letter resh - r which rules peace. This is the inner peace which comes by learning to forgive others which releases anger.
- Tuesday is emphasized with Tiferets by the letter dalet - d which rules over seed. Hence Tuesday was twice blessed for the fruitfulness of the world and Tiferets is the place of the Garden of Eden.
- Wednesday is emphasized with Netzah by the letter tzaddik - x which rules over righteousness. In this case Moses is the example of this righteous energy
- Thursday is emphasized with Hod by the letter nun - n which rules over death.
- Friday is emphasized with Yesod by the letter kaph - k which rules over life.
- [259] This is also the manner in which one ascends and descends the bimah in shul for an aliya. One takes the shortest route when one goes up in order not to delay the service. This is the running in the description of Jacob's ladder. One takes the longer route upon returning to one's seat in order to meet more people, exchange more yash hacoahs, and to spread the blessing of Torah to others. This is returning in Jacob's ladder.
- [260] This was the Torah portion of the week.

XII. The Other Side

The word evil exists in Hebrew in a few forms. *Evil* - lwu is a verb meaning to do injustice. *Avel* - lwu

is a masculine noun for injustice, wrong. *Aval* - Iwu is the masculine noun for wrongdoer. Judaism does not have a concept of evil as a counterpart to good. Instead evil is the absence of G-d.

wnnyaw wmwqm lu tnnwbthw ucr }yaw fum dwuw

And in a little while the wicked shall not be; you shall reflect upon his place and he will not be there.
(Psalm 37:10)

Evil cannot exist indefinitely but its separation from G-d removes itself from the world.

\wlc br-lu wgnuthw {ra-wcryy \ywnuw

And the humble will inherit the land and they will delight themselves in the abundance of peace.
(Psalm 37:11)

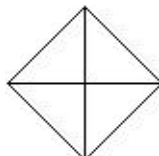
On the other hand the humble in spirit attach themselves to G-d and their reward is the inheritance of the land.

Rabbi Nachman teaches another meaning to Psalm 37:10. [\[261\]](#) He understands the word wicked here to refer to the sinner. He teaches that we must look for the good in every person even a wicked person. When we find this spark of good, we must judge him favorably and he will return to G-d. This is the meaning of In a little while he is not ; when we judge him favorably the sinner is gone and in his place a baal tshuvah, a master of repentance.

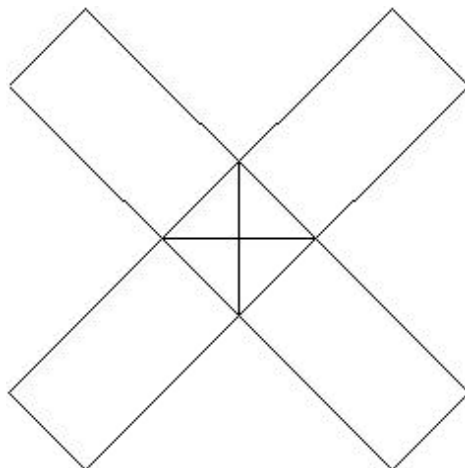
Gevurah and Hod - July 19, 1993, Monday 1st of Av, 7 AM

I woke up in a dream, which emphasized the importance of keeping vows. Monday is associated with Gevurah as is Av. [\[262\]](#)

I played the Relaxation Tape and prepared myself in Malchuts. There I saw the angels Gavriel and Michael descend to my sides. They lifted me to Yesod, the righteous foundation of the Living G-d, Almighty. Yesod relates to Yetzirah, the home world of angels. I turned to my left, looked at the face of Gavriel, and said, I will go with you. With a swift push, I was climbing the channel into Hod with Gavriel behind me, pursuing like a tiger. [\[263\]](#) In the world of Hod stood Aaron, the Golden Calf, Gavriel, and myself. The 12th of Tamuz was the day of our sin with the Golden Calf - Egel Zahav. I raised my arms and said to the Lord, we repent, I repent; let it be no more and in a burst of light, the idol was turned to molten spreading like a liquid enveloping the light of the Sun. This connection is to teach us that we must be careful not to worship the Sun. Gavriel came over and held me with concern. I said everything is OK, you don't have to worry. She raised my face, and I stared at the tears in her eyes as she shook her head from side-to-side. I tried to comfort her and I confessed that it was all for the good. I had learned the message of vows from a dream. The pattern repeated and then I said let us ascend to the realm of judgment. Immediately we ascended and emerged in the Court of Gevurah. The robes of Gavriel changed from white to red with dark shades of gold, and her countenance was without mercy and her purpose was firm. She drew a line and then a cross. Around the cross (fire), she connected a diamond and placed it under me in the center.



I was frozen and fixed as the pattern ascended through me. Finally a cover was placed on the top sealing me into the diamond. It was very tight and choking. She sat on the Throne of Judgment and watched unmoved by sufferings and I glimpsed the pain of Gehenom. I confessed to the Lord that it is better to be judged by the Almighty then to be without Him, Has Vshalom. Nevertheless, the pain did not subside and I became scared. This was a fatal position to contemplate and I searched for a way out. The Thirteen Attributes of Mercy then came to mind. To escape death. I said them aloud and the walls of the diamond fell to my side.



I was free and I chose quickly to ascend from Gevurah to Binah. I beheld the Angel in White from behind once more. [\[264\]](#) She held her left arm up to Hashem, which held a rod and her right arm down to this world channeling energy. She turned around, gave me her rod and my arms assumed the same position and she left. I stood alone feeling the vibrations of the energy coursing through the rod, but they nourished me not. I stood for a while and then contemplated a shift to Hochmah consciousness. I turned the rod to the right and moved into Hochmah. There was a well in the shape of a diamond with water within. I realized the danger of falling in and turned away. I began to forgive and prayed for anyone that harmed me or I had harmed. I saw a flame between Hochmah and Binah. [\[265\]](#) There were eyes within. This was a seraph and I moved into the flame. They became my eyes and the flames were a purgatory for my soul purifying it with my prayers. I turned my head to the left and the sunlight burned my face as the flames burned my soul. Everything is going to be OK. Finally, I saw a vision of an immense hill of sand with a slide. I jumped and landed down upon each dune until I reached the bottom and my eyes opened upon the new day.

Everything is going to be all right Gabriel.

We will repent and return.

You do not need to cry for us anymore.

The stern decree has been turned aside.

Those we ve harmed, we ve prayed for.

Those that have harmed us, we ve forgiven.

Through Judgment we have learned Love.

And through mercy we have found Hope.

Afterthought - July 20, 1993, 7:30 PM. The obstacles in a vision are formed out of klipot on the body and in the mind. Their danger and size magnify the closer one gets to Hashem.

To Hell and Back - November 27, 1993

The Jewish idea of hell is the absence of G-d. People create their own hells by their activities and worries in life. Ultimately G-d is ready to receive any person back. I played the tape, Achieving Maximum Human Potential and entered the hypnotic state.

Fires of Gehenom - A large angel, shaped as a standing turtle,^[266] invited me to enter the gates of hell.^[267] He was waving to follow him. As he turned to lead, I noticed small wings of fire on his back. His body was luminescent without definite features other than body, arms, legs, and wings. I crossed under a gate and looked up to see it ringed with fire, ~ ten yards in height. Gehenom is not scary in itself. The flames exist only from the souls that are there. The frightening part is encountering the burning souls. They wander aimlessly occasionally springing up on others by surprise. They are evil and the source of the fire that consumes them. The rest of this world is empty.^[268] The angel kept asking that I follow and we went further inward. Eventually we arrived at a gate and the angel would go no further. Through the gate, I saw a raging furnace of fire that appeared solid unlike the spotted flames of souls before. I thought to myself (incorrectly) Now I am approaching the worst of Gehenom. I entered alone as the angel could not lead me here. Crossing the threshold was a test of strength. The angel waived bye and I walked onward into the furnace.

Nahar DiNar (River of Fire) - I saw souls floating in a river of fire by waving their arms wildly as if caught in a fast current. I walked further and was greeted by a handsome woman swimming towards me. She had long black hair and dark eyes. She wanted to lead and she showed me how to swim after her. I followed her up the river, which entered the mouth of a cave. The fire river was a brilliant gold that lit up the walls and we swam onward. As we reached the end, which is actually the beginning of the river, she climbed out onto a bank. I burned in the headwaters and then climbed onto the opposite bank. I asked her about this place. She did not respond with words, but grabbed and placed me in the source of the fiery waters. My body regressed to that of an infant and she lifted me out again and put me on the bank. I was scared of my mind regressing with my body, but this did not happen. My yetzer hara burned away from me, and I now possessed the innocence of a child. I felt lonely and wanted to be held, and she lifted me to her and I played with the tresses of her hair. Later I learned her name, Sara Imanu - Sarah our mother, and she helps souls through the river and prepares them for the Gate of Judgment. I beheld a ladder leading upwards and began to climb through the solid rock. I reached a clearing.

Gate of Judgment - I beheld a line of people (souls) waiting to pass through the gate one-by-one. Most were despondent with their heads down. I proceeded to the head of the line, as one living is free from the rules of this place. As an infant, I crossed over the threshold and entered the chamber of judgment. (The upper world was the color of a steely gray-silver unlike the gold of the river below.) I waited in the chamber until an old tall man entered. He was surprised to see me and looked discerningly at me. He said, You are not really an infant, my son, and he lifted me up and my form returned to that of an adult. He asked me, what I wanted here. I told him that I wanted to pass through the gate and into the place beyond. He told me I could not do this. He always followed his statements with the trailer, my son. I deduced he was Avraham Avinu - Abraham our father, who could lift a soul out of Gehenom for the mitzvah of the brit milah alone.^[269] I claimed that I needed to go beyond to bring back knowledge to teach.^[270] He responded that all we need to know is in the Torah and I could not pass.

*For this commandment which I command thee this day,
it is not too hard for thee, neither is it far off. It is not in heaven, that thou shouldest say:
Who shall go up for us to heaven, and bring it unto us, and make us to hear it, that we may do it?
(Deuteronomy 30:11-12)^[271]*

In fact, I was shoved out of this place forcibly. I descended back to the River of Fire. Sarah returned me descending on my left with many forms.

A. Turning Evil to Good

arrogance. Air is the source of idleness and idle chatter. Water is the source of evil passions. Earth is the source of melancholy.

Likutey Moharan #8:5

Now, by sighing, a person draws the ruach-of-life to the lack for which he sighs. This makes it whole.

who then sighs, the wicked man draws ruach from his rav of the husks. In its moment, his ruach is mighty. He blows down all his enemies, and is capable of harming them, G-d forbid.

is someone who is on the level of No sin will befall the tzaddik. [\[273\]](#)
expelled and eliminated whatever bad he may have had within him. He is certain that he will in no way be brought to sin.

fire, air, water, earth. Above, in their transcendent root, they correspond to the four letters of G-d's holy name, YHVH. But, below [in our world], they are a mixture of good and bad. The perfect tzaddik, however, has completely distinguished and separated the bad from the good. He is without even a

known. So that when he is on this level, he [the tzaddik] can provoke the wicked. [\[275\]](#)

wholeness [in place] of the lack. The conduit and pathway through which he receives the ruach-of-life needed to fill this lack is the particular bad trait from the four elements which he has drawn [upon

***When the tzaddik wants to humble the wicked man, he must descend into the bad trait
with which the wicked man has empowered himself.***

receives his life-force.

This is why the tzaddik must be perfect, without any bad whatsoever. Otherwise the wicked man's storm into the bad trait in order to destroy it. The bad has no hold on or control over the perfect tzaddik. He hasn't any place to which the bad can attach itself.

on him. His entry there is solely for the purpose of humbling and subduing it; as in And Avraham ascended from Egypt. }

The descent into the bad trait means that the tzaddik reflects the bad trait of the other person. In this manner, the wicked person sees a mirror of his own behavior from this holy person. This reflection

tzaddik was right after all in earlier arguments. As an example, consider a person on the verge of

apikorsus considering all faith an illusion. After numerous arguments that have no effect on the person, the tzaddik descends into the bad trait and concedes, all is illusion to the other person. The effect is quite contrary. The other person feels a weight released off his chest and his obstinacy dissipate. Nevertheless, the elation of the tzaddik agreeing with his point leads to remorse. Perhaps this great man's view is better. Perhaps it leads to a truer happiness. Perhaps I shall try faith and see for myself.

B. The Evil Eye

One who brags or shows off rouses the Evil Eye. Joseph and his descendants struggled with the consequence of this evil:

And the sons of Joseph spoke to Joshua, saying why have you given me but one lot and one portion to inherit, seeing I am a great people, because the Lord has blessed me so much? And Joshua answered them, if you are a great people, then go to the forest country, and cut down a space for yourself there in the land of the Perizzites and of the Refaim, if Mount Ephraim is too narrow for you. (Joshua 17:14-15)

Bava Batra 118a (end) explains:

The children of Joseph, surely, complained and did not benefit, and [yet] Scripture recorded their case. There, [it may be replied, Scripture desired] to impart to us good advice, [namely,] that a person should be on his guard against an evil eye. And this indeed is [the purpose] of what Joshua said unto them; as it is written, And Joshua said unto them: If thou be a great people, get thee up to the forest . [It is this that] he said to them: Go and hide yourselves in the forests so that an evil eye may have no power over you .

The children of Joseph countered:

They said unto him, We are of the seed of Joseph over whom the evil eye has no power . As it is written, Joseph is a fruitful vine, a fruitful vine by a fountain, and R. Abbahu said: Do not render, by the fountain, but those who transcend the eye . R. Jose son of R. Hanina said, [this is inferred] from the following [verse]: And let them grow like fishes into a multitude in the midst of the earth (Genesis 48:16). [This means that] as the fishes in the sea are covered by the waters and no eye has any power over them, so, in the case of the seed of Joseph, no [evil] eye has [any] power over them.

Joseph and his descendants are under the influence of the sign of Pisces^[277] based on this passage where Jacob is blessing Joseph and his sons:

:{rah brqb brl wgdw qjxyw \hrba ytba ymc \hb arqyw \yrnh-ta }rby ur-lkm yta lag }almh
***The Angel that has redeemed me from all bad will bless these lads
 and call in them the name of their fathers Abraham and
 Isaac and will make them plentiful like fish
 in closeness to the land.
 (Genesis 48:16)***

Rashi comments on fish here: Like fish that are fruitful and multiply and there is not an evil eye that has power in them. Here we learn that the effect of the evil eye is to limit reproduction, has vshalom. We also learn that the evil eye manifests within them. It is cast from outside but effects the target within.

Now if this is the case why did Joshua say to their descendents to flee to the forest? For the descendents were proud of their numbers asking for a larger inheritance. Braging brought the evil eye upon Joseph from his brothers originally. Joseph's descendents have the same vulnerability. Abraham knew this well and would teach his great-grandson this in another incarnation.

C. Evil Thoughts

As Rabbi Nachmah teaches:^[278]

It is important to realize that it is utterly impossible to think two thoughts at once. You can therefore easily chase evil thoughts away without any real effort. Just stop thinking about the subject, and concentrate on something else, whether it be Torah, worship, or even business. The evil thought will automatically vanish, since it is impossible to think two thoughts at the same time. (Likutey Moharan 232)

^[261] Likutey Moharan I:282. Azamra - I will sing pamphlet.

^[262] By coincidence I am reentering this lesson on a Monday in Tevet into a word processor.

^[263] I was born in the year of the tiger, 1962. The Chinese signs reflect our latent ego. When we manifest the qualities of the sign authentically we move towards our potential.

^[264] See [Merkavah](#)

^[265] The seraph was from the Plane of Fire as I would discover years later.

^[266] The shape was a teenage ninja turtle.

^[267] There is never a waiting line here for the wicked do not repent even at the entrance to Hell. (Eruvin 19a - quoted in Strive for Truth 1, p. 156) Free will is in this world and our opportunity for repentance is here and now.

^[268] There is no fire in hell except around the souls who create it. This also means that evil cannot exist in and of itself as a force separate from a divine soul. Likutey Moharan 27:10 volume IV, note 18, page 171 comments on our being forced to sing their songs while we were taken into Babylon, This is because singing and playing their music separates the good in their song from the evil. Evil has no existence of its own, and survives only by virtue of the good in its midst. Removing the good leaves the enemy without any subsistence and in this way G-d saves us from him.

^[269] The idea that Avraham can lift a Jew from Gehenom is found in Kabbalistic sources.

^[270] I held a weekly class at the San Jose Chai House on Judaism.

^[271] *Neither is it beyond the sea, that thou shouldest say: Who shall go over the sea for us, and bring it unto us, and make us to hear it, that we may do it? But the word is very nigh unto thee, in thy mouth, and in thy heart, that thou mayest do it. See, I have set before thee this day life and good, and death and evil, in that I command thee this day to love the Lord thy G-d, to walk in His ways, and to keep His commandments and His statutes and His ordinances; then thou shalt live and multiply, and the Lord thy G-d shall bless thee in the land whither thou goest in to possess it. (Deuteronomy 30:13-16)*

^[272] Likutey Moharan 1B, #8:5, footnote 41, page 48.

^[273] Proverbs 12:21

^[274] Tikkuney Zohar 22.

^[275] Being attached to the very Source, to the YHVH, he transcends the origin of the wicked man's ruach. This explains why the perfect tzaddik remains unaffected by the wicked man's ruach. Likutey Moharan 1B #8:5, page 49, footnote 40.

[\[276\]](#)

land. After succeeding, he ascended from there, complete and without lack. Likutey Moharan 1B #8:5, page 48 footnote 42.

Sefer Yetzirah, Aryeh Kaplan, p. 199.

[\[278\]](#)

A. Primordial planes

The Ari z l, Isaac Luria, was the first to describe the cosmological structure above the world of Atzilut,

a previous vision [\[279\]](#)

the Nothingness beyond, Ayn Sof. This vision focuses on the experience of the 4 worlds in the 5th universe residing above the apex of the Yod, what is known as Adam Kadmon.

The following meditation was done to the Eye Closure Tape. I learned the following finger response techniques for obtaining answers from the subconscious. Answers with movements of the right hand are pinkie means no, and the fingers in between are degrees between yes and no.

17 of Tamuz 5754 - Morning

I ascended to Malchuts and then to Yesod with the help of angels lifting me into the light. From Yesod I went to the Garden of Eden where I saw the Lubavitcher Rebbe shlita standing outside the gates. I asked him the secret to getting married and he said, Emunah, that one must believe with all one done all he could, it is up to us to believe with all our mind for Moshiach to be.

I wanted to ascend higher to see the Tzaddik Emets, Rebenu z l. I passed through Tiferets and was stuck [\[282\]](#) which I did not know how to open. I did not know the Name of Hashem [\[283\]](#) Eventually I saw Binah as a mother and Hochmah as a father embrace

need to speak to the Tzaddik Emets and you should help me. The father took me and passed me into the base of Keter. The entry to Keter opened inward like a hole punched upward through paper, like a new

lifted through the blackness into the worlds above. I entered the level of MaH - 45 and the expansion of the Havayah was before me and then BN - 52, and then SaG - 63, and finally AV - 72 where I saw



He was so happy. He said, I am as proud of you as one of my finest students for though you live in the recesses of the world, you have learned so much of my teachings and have studied with my teachers.

[\[284\]](#) It is impossible to describe the joy he felt and I felt to reach him. I asked Rabbenu z l to help me with a question and he put his hands upon my head to know the situation. I asked him what he is doing at this level and he said, you should continue to learn my teachings and you will understand, but for now it is beyond you. [\[285\]](#) All of a sudden, I felt a vacuum pulling me down and I descended through the Tree in rapid progression through all of the sefirot and upper worlds.

May 4th, 2001

Regressed myself back to the point of conception and witnessed a spark of light like a shooting star back to its place in the heavens waiting to be born. As I followed the white star back into the night sky, I found its stationary location in the right wrist of Adam Kadmon. Like the rest of the sparks, it was motionless waiting to be reborn. I felt the incredible longing in the spark for the chance at life again, for the chance to improve its station. How long it waited to be born. Such a longing, the other sparks felt the same. All were waiting for suitable parents to provide a chance in life. [\[286\]](#)

2. Expansion of the name Hashem

19th of Tamuz 5754

I learned the secret of how I entered Daat and what Rabenu z l was doing at the level of AV. From the Ari z l:

YVD HY VYV HY yh wyw yh dwy

The Tetragrammaton expanded with Yods, adding up to 72 (Ab) motivates the union of Hochmah - Wisdom (Father) and Binah - Understanding (Mother), through the Neshamah of the Neshamah (i.e. Chaya) of the saint. It is associated with Hochmah - Wisdom. [\[287\]](#)

The saint in this case Rabbi Nachman of Breslov and he made it possible for me to enter Daat through his Chaya bringing Hochmah and Binah together for me to enter there. He was at the level of AV for it is Mekor Hochmah, the source of wisdom, and also part of the name of his new settlement in Israel, Nachal Novea Mekor Hochmah where his efforts on high in the spiritual realm parallel the physical construction in our world. The name of the settlement translates to the source of wisdom is a flowing brook.

*The words of a man's mouth are as deep waters,
and the wellspring of wisdom as a flowing brook.
(Proverbs 18:4)*

Elsewhere Rabbi Nachman speaks of a Nachal Novea Mekor Chokhmah - hmkj rwqm ubwn ljn where the initial letters spell at the name Nachman - }mjn. [\[288\]](#)

B. Astral and Ethereal Planes

The Astral plane is a place outside of all places and yet connecting all. When in the Astral plane, one is invisible to all beings in other planes and yet able to observe all. The Astral body is a glowing white light and is connecting to the physical source by a line of light. It is also possible to teleport the physical body to the location of the Astral body in the non-physical planes. In this way one can interact with the beings on other planes. The advantage of Astral travel is that it is possible to bypass gate keepers to reach spiritual destinations since one can only be seen by other beings on the Astral plane. The disadvantage to Astral travel is that it is difficult and one must achieve a high degree of purification and shed the physical body to enter this plane.

The Ethereal plane is an inner plane that is experienced while dreaming at night. The Ethereal plane connects all physical places in the Universe and enables the subconscious to explore their locations. One can enter the Ethereal plane from the Astral plane but not vice-versa.

Astral Travel - May 19, 1997 - 27th Day of Omer - 8 PM

Today is influenced by Yesod in Netzah which brings righteous foundation to eternal visions. I visited Berkeley and the Hochmat HaLev meditation center for their weekly meditation. I took the BART up to Berkeley from Fremont and read a little of Crowley's book on Magic. I had been trying to decipher the mystery of the Astral plane. I was late and jettisoned myself into the silent meditation.

I saw forms of the archangels descend and they pushed me higher from Malchuts to Yesod. The angels passed me to other angels in a chain fashion each pushing me higher. Each complained about my state of impurity and quickly pushed me to the next angel. Eventually something had to be done about the impure state and I beheld a boiling pool of water and sulfuric acid. There was a small sense of fear and then I was tossed into the pool. I sank into the waters and felt myself suffocating. As I sank I noticed an angelic mermaid form near the bottom of the pool and she spoke to me, You are safe here. I began to breath and I noticed that the bottom of the pool was pure acid. The color was a blue-green. Quickly my clothes were burned away by the acid. I asked the angel where I was and I was informed that I was in the Lower Plane of Water between the sefirot of Netzah and Hod. There are different types of liquids in the lower planes and this was a place of acid. I asked who she was and she said that her name would be the Hebrew word for acid with the suffix of an angel. I asked if she was an angel. She said that most beings are messengers of Hashem but that her role was more of an Acid Elemental. I noticed my skin was burning and peeling away and I beheld a pure white form of light emerging from the shell.

She told me that this was my Astral body and that I would be able to enter the Astral plane with it while she watched over the remains of my physical form. I traveled quickly out of the pool and noticed a new perspective on the Sefirotic Tree. I was outside of the tree now looking in while connected with a line of white light to my body in the Lower Plane of Water. I noticed that I could look into any world yet I could not be apart of any of them. I glanced into Tiferet and descended into the world. I saw Jacob there in discussion with other religious sages. None of them noticed me because I was not really in that world. I moved out of the sphere and then gazed into Hesed and saw Abraham and Sarah there performing eternal chores associated with their meeting tent and they too could not see me. I popped out and then gazed into Binah and beheld the great angelic mother transmitting light energy and above here chains of other angels in a eternal dance. Though I wanted to dance with the angels they could not see me and I understood the limitations of the Astral plane.

I asked about the Ethereal plane and found that I could enter it invisibly with the Astral body. I saw many dream souls within the beatific scenes of the ethereal world. Finally, I returned to Binah and asked what it would take to be seen so that I could dance with the angels. I understood that I could merge back

with the physical body while within the sphere of Binah. I drew my body up from the Plane of Water and wrapped my body around my Astral form. Immediately I became physical in the World of Binah and the angels saw me and descended. I began to dance with them in great joy. I joined with their ascent to the world of Keter and we entered this world carrying the prayers of those singing into the realm of Will. I began to fall through a center column of the angels, each one closing its wings around me in a salute of departure. I unwrapped back into the astral body and the angels departed. Nevertheless, all alone I heard the Voice of G-d and I knew before G-d we are never invisible.

C. Space Travel

April 25, 2000

I ascended into Malchuts with the name Adonai. This was Malchuts of Asiyah, a round cave with an opening at the top into Yesod. With further ascent, I encountered Elohim the source of creation. I was here before and I will be here after. All that is I created. I asked about His relation to El Shadai? She is my younger sister. She is within creation nurturing and helping to grow. And what of El Chai? He is the little brother, younger than El Shadai. He causes the motion and springiness of life. And what do you know of Eheyeh asher Eheyeh. He is before me and will be after me before and beyond the Creator. And of YHVH? He is the viaduct connecting all of the higher spiritual places to creation. We are all connected to the root of Names, Yuhoah. And El? El is the prefix of my name and is the kindness that bestowed creation. And of Elohim? This is the din balancing kindness. And of Yah. Ah Yah is in the crown and is the source of the higher energies sustaining the energies below.

I asked to be shown a black hole that I may understand its role. I was shown an ocean of plasma before the creation of our world. I asked what is this? Before your Universe existed, Hashem made previous universes. This is the remnants of the previous one. As the plasma cooled, gravity pulled particles together. Ultimately all was pulled into the great central light of the Universe. This is like the light of YHVH in Tiferets. This great star super nova(ed) spewing elements throughout the Universe.

I entered the black hole. According to general relativity, gravity slows down time. Hence within a singularity time slows, maybe even stops. Light doesn't emanate from a black hole due to gravity. This is like the place of Keter. There is no surface. One can fall into the singularity and be one with G-d.

One can communicate with each individual name of G-d. In this manner one can explore the meaning of concepts within the subjective perspective of differing attributes.

[279] In [Back to the Beginning](#)

[280] In Yesod, I saw the Nickelsburg Rebbe who like all living Tzaddikim ascend regularly to this sefira. Yesod which means foundation is symbolized by the Tzaddik Joseph. The gematria of Yesod - dwsy is 80. Sod which means secret is 70. Yesod is also the 8th sefira representing dedication. The temple was rededicated to Hashem on the 8 days of Hanukkah. Likewise, the tzaddik dedicates his entire life to Hashem. Yesod is the home of the tzaddikim (and the Living G-d) while they are living, El Chai.

[281] I saw him as in a portrait picture that can be found in the house of Chabad shalichim - messengers.

[282] Daat or knowledge is the quasi sefira which is the result of mastery of wisdom, understanding,

kindness, and responsibility. It is the gateway to Keter, the crown of G-d, which is the place of G-d's will.

[283] A cherub came with a coal & placed it in my mouth and I was cleansed and my mouth opened. The place of Daat does not associate with a single name of G-d but one must open his mouth with wisdom to enter.

[284] The tapes of a Breslov teacher in Los Angeles, name unknown, and the tapes of Rabbi Aryeh Rosenfield.

[285] In [Rabbi Nachman Letter](#)

[286] Palo Alto JCC meditation group under the direction of Ira Brandell meets Thursday at 7 PM.

[287] Shaar Ruach Hakodesh, p. 110. First Yichud. Quoted in Meditation and Kabbalah, Page 238.

[288] Likutey Moharan, Ch. 19, Page 188, bottom notes. Also see Chayeh Moharan i.e. Tzaddik #86.

XIV. Back to the Future

A. The Storehouses of the Future

There is a tradition that G-d took the first light of creation and saved it away as a reward in the world to come. [289] The light created during the first day was not from the sun so where is it? It is stored up for the righteous in the Messianic future as it says:

*Moreover the light of the moon shall be as the light of the sun,
and the light of the sun shall be sevenfold,
as the light of the seven days.
(Isaiah 30:26)*

Where is this light stored? Proverbs 8:21 says:

*My loved ones will inherit from **there** and I will fill their storehouses.* lyjnhl lma \hytrxaw cy ybha

The Shaarey Orah reveals to us the key word is there - Yesh - cy which has the value of 310 and refers to 310 storehouses of reward in the world to come and a tithe in this world. The Torah states that one should give a 1/10th of what one earns to charity. Hashem in his kindness tithes from the good stored up for us. The name EL, gematria 31, associates with the sefirah of Hesed - kindness. This is 1/10th of Yesh. [290] The word Yesh associates with the presence of G-d, i.e. the ultimate reward:

ytudy al yknow hzh \wqmb \ch cy }ka rmayw wtnem bquy {kyyw
And Jacob awoke from his sleep and said truly **there** is Hashem in this place and I knew it not.
(Genesis 28:16)

The Hebrew word Yesh appears superlative since a better translation would read, And Jacob awoke from his sleep and said truly Hashem is in this place and I knew it not. Yesh is providing an additional emphatic thought. Yesh refers to something else that is stored away for us and experienced only fleetingly in our world. Yesh Hashem - There's Hashem is the highest reward in the world to come.

The 310 storehouses are said to have 310 guards in the world of Gevurah that prevent the bounty from

descending. [\[291\]](#) These guards were put in place because of doubt expressed by the Israelites in the desert:

Is there Hashem close to us or not? }ya-\a wnbrqb \ch cyh ...

And the name of the place was called Massah-trying, and Meribah-strive, because of the striving of the children of Israel, and because they tried the Lord saying: Is the Lord among us, or not? (Exodus 17:7)

HaYesh YHVH in our midst or AYN

The Shaarey Orah associates AYN }ya with absolute mercy and the highest sefira, since above Keter is the AYN SOF - without end. Yesh is the reward from Hochmah and is mixed slightly with judgment as it is held back. Why is it held back? Know that if they had asked gently and nicely not in a petulant and quarrelsome manner, their request would have been appropriate. [\[292\]](#)

Merkavah - July 10, 1993 - 9:30 AM

I played the letter ascension tape. After progressive relaxation I reached a deep trance state and began the ascent. I let my hands rise above my head coming together in the shape of an oak tree and I rose upward into this realm. I explored the cave somewhat but then rose higher into Yesod. I thought of the Living G-d, Almighty and saw the workings in the world of Yesod. All around angels were busy with their work transmitting and paralleling the work of our world. The tape directed me to a stream in a meadow. There I beheld a shiny object in the stream. I lowered my hand and it entered the cool water retrieving an amulet of a color like silver with a touch of gold. Upon the amulet was inscribed the letter heh, like the hand of G-d. I held the amulet in my right hand then rubbed it against my heart. It felt good. The angels Michael and Gavriel took me higher into Tiferets. There I floated alone through white clouds which occasionally parted letting sunlight through. I made several rotations with my body enjoying the pleasures I felt. I had some battles with shards of evil as I wrestled to go higher. [\[293\]](#) There were distractions and I rose to Hesed and then rose to a hidden plane finally descending back to escape from a questionable force who attacked my body. Earlier in Netzah an angel dangled me by my hair until I commanded him with the name of Hashem Tzevaot. He released me and became absolutely straight at attention. I told him to descend and help a particular person who was ill and was going in for an operation. I also prayed for a woman I knew that she should be able to have children. Eventually I ascended to the level of Binah. There I beheld the most beautiful angel I had ever seen. I saw her backside. With one arm held up to the heavens and one pointed down she was white with long hair and flowing white robes. There was a silent wind blowing past her. I rotated to see her front and beheld a face looking downwards with locks of golden curls beside it. I extended my hand and gave her the amulet I had found with the Heh. She took it and raised me up. I saw at the top of her upward hand, the end of a rod that was ornately engraved and yet the color of a grayish white. The light of the Almighty descended into this rod and out her hand pointed down. Occasionally she flung off small discs of light like small saucers in various directions transmitting G-d's energy in concentrated packets. Finally she began to rapidly rotate and ascended higher in a burst of light. I copied her, rotating and ascending in a similar manner. When I became aware of my surroundings, I saw above me the likeness of a man. He was wonderful to behold and there was an angel lowering a crown upon his head. The man did not want to be addressed as the Messiah, I thought of him as the anointed one instead. The crown of the angel passed all the way down his body and then up again and rested upon his head. From his eyes and crown came forth rays of light that made me feel warm and good. The Anointed took a small crown and passed

it over my left arm leaving it there. My whole arm was purified with the crown or band. Eventually another was passed over onto my right arm. I began to feel purified. I asked the Anointed one whether he is the "staff that will come out of Judah and the rod from Israel." He was very humble and would not say. He held a staff in his right hand though and a rod in his left. I asked him what would become in the end of days. Things began to happen now. I felt a crown placed on my head and the staff and rod placed in my hands and I began to prophesy the worlds of G-d.

I beheld a nation of Priest Kings and Queens, dressed in royal robes, and dwelling in the light of Hashem. I felt myself placed on a throne and then lifted up to a point looking down into the Merkavah. There, I beheld the throne of Hashem. Upon the throne rested the most beautiful crown I had ever seen upon a purple seat. Around the crown was His Presence, yet without image or form. There were angels around the throne singing praises. I too sung praises from my height. Below, I saw the children of men approach and the angels parted for them. They were all regally dressed, fit to approach the King of Kings. They too sung praises. As I watched, someone beseeched the King on Tahiyas haNefesh, the raising of the dead.

The desire was turned into a soul that came before G-d. I was in the place of that soul during this vision. I was thanking G-d so much for the beauty of our world. I was thanking Him for the trees and animals and mountains and rivers and I said that all things praise your name forever and ever. I said how beautiful your world was and though this vision is truly majestic, your world in its humbleness was a paradise as well. I described how our world permitted us to separate the dross from the silver and gold so that we could stand here today. It was your world with your help that made us what we could be. I asked in a small voice and a small desire, if we could experience it once more [\[294\]](#).

I then beheld this new world that G-d began to form for us. It was much larger then our current world, large enough to hold all those that had died. And each of us was a king and queen having our own castle and mated with our true soul mate. The world was lit by a great sun, and all people knew that the Lord was G-d, the Lord is G-d, the Lord will be G-d forever and ever. And Hashem put the laws in our heart and they were like a small candle and all the knowledge being revealed will be like the Sun in comparison. And we could learn the Torah all day long, and the teachings of the sefirot and angels, and Talmud, and all wisdom in this world and the structure of Hashem's higher worlds, and even science in all its depth will be permitted study.

***For the earth will be full with the knowledge of Hashem as the waters cover the sea.
(Yeshayauh 11:9)***

And all peoples will be permitted to visit one another and talk of the secrets of Hashem and share warmth and love for one another and G-d. Ahavah, our love to Hashem has gematria 13. And Hashem's love towards us makes 13. Together they are 26, the gematria of the name of G-d. Also the gematria of echad - unity is 13. There are the 13 attributes of mercy by which our sins are forgiven.

And we will have desires that manifest new souls and children from soul mates. And the children shall all be born of praise and knowledge of G-d and these souls shall dance before Hashem. At the end of the vision I said Hallel: Halleluyah, Hallel, Halleluyah, praise G-d praise G-d, Halleluyah!

Slowly I opened my eyes and there was a whiteness before me, though it was my white shirt on a white chair blocking the blackness of my stereo, it was like a last parting gift for my eyes to rest upon something white and holy.

Olam Habah^[295] - May 22, 1994 - 9 AM

I played a taped called What Hypnosis is Like. I had the following vision. Overall, the future can never be completely known and is certainly within our free will to change. Most of all the following vision represents trends that may be changed and we can make this world of ours into an optimistic, sun shining place for G-d to dwell amongst us now and forever more.

I sat on a throne and angels assembled at the legs of the throne, first at the left front, then the front right, then the right back, and finally the left back. They began to move me. At first I floated above this world gazing at the living places of my loved ones, than myself and I know that the presence of G-d was with me. I wanted to know about the connection of this world to the vision I had of Olam Habah. I felt the joy that we have in this world again; how beautiful it is, the seas and mountains and flowers and sky above and stars in heaven; that this world is truly a gift shared between us and Hashem. We shall transform this world from its gehenom of sufferings into a place of love and joy and adventure between our spirits and the freedom of discovering the spirit of G-d.

Still, this is not the world of Olam Habah - hbh \lwu - the world to come. I asked to be shown the future and the messiah to be. The year was 6000 by the Hebrew calendar, 2240 by the English. The world society is all linked by computer communication and there is a great celebration from the top of a tall building in New York. There a leader of the Jewish people is broadcasting a unifying song of joy to the rest of the world, a great ningun - tune. All the world is listening many are singling, all feel connected. From the deserts of Africa to the peaks of the Andes there is tranquillity, peace and comfort. The skies churn at night and some can see spiritual lights in them but the physical world does not alter.

So I ask to go again into the future and now its the year 7000th Hebrew calendar year or the year 3240 in the Gregorian. I do not see any Jews. There are some watching a broadcast from the year 6000 like in a museum. The world is without faith now, there are no Jews in this place that I can see. Again this bothers me. The technology is great. There are roads on all different levels connecting every place. In the year 6000 I saw electric cars of sleek design minimizing air resistance as the main automobile. The year 7000 seemed to have many places in giant enclosures for preservation or perhaps protection. I asked to see Jerusalem, surely there would be Jews. As my throne approached, I was astounded to see the Dome of the Rock still standing. There were large walls built up around it as if there was an attempt to rebuild the Temple without its destruction. How strange? People were viewing the sites like a museum. There was a darkness around like a giant enclosure or could it be a spiritual void or perhaps just the darkness of an uncertain future that we may still improve.

I asked Hashem through the angels about the Jews, Where are they? My throne ascended upwards to the Garden of Eden where some still learn. The rest are in Olam Habah, a new spiritual world of utter joy and peace. G-d did not destroy this world after all, but still created a new place to put His chosen people. But what happened after the year 6000? There was a progressive loss of faith as people became more absorbed with technology. There were less Jewish children being born into the world as there were less Jewish souls which had not yet reached their waiting place next to the throne of G-d in Beriayah. This still bothers me for more children should bring us closer to the coming of the Moshiach, so I asked to know the Truth. I saw the kings of Israel on their thrones and each was anointed hope of their generation as was the Moshiach of the year 6000 as is the one today of 5754 (The other day I said that we must be ready to see the potential for Moshiach in every person (Jew) and this will bring us to love for all our fellow Jews)

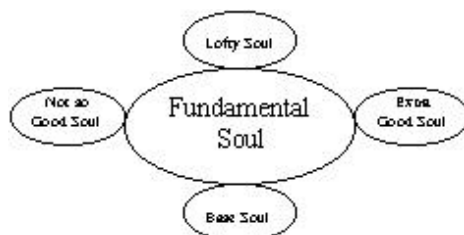
I know that the Jewish people will not cease from this world as long as it is here though I saw not Hasidim dancing in my vision or any other sign. Blessed be the Lord, G-d forever and ever and through

the Torah is in our hands and we have revealed its meaning and hopes as taught by our sages, we shall never abandon our faith and love of You and Torah and Israel, Amen Selah.

B. Reincarnation

*Take a counting of all the assembly of Israel by their families,
By their father s houses, according to the number of all the male names,
By their reincarnations.
(Numbers 1:2)*

Gilgul which is from the word for wheel refers to the recycling of past lives in each generation. Each of us contains a fundamental soul that is often a reincarnation. Attached to that soul are smaller portions of other previous souls that uniquely combine with the fundamental soul to create each unique being in this world. From this we learn that no person is all bad but that we must work to rectify each part of our spiritual nature into good people. For example the person below contains 60% of the reincarnation of one principle person with 4 portions of 10% of portions of other previous souls needing rectification or to assist in rectification of other souls. The lofty soul attaches itself to perform a mitzvah missed in a past life to help others.



The 5 portions above combine into one unique individual with the soul existing on 3 fundamental planes of existence. The Nefesh is our physical body needs. Ruach is the energy and activity energy of our soul. The Neshamah is attached to G-d and is our divine spark. The previous incarnations of the soul select their primary residence in each of these three areas, but relocate daily based on learning and our actions. A person who does good deeds will bring the Lofty Soul and Extra Good Soul into the Nefesh and Ruach levels. The Base and Not so Good Soul become compressed at the bottom of the Nefesh and exert little influence. A person who does bad actions pushes the Lofty and Good souls to higher levels hiding their influence on our complete being while the Base and Not so Good souls occupy the majority of the Ruach and Nefesh levels, Has vshalom.

C. Psychotic

There are those in this world that bear in life severe psychological disorders. How are we to understand their circumstances in light of Torah. After a meditation which enlisted the angel Yediael to beseech G-d to reveal the answer, this is what I learned. There are souls in heaven which bear the mark of extreme moral and personal struggle in previous lifetimes. These souls need to be reborn, and they are drawn to a body with a mental chemical balance. This makes their struggle more difficult. The psychotic bear a combined soul as described above with a disturbed soul attached that challenges them. While

responsible for any evil they commit, their challenges are also greater than the normal mind. Their delusions distract them and yet they have free choice not to commit crimes.

Many psychotics fall into this path after being hurt bad when younger. The psychotic interpretation represents a personal defense against a situation they do not understand and fall victim to repetitively. Yet, they do not have to do evil; they have free will.

Paranoid schizophrenia is one of the most difficult mental illnesses. The schizophrenia prevents the patient from admitting the delusion and the paranoia questions explanations of what really happened. To help this person, gentle corrections may work. The Oral Torah describes possession and disavows mental illness. All are born with a difficult soul that is helped through a spiritual means, namely faith in Torah principles. The contrary soul will have difficulty with these principles. Meanwhile the paranoia will shield the person from help.

In the days of our Rabbi, the Ari may his memory be for a blessing for the life of the world to come it once happened that a spirit entered into a woman, causing her great distress. And when her relatives noted the extent of her pain they entreated the rabbi to save her. He then sent our teacher, Hayyim Vital, who went to the woman and asked the spirit numerous questions concerning himself and the reason that he was punished in this way. And the spirit told him that he was being punished for his in with a married woman and for bringing existence the offspring of an adulterous union. Rabbi H. Vital went on to inquire of the spirit concerning the iniquity of the woman, which happened to the woman because her true self is not as it appears. She did not believe in the Exodus from Egypt. And on the evening of Passover when all Israel rejoices in gladness, reciting the Hallel and relating the going out from Egypt, all this is as a laughing matter in her eyes for she thinks that this miracle never occurred.

The rabbi's heart sank, as he could barely believe what he had heard. He trembled at hearing of her evil heart and said to her, Have you not lost your hope? Behold you are as one of the pagan women, and for that reason this distress has come upon you and you are totally lost. Only if you will believe in perfect faith that the Holy One, blessed be He, created the heavens and the earth and that He has the capacity to do all that He desires and none can question Him concerning His doings can you be freed from this situation. She responded with the words, Yes, I believe completely.

He continued, asking the woman, Do you believe that the Holy One, blessed be He, brought us out from Egypt and split the sea for us? And the woman said, Amen, amen. The rabbi continued, asking her, Do you believe all this in perfect faith and do you repent with a complete repentance? And he evoked in her remorse and regret concerning her prior sins. The woman answered Yes and began to cry. And so the rabbi pronounced a decree regarding that spirit, and it departed from her and went on its way.^[296]

Similarly when we dream there is often a violent defense to an overblown circumstance. The psychotic has a similar challenge to avoid committing violence in these circumstances. How we learn to control our dream responses is similar to the challenge of the psychotic. This can be difficult on the subconscious level. A psychotic experiencing paranoid mania will have difficulty with reality and may be more likely to cross over the edge into violence.

Part of the solution to this problem is for the psychotic never to be isolated. We are isolated in our dreams unless our spiritual center reaches out for heavenly help. The psychotic needs feedback and communication from good people to overcome his/her distortion. Finally, medication may be the only way to reduce the manic delusional state to the point where a patient can be freed from hallucination.

Here are twelve steps to do if someone you know is diagnosed with a psychotic disorder.^[297] Two of the key steps are:

2. Don't nag, preach or lecture to the person. Chances are he/she has already told him or herself everything you can tell them. He/she will take just so much and shut out the rest. You may only increase their feeling of isolation or force one to make promises that cannot possibly be kept. (I promise I'll feel better tomorrow honey; I'll do it then, okay?)

3. Guard against the "holier-than-thou" or martyr-like attitude. It is possible to create this impression without saying a word. A person suffering from a mood disorder has an emotional sensitivity such that he/she judges other people's attitudes toward him/her more by actions, even small ones, than by spoken words.

The old Jewish viewpoint on mental illness before medication may be summed up as:

We must defend ourselves from the evil, Psalm 59, but also reach out to the lowly, Psalm 41.

Today we must be careful to guard against the holier-than-thou or martyr-like attitude. from above.

^[289] Midrash Rabbah Genesis 3:6

^[290] Shaarey Orah, Chapter 7, page 272.

^[291] Shaarey Orah associates Yesh with the sefirah Hochmah. The reward originates in Keter, is stored in Hochmah, descends to Hesed, and is held back in Gevurah.

^[292] Shaarey Orah, Chapter 9, page 328.

^[293] Klippot.

^[294] Ezekiel vision.

^[295] This meditation is a follow-up with greater future detail to the previous throne meditation to be included.

^[296] Hemdat yamim, Moadim 24a. trans. in Beyond Appearances, Stories from the Kabbalistic Ethical Writings, Aryeh Wineman, Page 84.

^[297] Bipolar Disorder FAQ, Barry Campbell, Marco Anglesio, <http://www.moodswing.org/bdfaq.html>. Twelve things to do if your loved one has depression, manic-depression, or some other mood disorder:

1. Don't regard this as a family disgrace or a subject of shame. Mood disorders are biochemical in nature, just like diabetes, and are just as treatable.

2. Don't nag, preach or lecture to the person. Chances are he/she has already told him or herself everything you can tell them. He/she will take just so much and shut out the rest. You may only increase their feeling of isolation or force one to make promises that cannot possibly be kept. (I promise I'll

feel better tomorrow honey; I'll do it then, okay?)

3. Guard against the "holier-than-thou" or martyr-like attitude.

It is possible to create this impression without saying a word.

A person suffering from a mood disorder has an emotional sensitivity such that he/she judges other people's attitudes toward him/her more by actions, even small ones, than by spoken words.

4. Don't use the "if you loved me" appeal. Since persons with mood disorders are not in control of their affliction, this approach only increases guilt. It is like saying, "If you loved me, you would not have diabetes."

5. Avoid any threats unless you think them through carefully and definitely intend to carry them out. There may be times, of course, when a specific action is necessary to protect children. Idle threats only make the person feel you don't mean what you say.

6. If the person uses drugs and/or alcohol, don't take it away from them or try to hide it. Usually this only pushes the person into a state of desperation and/or depression. In the end he/she will simply find new ways of getting more drugs or alcohol if he/she wants them badly enough. This is not the time or place for a power struggle.

7. On the other hand, if excessive use of drugs and/or alcohol is really a problem, don't let the person persuade you to use drugs or drink with him/her on the grounds that it will make him/her use less. It rarely does. Besides, when you condone the use of drugs or alcohol, it is likely to cause the person to put off seeking necessary help.

8. Don't be jealous of the method of recovery the person chooses. The tendency is to think that love of home and family is enough incentive to get well, and that outside therapy should not be needed.

Frequently the motivation of regaining self respect is more compelling for the person than resumption of family responsibilities. You may feel left out when the person turns to other people for mutual support. You wouldn't be jealous of their doctor for treating them, would you?

9. Don't expect an immediate 100 percent recovery. In any illness, there is a period of convalescence. There may be relapses and times of tension and resentment.

10. Don't try to protect the person from situations which you believe

they might find stressful or depressing. One of the quickest ways to push someone with a mood disorder away from you is to make them feel like you want them to be dependent on you.

Each person must learn for themselves what works best for them, especially in social situations. If, for example, you try to "shush" people who ask questions about the disorder, treatment, medications, etc., you will most likely stir up old feelings of resentment and inadequacy. Let the person decide for THEMSELVES whether to answer questions, or to gracefully say "I'd prefer to discuss something else, and I really hope that doesn't offend you".

11. Don't do for the person that which he/she can do for him/herself. You cannot take the medicine for him/her; you cannot feel his/her feelings for him/her, and you can't solve his/her problems for him/her; so don't try. Don't remove problems before the person can face them, solve them or suffer the consequences.

12. Do offer love, support, and understanding in the recovery, regardless of the method chosen. For example, some people choose to take meds; some choose not to. Each has advantages and disadvantages (more side-effects versus greater possibility of relapse, for example). Expressing disapproval of the method chosen will only deepen the person's feeling that anything they do will be wrong.

XV. Dancing With Angels

Here are some visions on the highest form of praise to Hashem, which is through dancing. Unfortunately, this is often neglected today but in truth, all of us may praise Hashem in this manner. How does Nachman s 7th Beggar without legs heal the world? This is through dancing and he dances better than the rest of us. And how does he dance without legs, by making the rest of us dance in order to carry him into dancing. While we think we are helping him to dance, he is really helping us.

Angel of the Present - April 14, 1993

Discovered the Angel of the Present - The name is YöHöViEL - lawhy [- the Presence of G-d].
[\[298\]](#) The angel can direct true answers to a question requiring knowledge of the present time.

The Angel of the Past is YâHâViEL - lawhy.
 The Angel of the Future is YâHäViEL - lawhy.

The derivation is from the vowels on the name of G-d, HaSheM - \ch assigned in the sefirot where Hochmah is past, Binah is future, and Tiferet is the present.

The name HaSHem is associated with the verb and hence related to activity in all time. (see Bahir 3)

I invoked the name before a 3 card reading for a Yes/No question and released the angel after the reading was over.

That night I was pursued by demons in my dreams for miraculous energy attracts opposing forces as well.

Child To Be - Jan. 12, 1994 - 7 PM

Ira Brandel^[299] led this meditation after blowing the shofar, a ningun, washing the hands, and playing a background tape of music.

Michael on right, Gavriel on left, Raphael behind, Uriel in front carrying a lamp and the Shechina above descending as a cloud over you. ^[300] I felt my head turn into sparks and my body cleansed the cloud descended to my feet. I walked upon fresh grasses and they felt pleasant against my feet. As the Shechinah passed over my nose I smelled its fragrance; like the fragrance of flowers in a garden is the air of Hashem. The fragrance was like incense renewing my soul. ^[301]

Uriel led us forward carrying a lantern which swung side-to-side. Eventually the land turned rocky as we began to ascend a mountain. ^[302]

At the top of the mountain there was an amphitheater with seating. We looked up at the stars and they were so beautiful. Ira mentioned the moon which I looked towards but couldn't see for it was the new moon; the moon to be. ^[303] Ira led us to a central plateau where I took pleasure in skipping long leaps and bounds. ^[304]

Uriel lit his lamp again (extinguished earlier to see the stars) and led us into a cave. We talked about the beauty of the gems lining the walls. Uriel led us into a chamber and there Ira said we would find something that would heal us. I saw a light along the wall and as I got closer, I saw it was a beautiful light, orange in color, warm and medium in brightness. It was very bright at first when entering the chamber. I noticed the light was a baby. The baby sneezed then wiped its nose while it continued to sleep. It felt so good and its soul was good. I took one last look; now I realized the soul was sleeping waiting to be born.

*More dependable than Earth is Hashem
More sensitive to our needs than Water
More active in this world than Fire
More filled with life than the wind that Blows*

Postscript - 1/13/1994

Along the journey, before entering the cave, I recited praises to Hashem, words of tefilah flowed like a river each praise leading to the next. The praises felt like they would never end.

Dancing with Angels - August 23, 1994 - 3 PM

I prepared the induction with the What Hypnosis is Like tape.

We reached the location of the Tree of Knowledge in this world. Recalling the story of Adam and Eve and realizing that we were carrying their souls, I led her instead to the Tree of Life whose upper branches reached into the heavens. She wound herself about me with her hair 7 times making me into a base for her to climb the tree and ascended. I stood waiting for her return, knowing that I was making her ascent possible. She returned but did not tell me what she saw. I ascended alone next, past the highest branches

and beheld a blue-green swirl world of space where small specks of white angels floated gracefully. As I entered from on high, the angels gathered around me realizing my mortal nature. They were singing to Hashem and I recorded their tune. They asked me what I was doing there. I explained that I was seeking to be close to G-d which meant ascending higher. They corrected me explaining closeness to G-d is obtained by following the mitzvos - commandments and that one doesn't need to ascend here for that. Realizing my mistake, I said it was to be close to the angels of G-d that brought me here and they began to circle around me counter-clockwise in elation. We began to spin endlessly in a circle. It was a great dance. Eventually I saw us walking along a cloud towards a gate that opened higher. In the end I returned gradually with the indescribable memory of the blue-green swirl of space with white specks of angels dancing endlessly with their songs of praise to Hashem.

Dancing with Indians - August 17, 1996 - 1 PM

American Indian dancing and teaching is very beautiful and inspirational. Indians dance in circles like Hasidic Jews and enjoy chanting which is the same as singing a *ningun* (wordless melody). One group of dancers calling themselves, the Intertribal Dancers were very beautiful to watch. They were Pawnee, Cherokee, and Sue. The leader of the group had the following to say after the dance:

I like dancing here before you.

When I dance, I feel my spirit before Grandfather, dancing on mother Earth.

I feel good presenting myself before Grandfather in these beautiful colored clothes.

(David was wearing red and white leather garments, carrying a spirit stick and dream catcher.)

The leader invited us out to dance and we did a left stepping circle dance to an Indian chant. There were 4 drummers seated around a large drum banging simultaneously on it showing their unity and brotherhood. In one dance the circle broke into a line which went facing each other and we shook each others' hand. As a last dance, David led us in the very spiritual Indian 2 step. When the Indians dance they look down at mother Earth as if they are concerned with where they place each step. Each step is down with a sense of asking permission to land on the grass below our feet. Occasionally when David would get low he would give a quick glance at the heavens acknowledging his awareness of Grandfather. It felt so good to dance, my soul pulled me out to dance again.

I saw an Indian family friend of mine from Beth Shalom. Her daughter danced beautifully and her son is very special. He has down's syndrome but is sensitive, smart, caring, and even wise. He insisted on waiting for a chair to sit on before eating and placing the other plate on another chair since a table wasn't around. He wouldn't eat his food with his hands. I went and brought forks and spoons. He chose a spoon. His mother tells me she has a Jewish child. She said since his youth he wouldn't eat junk food but only healthy foods that would be recognized kosher. We also learned from Erik when he attended services at Beth Shalom. Erik was always so well behaved. He was patient and quiet. He enjoyed our singing and seeing us happy. Today, I also found that he helped me see myself more clearly. He said good-bye to me while I was still talking with his mother. I realized subconsciously I was fidgeting with keys and perhaps giving an anxious impression. His mother spoke to me on healing foods. She said that one should eat a lot of alkaline foods: avocados, pecans to reduce anger. High protein drinks are good for the nerve connections in the brain. Sea foods are good for helping thyroid deficiencies: especially kelp.

Sefirotic Ascent and Indian Wisdom - May 14, 1997 - 8:30 PM

Ira led this meditation. With the summoning of the archangels, I backed into Raphael and merged with his identity. I understood his role in healing the world. He goes from person to person bestowing healing in a non-emotional manner. He invests the grasses and herbage with healing properties. He gave decaying mold the most powerful of healing properties as He chose a lowly mountain to reveal the

Torah, a lowly people as his chosen nation, an impaired speaker to be his greatest prophet, and the stone that was despised to become the cornerstone of His temple. The color associated with Raphael is the green color of plants.

Next Ira led us on a journey. We were traveling through a forest and came upon an open clearing in the shape of a circle. The clearing was covered with grass. There were also trees and birds. There was one path out of the circle heading forward. Each path was bounded by forests. There was also an inclination on each path. Each clearing was circular shaped and covered with grass, a few trees, and animals.

Upon reaching the clearing that I associated with the sefira of Tiferets, Ira mentioned that there was someone sitting in the clearing. I walked up to meet the person. I noticed he was an elder American Indian in my vision. I greeted him and wondered where he came from. He said that he came from Ira.

You see how Ira describes these places, showing respect for nature and its harmony. Ira is my son. I asked, how can Ira be your son seeing that he is Jewish. He said, He is my Jewish son. I asked who he was. He said he was Grandfather. I wondered whether this was the Indian concept of G-d. He said he was not and that he represented the ancestors of his people and their respect for the memory. I noticed that he was gazing towards the light of G-d shining down. He said that he too gazes out the light of G-d which is the spirit over all.

I understood better the Indian concept now. When an Indian dances before Grandfather, he is dancing before the spirits of all his ancestors in respect for their customs as well as the Great Spirit. I asked if he had any messages for Ira. He told me that Ira should not worry about the incident with his horses and that this was all part of his learning on nature. I asked about him finding a wife. Grandfather was seemingly confused by the question. This is part of nature. One does not need to seek her, when she is present, you will find her.

Finally, we began our descend and return to Beth Shalom. I saw the Indian turn his head back toward the light of G-d as I descended.

The First Nine Months - November 13, 1996 - 8 PM

This meditation occurred at Beth Shalom with Ira leading and Monte. The goal of the regression was to rediscover the teachings that are revealed to each of us during the pregnancy period. There is a teaching that before we are born we are taught the Torah for 9 months. At the time of birth, our memory of this experience is removed. My goal for this meditation was to relive and discover the essence of the teaching during these 9 months.

I prepared myself centered between the 4 angels Michael, Gavriel, Uriel, and Raphael. I viewed a line tied from myself to each one providing a secure base in the spiritual realm. I experienced the moment of my birth which was accompanied by an utter amazement with great size of the world around. I advanced briefly to the day of circumcision and realized that there is no trauma that can be relived from this experience since the fulfillment of a commandment ends trauma memories.

As I regressed back into the womb, I saw the place lit up from a book held by a small angel. The angel was the size of a cherub with a mature face and golden long wavy hair and he held a book with a cover of gold and silver. I asked to know what I learned during these nine months. He said I already knew since I had spent my current life learning the same items. I was amazed by the soft comfort and beauty of this place. He explained that it is Malchut that is in Malchut. I recalled the hard cave of Malchut where I had been many times and noticed the similarities in the cavities. Yet, the walls in this place were soft and that this represented a pure emanation of the energy of Malchut. He invited me over to look into the

book and I saw that the pages were all blank. He explained that the Torah one learns during these nine months are the answers to questions asked. I asked a personal question at this point and saw the answer formed in beautiful Hebrew calligraphy on the page. Before each new question, he would turn to a new blank page. I asked what is the higher meaning of the names of the 4 worlds. The blank page filled with an answer and he read, There is deep significance in these names. They represent a spiritual cycle of life as well. The winter which is called Akra or barren represents the necessary emptiness that one must achieve internally in order to plant a seed for personal growth which is the spring.

Here are a list of the personal questions I asked:

1. What are we supposed to learn in relationships? These involve increasing patience and understanding, reducing criticism, and helping to create a harmonious environment to raise children.
2. How do we know our soul mate? The person that one marries has a deep purpose that is not always represented by compatible disposition, personal view, or sensitivity . Sometimes, the relationship is meant to bring a special child into the world who will achieve much good in spiritual leadership in the community.
3. I asked what is your name? He told me it is the same as yours with El as the suffix. This meant that his name is Yosefiel. He told me that each person has a guide before they are born that bears their Hebrew name with the suffix El. The angel of the womb is created specially by G-d for each soul in the coming lifetime to prepare it with the answers to questions it will need to find in the coming lifetime. The questions are already known by the coming child so the angel need only turn the pages of the Book and read the answers.
4. I asked what happens to the angel after a child is born. He said naturally the angel remains available throughout the current lifetime to provide answers.

At this point, Ira began a summoning of an angelic guide for each of us. I was already ahead of Ira at this point and had to dismiss an intrusive angel that was appearing. The cherub angel extended his right forearm and told me to grasp it and he grasped mine. We began to spin in a wonderful dance in a clockwise circle. I felt other angels entering and dancing in a circle around us. The whole heaven was alive in my mind by the dancing of a myriad of angels in a wreath around us vertically as we spun. I also thought of those around me and there well being. The lesson here is that joy elevates the feelings of others in higher worlds as well as this world.

[298] **a-** fâr, fâte; **i-** jovîal; **o-** nôte

[299] Ira Brandell is a healer in the San Jose area. His meditations are gifted and tune automatically to each individual in the group.

[300] This parallel s the association of the angels with the sefirot assuming one is facing East like the encampment at Sinai. We face East while meditating in the Shul. East - Tiferet is the direction of the rising Sun and the angel of light is Uriel. To the Right is South - Hesed which is represented by Michael the protector of Israel who transmits kindness. To the Left is North - Gevurah which is represented by Gavriel who brings us to responsibility and discipline which is corrects us spiritually. Behind is West - Yesod which is represent by Raphael who like the Tzaddik heals his people.

[301] I was teaching a class at a senior home in San Jose called the Chai House. One student s name was Timber. During the meditation I got the message, Timber is a precious soul to Hashem and his belief is his Tzaddik for him. Timber was a Jew who became a 7th day Adventist.

[302] In the hypnotic state, let the subconscious direct the movement of the body. The conscious mind

will eventually realize the wisdom of the subconscious.

[303] I am typing this entry Rosh Hodesh Av 5756 - July 16, 1996.

[304] Leaping and bounding in the hypnotic state is like flying in a lucid dream. Taking time to experience pleasure will make future hypnotic sessions easier to enter.

XVI. Family and Roles

There is a Midrash that before we are born, we have all the spiritual knowledge of our past lives and full comprehension about what we need to accomplish in this lifetime. Nevertheless, at the moment of birth an angel touches us just below the nose and we forget all we knew. We spend the rest of our lives trying to find what we lost. And it is extremely important to find what we have lost in this instance. There are many clues to discover one's role in life. A lot can be learned from our family. A soul will choose a family in order to improve itself in areas of weakness. While in this family there may be more conflicts, correction leads to greater personal growth. One may also learn about oneself from one's name. Who we are named after will effect our role in life. The day we are born will also have an effect.

Song of Myself Walt Whitman

*I celebrate myself, and sing myself,
For every atom belonging to me as good belongs to you.*

*I loafe and invite my soul,
I lean and loafe at my ease observing a spear of summer grass.*

*My tongue, every atom of my blood, form'd from this soil, this air,
Born here of parents born here from parents the same, and their parents the same,
I, now thirty-seven years old in perfect health begin,
Hoping to cease not till death.*

*Creeds and schools in abeyance,
Retiring back a while sufficed at what they are, but never forgotten,
I harbor for good or bad, I permit to speak at every hazard,
Nature without check with original energy...*

Avraham Tzvi ben Moshe

Jewish Movements

There is good and bad in each of the Jewish movements. Because of the Reform movement, there is pressure on the Vatican to release the archives of the WWII Pope Pius XII who allied with Hitler, mach shemo. Because of the Conservative and Reform movements, pressure was exerted on Truman to approve the State of Israel. While the Orthodox movement has kept us from adopting harmful modern ways, they have kept to themselves mostly. Leftists were the first to pick up the rifle to fight for Israel. [305]

Hitler's Pope

Recently the current Pope has come out with apologies to the Jewish people for the Catholic Church during WWII. This is the result of pressure from the Reform movement and a publication by John Cornwell called Hitler's Pope:

HITLER'S POPE

Long-buried Vatican files reveal a new and shocking indictment of World War II's Pope Plus XII: that in pursuit of absolute power he helped Adolf Hitler destroy German Catholic political opposition, betrayed the Jews of Europe, and sealed a deeply cynical pact with a 20th-century devil.

BY JOHN CORNWELL

One evening several years ago when I was having dinner with a group of students, the topic of the papacy was broached, and the discussion quickly boiled over. A young woman asserted that Eugenio Pacelli, Pope Pius XII, the Pope during World War II, had brought lasting shame on the Catholic Church by failing to denounce the Final Solution. A young man, a practicing Catholic, insisted that the case had never been proved. Raised as a Catholic during the papacy of Pius XII - his picture gazed down from the wall of every classroom during my childhood - I was only too familiar with the allegation. It started in 1963 with a play by a young German author named Rolf Hochhuth, *Der Stellvertreter* (The Deputy) which was staged on Broadway in 1964.

It depicted Pacelli as a ruthless cynic, interested more in the Vatican's stockholdings than in the fate of the Jews. Most Catholics dismissed Hochhuth's thesis as implausible, but the play sparked a controversy which has raged to this day.

Disturbed by the anger brought out in that dinner altercation, and convinced, as I had always been, of Pius XII's innocence, I decided to write a new defense of his reputation for a younger generation. I believed that Pacelli's evident holiness was proof of his good faith. How could such a saintly pope have betrayed the Jews? But was it possible to find a new and conclusive approach to the issue? The arguments had so far focused mainly on his wartime conduct; however, Pacelli's Vatican career had started 40 years earlier. It seemed to me that a proper investigation into Pacelli's record would require a more extensive chronicle than any attempted in

the past. So I applied for access to archival material in the Vatican, reassuring those who had charge of crucial documents that I was on the side of my subject. Six years earlier, in a book entitled *A Thief in the Night*, I had defended the Vatican against charges that Pope John Paul I had been murdered by his own aides.

Two key officials granted me access to secret material: depositions under oath gathered 30 years ago to support the process for Pacelli's canonization, and the

archive of the Vatican Secretariat of State, the foreign office of the Holy See. I also drew on German sources relating to Pacelli's activities in Germany during the

1920s and 1930s, including his dealings with Adolf Hitler in 1933. For months on end I ransacked Pacelli's files, which dated back to 1912, in a windowless dungeon beneath the Borgia Tower in Vatican City. Later I sat for several weeks in a dusty office in the Jesuit headquarters, close to St. Peter's Square in Rome, mulling over a thousand pages of transcribed testimony given under oath by those who had known Pacelli well during his lifetime, including his critics.

By the middle of 1997, I was in a state of moral shock. The material I had gathered amounted not to an exoneration but to an indictment more scandalous than Hochhuth's. The evidence was explosive. It showed for the first time that Pacelli was patently, and by the proof of his own words, anti-Jewish. It revealed that he had helped Hitler to power and at the same time undermined potential Catholic resistance in Germany. It showed that he had implicitly denied and trivialized the Holocaust, despite having reliable knowledge of its true extent. And, worse, that he was a hypocrite, for after the war he

had retrospectively taken undue credit for speaking out boldly against the Nazi persecution of the Jews.

In the "Holy Year" of 1950, a year in which many millions of pilgrims flocked to Rome to catch a glimpse of Pacelli, he was at the zenith of his papacy. This was the Pius people now in their mid-50s and older remember from newsreels and newspaper photographs.

He was 74 years old and still vigorous. Six feet tall, stick thin at 125 pounds, light on his feet, regular in habits, he had hardly altered physically from the day of his coronation 11 years earlier. He had beautiful tapering hands, a plaintive voice, large dark eyes and an aura of holiness. It was his extreme pallor that first arrested those who met him. His skin "had surprisingly transparent effect," observed the writer Gerrado Pallenberg, "as if reflecting from the inside a cold, white flame." His charisma was stunning. "His presence radiated a benignity, calm and sanctity that I have certainly never before sensed in any human being," recorded the English writer James Lees-Milne. "I immediately fell head over heels in love with him. I was so affected I could scarcely speak without tears and was conscious that my legs were trembling."

But there was another side to his character, little known to the faithful. Although he was a man of selfless, monklike habits of prayer and simplicity, he was a believer in the absolute leadership principle. More than any other Vatican official of the century, he had

promoted the modern ideology of autocratic papal control, the highly centralized, dictatorial authority he himself assumed on March 2, 1939, and maintained until his death in October 1958. There was a time before the advent of modern communications when Catholic authority was widely distributed, in the collective decisions of the church's councils and in collegial power-sharing between the Pope and the bishops. The absolutism of the modern papacy is

largely an invention of the late 19th century. It developed rapidly in the first decades of this century in response to the perception of the centrifugal breakup of the church under an array of contemporary pressures: materialism, increasing sexual freedom, religious skepticism, and social and political liberties. From his young manhood on, Pacelli played a leading role in shaping the conditions and scope of modern papal power.

Eugenio Pacelli was born in Rome in 1876, into a family of church lawyers who served the Vatican. He had an older sister and brother and a younger sister. His parents, devout Catholics, shared an apartment in central Rome with his grandfather, who had been a legal adviser to Pius IX, the longest-serving Pope in history. There was only one small brazier to supply heat for the whole

family, even in the depths of winter. Eugenio was a modest youth, who never appeared before his siblings unless he was fully dressed in a jacket and tie. He would always come to the table with a book, which he would read after having asked the family's permission.

From an early age he acted out the ritual of the Mass, dressed in robes supplied by his mother. He had a gift for languages and a prodigious memory. He was spindly and suffered from a "fastidious stomach." He retained a youthful piety all his life. Politically and legally, however, he was capable of great subtlety and cunning.

The Pacelli's were fiercely loyal to the injured merit of the papacy. From 1848, the Popes had progressively lost to the emerging nation-state of Italy their dominions, which had formed, since time immemorial, the midriff of the Italian peninsula. Six years before Eugenio's birth, the city of Rome itself had been seized,

leaving the papacy in crisis. How could the Popes regard themselves as independent now that they were mere citizens of an upstart kingdom? Eugenio's grandfather and father believed passionately that the Popes could once again exert a powerful unifying authority over the church by the application of ecclesiastical and international law. In 1870, at a gathering in Rome of a preponderance of the world's bishops, known as the First Vatican Council, the Pope was dogmatically declared infallible in matters of faith and morals. He was also declared the

unchallenged primate of the faithful. The Pope may have lost his temporal dominion, but spiritually he was solely in charge of his universal church.

During the first two decades of this century, papal primacy and infallibility began to creep even beyond the ample boundaries set by the First Vatican Council. A powerful legal instrument transformed the 1870 primacy dogma into an unprecedented principle of papal power. Eugenio Pacelli, by then a brilliant young Vatican lawyer, had a major part in the drafting of that instrument, which was known as the Code of Canon Law. Pacelli had been recruited into the Vatican in 1901, at the age of 24, to specialize in international affairs and church law. Pious, slender, with dark luminous eyes, he was an instant favorite. He was invited to collaborate on the reformulation of church law with his immediate superior, Pietro Gasparri, a world-famous canon lawyer. Packaged in a single manual, the Code of Canon Law was distributed in 1917 to Catholic bishops and clergy throughout the world. According to this code, in the future all bishops would be nominated by the Pope; doctrinal error would be tantamount to heresy; priests

would be subjected to strict censorship in their writings; papal letters to the faithful would be regarded as infallible (in practice if not in principle); and an oath would be taken by all candidates for the priesthood to submit to the sense as well as the strict wording of doctrine as laid down by the Pope.

But there was a problem. The church had historically granted the dioceses in the provincial states of Germany a large measure of local discretion and independence from Rome. Germany had one of the largest Catholic populations in the world, and its congregation was well educated and sophisticated, with hundreds of Catholic associations and newspapers and many Catholic universities and publishing houses. The historic autonomy of Germany's Catholic Church was enshrined in ancient church-state treaties known as concordats.

Aged 41 and already an archbishop, Pacelli was dispatched to Munich as papal nuncio, or ambassador, to start the process of eliminating all existing legal challenges to the new papal autocracy. At the same time, he was to pursue a Reich Concordat, a treaty between the papacy and Germany as a whole which would supersede all local agreements and become a model of Catholic church-state relations. A Reich Concordat would mean formal recognition by the German government of the Pope's right to impose the new Code of Canon Law on Germany's Catholics. Such an arrangement was fraught with

significance for a largely Protestant Germany. Nearly 400 years earlier, in Wittenberg, Martin Luther had publicly burned a copy of Canon Law in defiance of the centralized authority of the church. It was one of the defining moments of the Reformation, which was to divide Western Christendom into Catholics and Protestants.

In May 1917, Pacelli set off for Germany via Switzerland in a private railway compartment, with an additional wagon containing 60 cases of special foods for his delicate stomach. The Pope at that time, Benedict XV, was shocked at this extravagance, but Pacelli had favored status as the Vatican's best diplomat. Shortly after he settled in Munich, he acquired a reputation as a vigorous relief worker. He traveled through war-weary Germany extending charity to people of all religions and none. In an early letter to the Vatican, however he revealed himself to be less than enamored of Germany's Jews. On September 4, 1917. Pacelli informed Pietro Gaspam, who

had become cardinal secretary of state in the Vatican -- the equivalent of foreign minister and prime minister -- that a Dr. Werner, the chief rabbi of Munich, had approached the nunciature begging a favor. In order to celebrate the festival of Tabernacles, beginning on October 1, the Jews needed palm fronds, which normally came from Italy. But the Italian government had forbidden the exportation, via Switzerland, of a stock of palms which the Jews had purchased and which were being held up in Como. "The Israelite Community," continued Pacelli, "are seeking the intervention of the Pope in the hope that he will plead on behalf of the thousands of German Jews." The favor in question was no more problematic than the transportation of Pacelli's 60 cases of food-stuffs had been a few months earlier.

Pacelli informed Gaspam that he had warned the rabbi that "wartime delays in communication" would make things difficult. He also told Gaspam that he did not think it appropriate for the Vatican "to assist them in the exercise of their Jewish cult."

His letter went by the slow route overland in the diplomatic bag. Gaspatti replied by telegram on September 18 that he entirely trusted Pacelli's

"shrewdness," agreeing that it would not be appropriate to help Rabbi Werner. Pacelli wrote back on September 28, 1917, informing Gasparri that he had again seen the Rabbi, who "was perfectly convinced of the reasons I had given him and thanked me warmly for all

that I had done on his behalf." Pacelli had done nothing except thwart the rabbi's request. The episode, small in itself, belies subsequent claims that Pacelli

had a great love of the Jewish religion and was always motivated by its best interests.

Eighteen months later he revealed his antipathy toward the Jews in a more blatantly anti-Semitic fashion when he found himself at the center of a local revolution as Bolshevik groups struggled to take advantage of the chaos in postwar Munich. Writing to Gasparri, Pacelli described the revolutionaries and their chief, Eugen Levien in their headquarters in the former royal palace. The letter has lain in the Vatican secret archive like a time bomb until now:

"The scene that presented itself at the palace was indescribable. The confusion totally chaotic, the filth completely nauseating; soldiers and armed workers coming and going; the building, once the home of a king, resounding with screams, vile language,

profanities. Absolute hell. An army of employees were dashing to and fro, giving out orders, waving bits of paper, and in the midst of all this, a gang of young women, of dubious appearance, Jews like all the rest of them, hanging around in all the offices with provocative demeanor and suggestive smiles. The boss of this female gang was Levien's mistress, a young Russian woman, a Jew and a divorcee, who was in charge. And it was to her that the nunciature was obliged to pay homage in order to proceed.

This Levien is a young man, about 30 or 35, also Russian and a Jew. Pale, dirty, with vacant eyes, hoarse voice, vulgar, repulsive, with a face that is both intelligent and sly."

This association of Jewishness with Bolshevism confirms that Pacelli, from his early 40s, nourished a suspicion of and contempt for the Jews for political reasons. But the repeated references to the Jewishness of these individuals, along with the catalogue of stereotypical epithets deploring their physical and moral repulsiveness, betray a scorn and revulsion consistent with anti-Semitism. Not long after this, Pacelli campaigned to have black French troops removed from the Rhineland, convinced that they were raping women and abusing children - even though an independent inquiry sponsored by the U.S. Congress, of which Pacelli was aware, proved this allegation false. Twenty-three years later, when the Allies were about to enter Rome, he asked the British envoy to the Vatican to request of the British Foreign Office that no Allied colored troops would be among the small number that might be garrisoned in Rome after the occupation.

Pacelli spent 13 years in Germany attempting to rewrite the state Concordats one by one in favor of the power of the Holy See and routinely employing

diplomatic blackmail. Germany was caught up in many territorial disputes following the redrawing of the map of Central Europe after the First World War. Pacelli repeatedly traded promises of Vatican support for German control of disputed regions in return for obtaining terms advantageous to the Vatican in Concordats. The German government's official in charge of Vatican affairs at one point recorded the "ill feeling" prompted by Pacelli's "excessive demands." Both Catholics and Protestants in Germany resisted reaching an agreement with Pacelli on a Reich Concordat because the nuncio's concept of a church-state relationship was too authoritarian. In his negotiations, Pacelli was not concerned about the fate of non-Catholic religious communities or institutions, or about human rights. He was principally preoccupied with the interests of the Holy See. Nothing could have been better designed to deliver Pacelli into the hands of Hitler later, when the future dictator made his move in 1933.

In June 1920, Pacelli became nuncio to all of Germany, with headquarters in Berlin as well as in Munich, and immediately acquired a glittering reputation in diplomatic circles. He was a favorite at dinner parties and receptions, and he was known to ride horses on the estate of a wealthy German family. His household was run by a pretty young nun from southern Germany named Sister Pasqualina Lehnert. Pacelli's sister Elisabetta, who battled with the nun for Pacelli's affections, described Pasqualina as "scaltrissima"-- extremely cunning. In Munich it had been rumored that he cast more than priestly eyes on this religious housekeeper. Pacelli insisted that a Vatican investigation into this "horrible calumny" be conducted at the highest level, and his reputation emerged unbesmirched.

Meanwhile, he had formed a close relationship with an individual named Ludwig Kaas. Kaas was a representative of the solidly Catholic German Center Party, one of the largest and most powerful democratic parties in Germany. Though it was unusual for a full-time politician, he was also a Roman Catholic priest. Five years Pacelli's junior, dapper, bespectacled, and invariably carrying a smart walking stick, Kaas, known as "the prelate," became an intimate collaborator of Pacelli's on every aspect of Vatican diplomacy in Germany. With Pacelli's encouragement, Kaas eventually became the chairman of the Center Party, the first priest to do so in the party's 60-year history. Yet while Kaas was officially a representative of a major democratic party, he was increasingly devoted to Pacelli to the point of becoming his alter ego.

Sister Pasqualina stated after Pacelli's death that Kaas, who "regularly accompanied Pacelli on holiday" was linked to him in "adoration, honest love and unconditional loyalty." There were stories of acute jealousy and high emotion when Kaas became conscious of a rival affection in Pacelli's secretary, the Jesuit Robert Leiber, who was also German.

Kaas was a profound believer in the benefits of a Reich Concordat, seeing a parallel between papal absolutism and the FÜHRER- PRINZIP, the Fascist leadership principle. His views coincided perfectly with Pacelli's on church-state politics, and their aspirations for centralized papal power were identical. Kaas's adulation of Pacelli, whom he put before his party, became a crucial element in the betrayal of Catholic democratic politics in Germany.

In 1929, Pacelli was recalled to Rome to take over the most important role under the Pope, Cardinal Secretary of State. Sister Pasqualina arrived uninvited and cunningly, according to Pacelli's sister, and along with two German nuns to assist her, took over the management of his Vatican residence. Almost immediately

Kaas, although he was still head of the German Center Party, started to spend long periods--months at a time --in Pacelli's Vatican apartments Shortly before Pacelli's return to Rome, his brother, Francesco had successfully negotiated on behalf of Pius XI, the current Pope, a concordat with Mussolini as part of an agreement known as the Lateran Treaty. The rancor between the

Vatican and the state of Italy was officially at an end.

A precondition of the negotiations had involved the destruction of the parliamentary Catholic Italian Popular Party. Pius XI disliked political Catholicism because he could not control it. Like his predecessors, he believed that Catholic party politics brought democracy into the

church by the back door. The result of the demise of the Popular Party was the wholesale shift of Catholics into the Fascist Party and the collapse of democracy in Italy.

Pius XI and his new secretary of state, Pacelli, were determined that no accommodation be reached with Communists anywhere in the world - this was the time of

persecution of the church in Russia, Mexico, and later Spain -but totalitarian movements and regimes of the right were a different matter.

Hitler, who had enjoyed his first great

success in the elections of September 1930, was

determined to seek a treaty with the Vatican similar to

that struck by Mussolini, which would lead to the disbanding of the German Center Party. In his political testament, *Mein Kampf*, he had recollected that his fear

of Catholicism went back to his vagabond days in Vienna. The fact that German Catholics, politically united by the Center Party, had defeated Bismarck's Kulturkampf- the "culture struggle" against the Catholic Church in the 1870s--constantly worried him. He was convinced that his movement could succeed only if political Catholicism and its democratic networks were eliminated. Hitler's fear of the Catholic Church was well grounded. Into the early 1930s the German Center Party, the German Catholic bishops, and the Catholic media had been mainly solid in their rejection of National Socialism. They denied Nazis the sacraments and church burials, and Catholic journalists excoriated National Socialism daily in Germany's 400 Catholic newspapers. The hierarchy instructed priests to combat National Socialism at a local level whenever it attacked Christianity. The Munich-based weekly *Der Gerade Weg* (The Straight Path) told its readers, "Adolf Hitler preaches the law of lies. You who have fallen victim to the deceptions of one obsessed with despotism, wake up!"

The vehement front of the Catholic Church in Germany against Hitler, however, was not at one with the view from inside the Vatican--a view that was now being shaped and promoted by Eugenio Pacelli. In 1930 the influential Catholic politician Heinrich Brüning, a First World War Veteran, became the leader of a brief new government coalition, dominated by the majority Socialists and the Center Party. The country was reeling from successive economic crises against the background of the world slump and reparations payments to the Allies. In August 1931, Brüning visited Pacelli in the Vatican, and the two men quarreled. Brüning tells in his memoirs how Pacelli lectured him, the German chancellor, on how he should reach an understanding with the Nazis to "form a right-wing administration" in order to help achieve a Reich Concordat favorable to the Vatican. When Brüning advised him not to interfere in German politics, Pacelli threw a tantrum. Brüning's parting shot that day was the ironic observation--chilling in hindsight-- that he trusted that "the Vatican would fare better at the hands of Hitler ... than with himself, a devout Catholic."

Brüning was right on one score. Hitler proved to be the only chancellor prepared to grant Pacelli the sort of authoritarian concordat he was seeking. But the price was to be catastrophic for Catholic Germany and for Germany as a whole. After Hitler came to power in January 1933, he made the concordat negotiations with Pacelli a priority.

The negotiations proceeded over six months with constant shuttle diplomacy between the Vatican and Berlin. Hitler spent more time on this treaty than on any other item of foreign diplomacy during his dictatorship.

The Reich Concordat granted Pacelli the right to impose the new Code of Canon Law on Catholics in Germany and promised a number of measures favorable to Catholic education, including new schools. In exchange, Pacelli collaborated in the withdrawal of Catholics from political and social activity. The negotiations were

conducted in secret by Pacelli, Kaas, and Hitler's deputy chancellor, Franz von Papen, over the heads of German bishops and the faithful. The Catholic Church in Germany had no say in setting the conditions.

In the end, Hitler insisted that his signature on the concordat would depend on the Center Party's voting for the Enabling Act, the legislation that was to give him dictatorial powers. It was Kaas, chairman of the party but completely in thrall to Pacelli, who bullied the delegates into acceptance. Next, Hitler insisted on

the "voluntary" disbanding of the Center Party, the last truly parliamentary force in Germany. Again, Pacelli was the prime mover in this tragic Catholic surrender. The fact that the party voluntarily disbanded itself, rather than go down fighting, had a profound psychological effect, depriving Germany of the last democratic focus of potential noncompliance and resistance: In the political vacuum created by its surrender, Catholics in the millions joined the Nazi Party, believing that it had the support of the Pope. The

German bishops capitulated to Pacelli's policy of centralization, and German Catholic democrats found themselves politically leaderless.

After the Reich Concordat was signed, Pacelli declared it an unparalleled triumph for the Holy See. In an article in *L'Osservatore Romano*, the Vatican-controlled newspaper, he announced that the treaty, indicated the total recognition and acceptance of

the church's law by the German state. But Hitler was the true victor and the Jews were the concordat's first victims. On July 14, 1933, after the initialing of the treaty, the Cabinet minutes record Hitler as saying that the concordat had created an atmosphere of confidence that would be "especially significant in the struggle against international Jewry." He was

claiming that the Catholic Church had publicly given its blessing, at home and abroad, to the policies of National Socialism, including its anti-Semitic stand. At the same

time, under the terms of the concordat, Catholic criticism of acts deemed political by the Nazis, could

now be regarded as "foreign interference." The great German Catholic Church, at the insistence of Rome, fell silent. In the future all complaints against the Nazis would be channeled through Pacelli. There were some notable exceptions, for example the sermons preached in 1933 by Cardinal Michael von Faulhaber, the Archbishop of Munich, in which he denounced the Nazis for their rejection of the Old Testament as a Jewish text. The concordat immediately drew the German church into complicity with the Nazis. Even as Pacelli was granted special advantages in the concordat for German Catholic education, Hitler was trampling on the educational rights of Jews throughout the country. At the same time, Catholic priests were being drawn into Nazi collaboration with the attestation bureaucracy, which established Jewish ancestry. Pacelli, despite the immense centralized power he now wielded through the Code of Canon Law, said and did nothing. The attestation machinery would lead inexorably to the selection of millions destined for the death camps. As Nazi anti-Semitism mounted in Germany during the 1930's, Pacelli failed to complain, even on behalf of Jews who had become Catholics, acknowledging that the matter was a matter of German internal policy. Eventually, in January 1937, three German cardinals and two influential bishops arrived at the Vatican to plead for a vigorous protest over Nazi persecution of the Catholic Church, which had been deprived of all forms of activity beyond church services. Pius XI at last decided to issue an encyclical, a letter addressed to all the faithful of the world. Written under Pacelli's direction, it was called *Mit Brennender Sorge* (With Deep Anxiety), and it was a forthright statement of the plight of the church in Germany. But there was no explicit condemnation of anti-Semitism, even in relation to Jews who had converted to Catholicism. Worse still, the subtext against Nazism (National Socialism and Hitler were not mentioned by name) was blunted by the publication five days later of an even more condemnatory encyclical by Pius XI against Communism.

The encyclical *Mit Brennender Sorge*, though too little and too late, revealed that the Catholic Church all along had the power to shake the regime. A few days later, Hermann Göring, one of Hitler's closest aides and his commander of the *Luffwaffe*, delivered a two-hour harangue to a Nazi assembly against the Catholic clergy. However, Roman centralizing had paralyzed the German Catholic Church and its powerful web of associations. Unlike the courageous grass-roots activism that had combated Bismarck's persecutions in the 1870s, German Catholicism

now looked obediently to Rome for guidance. Although Pacelli collaborated in the writing and the distribution of the encyclical, he quickly undermined its effects by reassuring the Reich's ambassador in Rome. "Pacelli

received me with decided friendliness," the diplomat reported back to Berlin, "and emphatically assured me during the conversation that normal and friendly relations with us would be restored as soon as possible."

In the summer of 1938, as Pius XI lay dying, he became belatedly anxious about anti-Semitism throughout Europe. He commissioned another encyclical, to be written exclusively on the Jewish question. The text, which never saw the light of day, has only recently been discovered. It was written by three Jesuit scholars, but

Pacelli presumably had charge of the project. It was to be called *Humani Generis Unitas* (The Unity of the Human Race). For all its good intentions and its repudiation of violent anti-Semitism, the document is replete with the anti-Jewishness that Pacelli had displayed in his early period in Germany. The Jews, the text claims, were responsible for their own fate. God had chosen them to make way for Christ's redemption, but they denied and killed him. And now, "blinded by their dream of worldly gain and material success," they deserved the "worldly and spiritual ruin" that they had brought down upon themselves.

The document warns that that to defend the Jews as "Christian principles and humanity" demand could involve the unacceptable risk of being ensnared by secular politics--not least an association with Bolshevism. The encyclical was delivered in the fall of 1938 to the Jesuits in Rome, who sat on it. To this day we do not know why it was not completed and handed to Pope Pius XI. For all its drawbacks, it was a clear protest against Nazi attacks on Jews and so might have done some good. But it appears likely that the Jesuits,

and Pacelli, whose influence as secretary of state of the Vatican was paramount since the Pope was moribund, were reluctant to inflame the Nazis by its publication.

Pacelli, when he became pope, would bury the document deep in the secret archives.

On February 10, 1939, Pius XI died, at the age of 81. Pacelli, then 63, was elected Pope by the College of Cardinals in just three ballots, on March 2. He was crowned on March 12, on the eve of Hitler's march into Prague. Between his election and his coronation he held a crucial meeting with the German cardinals. Keen to affirm

Hitler publicly, he showed them a letter of good wishes which began, "To the Illustrious Herr Adolf Hitler." Should he, he asked them, style the Führer "Most Illustrious"? He decided that that might be going too far. He told the cardinals that Pius XI had said that keeping a papal nuncio in Berlin "conflicts with our honor." But his predecessor, he said, had been mistaken. He was going to maintain normal diplomatic relations with Hitler. The following month, at Pacelli's express wish, Archbishop Cesare Orsenigo, the Berlin nuncio, hosted a gala reception in honor of Hitler's 50th birthday. A birthday greeting to the Führer from the bishops of Germany would become an annual tradition until the war's end.

Pacelli's coronation was the most triumphant in a hundred years. His style of papacy, for all his personal humility, was unprecedentedly pompous. He always ate alone. Vatican bureaucrats were obliged to take phone calls from him on their knees. When he took his afternoon walk, the gardeners had to hide in the bushes. Senior officials were not allowed to ask him questions or present a point of view.

As Europe plunged toward war Pacelli cast himself in the role of judge of judges. But he continued to seek to appease Hitler by attempting to persuade the Poles to make concessions over Germany's territorial claims. After Hitler's invasion of Poland, on September 1, 1939, he declined to condemn Germany, to the bafflement of the Allies. His first public statement, the encyclical known in the English-speaking world as *Darkness over the Earth*, was full of papal rhetoric and equivocations.

Then something extraordinary occurred, revealing that whatever had motivated Pacelli in his equivocal approach to the Nazi onslaught in Poland did not betoken cowardice or a liking for Hitler. In November 1939, in deepest secrecy, Pacelli became intimately and dangerously involved in what was probably the most viable plot to depose Hitler during the war.

The plot centered on a group of anti-Nazi generals, committed to returning Germany to democracy. The coup might spark a civil war, and they wanted assurances that the West would not take advantage of the ensuing chaos. Pius XII agreed to act as go-between for the plotters and the Allies. Had his complicity in the plot been discovered it might have proved disastrous for the Vatican and for many thousands of German clergy. As it happened, leaders in London dragged their feet, and the plotters eventually fell silent. The episode demonstrates that, while Pacelli seemed weak to some, pusillanimity and indecisiveness were hardly in his nature.

Pacelli's first wartime act of reticence in failing to speak out against Fascist brutality occurred

in the summer of 1941, following Hitler's invasion of Yugoslavia and the formation of the Catholic and Fascist state of Croatia. In a wave of appalling ethnic cleansing, the Croat Fascist separatists, known as the Ustashe, under the leadership of Ante Pavelic, the Croat Führer, embarked on a campaign of enforced conversions, deportations, and mass extermination targeting a population of 2.2 million Serb Orthodox Christians and a smaller number of Jews and Gypsies.

According to the Italian writer Carlo Falconi, as early as April, in a typical act of atrocity, a band of Ustashe had rounded up 331 Serbs. The victims were forced to dig their own graves before being hacked to death with axes. The local priest was forced to recite the prayers for the dying while his son was chopped to pieces before his eyes. Then the priest was tortured. His hair and beard were torn off, his eyes were gouged out. Finally he was skinned alive. The very next month Pacelli greeted Pavelic at the Vatican.

Throughout the war, the Croat atrocities continued. By the most recent scholarly reckoning, 487,000 Orthodox Serbs and 27,000 Gypsies were massacred; in addition, approximately 30,000 out of a population of 45,000 Jews were killed. Despite a close relationship between the Ustashe regime and the Catholic bishops, and

a constant flow of information about the massacres, Pacelli said and did nothing. In fact, he continued to extend warm wishes to the Ustashe leadership. The only feasible explanation for Pacelli's silence was his perception of Croatia as a Catholic bridgehead into the East. The Vatican and the local bishops approved of mass conversion in Croatia (even though it was the result of fear rather than conviction), because they believed that this could spell the beginning of a return {?} of the Orthodox Christians there to papal allegiance. Pacelli was not a man to condone mass murder, but he evidently chose to turn a blind eye on Ustashe atrocities rather than hinder a unique opportunity to extend the power of the papacy.

{Note from emperors-clothes.com: This is a very generous interpretation. In fact the Catholic Church, controlled the Independent State of Croatia. At one point it was in fact directly run by Archbishop Stepinac who answered to Pius XII. Stepinac has, in turn, been beatified by the current pope, in a Croatian ceremony attended by Croatian President Franjo Tudjman.} Pacelli came to learn of the Nazi plans to exterminate the Jews of Europe shortly after they were laid in January 1942. The deportations to the death camps had begun in December 1941 and would continue through 1944. All during 1942, Pacelli received reliable

information on the details of the Final Solution, much of it supplied by the British, French, and American representatives resident in the Vatican. On March 17, 1942, representatives of Jewish organizations assembled in Switzerland sent a memorandum to Pacelli via the papal nuncio in Bern, cataloguing violent anti-Semitic measures in Germany and in its allied and conquered territories.

Their plea focused attention on Slovakia, Croatia, Hungary, and unoccupied France, where, they believed, the

Pope's intervention might yet be effective. Apart from an intervention in the case of Slovakia, where the president was Monsignor Josef Tiso, a Catholic priest, no papal initiatives resulted. During the same month, a stream of dispatches describing the fate of some 90,000 Jews reached the Vatican from various sources in Eastern Europe. The Jewish organizations' long memorandum would be excluded from the wartime documents published by the Vatican between 1965 and 1981.

On June 16, 1942, Harold Tittmann, the U.S. representative to the Vatican, told Washington that Pacelli was diverting himself, ostrichlike, into purely religious concerns and that the moral authority won for the papacy by Pius XI was being eroded. At the end of that month, the London Daily

Telegraph announced that more than a million Jews had been killed in Europe and that it was the aim of the Nazis "to wipe the race from the European continent." The article was re-printed in The New York Times. On July 21 there was a protest rally on behalf of Europe's Jews in New York's Madison Square Garden. In the following weeks the British, American, and Brazilian representatives to the Vatican tried to persuade Pacelli to speak out against the Nazi atrocities. But still he said nothing. In September 1942, President Franklin Roosevelt sent his personal representative, the former head of U.S. Steel, Myron Taylor, to plead with Pacelli to make a statement about the extermination of the Jews. Taylor traveled hazardously through enemy territory to reach the Vatican. Still Pacelli refused to speak. Pacelli's excuse was that he must rise above the belligerent parties. As late as December 18, Francis d'Arcy Osborne, Britain's envoy in the Vatican, handed Cardinal Domenico Tardini, Pacelli's deputy secretary of state, a dossier replete with information on the Jewish deportations and mass killings in hopes that the Pope would denounce the Nazi regime in a Christmas message.

On December 24, 1942, having made draft after draft, Pacelli at last said something. In his Christmas Eve broadcast to the world on Vatican Radio, he said that men of goodwill owed a vow to bring society "back to

its immovable center of gravity in divine law." He went on: "Humanity owes this vow to those hundreds of thousands who, without any fault of their own, sometimes only by reason of their nationality and race, are marked for death or gradual extinction."

That was the strongest public denunciation of the Final Solution that Pacelli would make in the whole course of the war.

It was not merely a paltry statement. The chasm between the enormity of the liquidation of the Jewish people and this form of evasive language was profoundly scandalous. He might have been referring to many categories of victims at the hands of various belligerents in the conflict. Clearly the choice of ambiguous wording was intended to placate those who urged him to protest, while avoiding offense to the Nazi regime. But these considerations are over-shadowed by the implicit denial and trivialization. He had scaled down the doomed millions to "hundreds of thousands" without uttering the word "Jews," while making the pointed qualification "sometimes only by reason of their nationality or race." Nowhere was the term "Nazi" mentioned. Hitler himself could not have wished for a more convoluted and innocuous reaction from the Vicar of Christ to the greatest crime in history.

But what was Pacelli's principal motivation for this trivialization and denial? The Allies' diplomats in the Vatican believed that he was remaining impartial in order to earn a crucial role in future peace negotiations. In this there was clearly a degree of truth. But a recapitulation of new evidence I have gathered shows that Pacelli saw the Jews as alien and undeserving of his respect and compassion. He felt no sense of moral outrage at their plight. The documents show that:

1. He had nourished a striking antipathy toward the Jews as early as 1917 in Germany, which contradicts later claims that his omissions were performed in good faith and that he "loved" the Jews and respected their religion.
2. From the end of the First World War to the lost encyclical of 1938, Pacelli betrayed a fear and contempt of Judaism based on his belief that the Jews were behind the Bolshevik plot to destroy Christendom.
3. Pacelli acknowledged to representatives of the Third Reich that the regime's anti-Semitic policies were a matter of Germany's internal politics. The Reich Concordat between Hitler and the Vatican, as Hitler was quick to grasp, created an ideal climate for Jewish persecution.
4. Pacelli failed to sanction protest by German Catholic bishops against anti-Semitism, and he did

not attempt to intervene in the process by which Catholic clergy collaborated in racial certification to identify Jews.

5. After Pius XI's Mit

Brennender Sorge, denouncing the Nazi regime (although not by name), Pacelli attempted to mitigate the effect of the encyclical by giving private diplomatic reassurances to Berlin despite his awareness of widespread Nazi persecution of Jews.

6. Pacelli was convinced that the Jews had brought misfortune on their own heads: intervention on their behalf could only draw the church into alliances with forces inimical to Catholicism. Pacelli's failure to utter a candid word on the Final Solution proclaimed to the world that the Vicar of Christ was not roused to pity or anger. From this point of view, he was the ideal Pope for Hitler's unspeakable plan. His denial and minimization of the Holocaust were all the more scandalous in that they were uttered from a seemingly impartial moral high ground.

There was another, more immediate indication of Pacelli's moral dislocation. It occurred before the liberation of Rome, when he was the sole Italian authority in the city. On October 16, 1943, SS troops entered the Roman ghetto area and rounded up more than

1,000 Jews, imprisoning them in the very shadow of the Vatican.

How did Pacelli acquit himself?

On the morning of the roundup, which had been prompted by Adolf Eichmann, who was in charge of the organization of the Final Solution from his headquarters in Berlin, the German ambassador in Rome pleaded with the Vatican to issue a public protest. By this stage of the war, Mussolini had been deposed and rescued by Adolf Hitler to run the puppet regime in the North of Italy.

The German authorities in Rome, both diplomats and military commanders, fearing a backlash of the Italian populace, hoped that an immediate and vigorous papal denunciation might stop the SS in their tracks and prevent further arrests. Pacelli refused. In the end, the German diplomats drafted a letter of protest on the Pope's behalf and prevailed on a resident German bishop to sign it for Berlin's benefit. Meanwhile, the deportation of the imprisoned Jews went ahead on October 18.

When U.S. chargé d'affaires Harold Tittmann visited Pacelli that day, he found the pontiff anxious that the "Communist" Partisans would take advantage of a cycle of papal protest, followed by SS reprisals, followed by a civilian backlash. As a consequence, he was not inclined to lift a finger for the Jewish deportees, who were now traveling in cattle cars

to the Austrian border bound for Auschwitz. Church officials reported on the desperate plight of the deportees as they passed slowly through city after city. Still Pacelli refused to intervene.

In the Jesuit archives in Rome, I found a secret document sworn to under oath by Karl Wolff, the SS commander in Italy. The text reveals that Hitler had asked Wolff in the fall of 1943 to prepare a plan to evacuate the Pope and the Vatican treasures to Liechtenstein. After several weeks of investigation, Wolff concluded that an attempt to invade the Vatican and its properties, or to seize the Pope in response to a papal protest, would prompt a backlash throughout Italy that would seriously hinder the Nazi war effort. Hitler therefore dropped his plan to kidnap Pacelli, acknowledging what Pacelli appeared to ignore, that the strongest social and political force in Italy in late 1943 was the Catholic Church, and that its potential for thwarting the SS was immense.

Pacelli was concerned that a protest by him would benefit only the Communists. His silence on the deportation of Rome's Jews, in other words, was not an act of cowardice or fear of the Germans. He wanted to maintain the Nazi-occupation status quo until such time as the city could be liberated by the Allies. But what of the deported Jews? Five days after the train had set off from the Tiburtina station in Rome, an estimated 1,060 had been gassed at Auschwitz and Birkenau - 149 men and 47 women were detained for slave labor, but only 15 survived the war, and only one of those was a woman, Settimia Spizzichino, who had served as a human guinea

pig of Dr. Josef Mengele, the Nazi medical doctor who performed atrocious experiments on human victims. After the liberation, she was found alive in a heap of corpses.

But there was a more profound failure than Pacelli's unwillingness to help the Jews of Rome rounded up on October 16. Pacelli's reticence was not just a diplomatic silence in response to the political pressures of the moment, not just a failure to be morally outraged.

It was a stunning religious and ritualistic silence. To my knowledge, there is no record of a single public papal prayer, lit votive candle, psalm, lamentation, or Mass celebrated in solidarity with the Jews of Rome either during their terrible ordeal or after their deaths. This spiritual silence in the face of an atrocity committed at the heart of Christendom, in the shadow of the shrine of the first apostle, persists to this day and implicates all Catholics. This silence proclaims that Pacelli had no genuine spiritual sympathy even for the Jews of Rome, who were members of the community of his birth. And yet, on learning of the death of Adolf Hitler,

Archbishop Adolf

Bertram of Berlin ordered all the priests of his archdiocese "to hold a solemn Requiem in memory of the Führer."

There were nevertheless Jews who gave Pacelli the benefit of the doubt. On Thursday, November 29, 1945, Pacelli met some 80 representatives of Jewish refugees who expressed their thanks "for his generosity toward those persecuted during the Nazi-Fascist period." One must respect a tribute made by people who had suffered and survived, and we cannot belittle Pacelli's efforts on the level of charitable relief, notably his directive that enclosed religious houses in Rome should take in Jews hiding from the SS.

By the same token, we must respect the voice of Settimia Spizzichino, the sole Roman Jewish woman survivor from the death camps. Speaking in a BBC interview in 1995 she said. "I came back from Auschwitz on my own. . I lost my mother, two sisters and one brother. Pius XII could have warned us about what was going to happen. We might have escaped from Rome and joined the partisans. He played right into the Germans' hands. It all happened right under his nose. But he was an anti-Semitic pope, a pro-German pope. He didn't take a single risk. And when they say the Pope is like Jesus Christ, it is not true. He did not save a single child."

We are obliged to accept these contrasting views of Pacelli are not mutually exclusive. It gives a Catholic no satisfaction to accuse a Pope of acquiescing in the plans of Hitler. But one of the saddest ironies of Pacelli's papacy centers on the implications of his own pastoral self-image. At the beginning of a promotional film he commissioned about himself during the war, called *The Angelic Pastor*, the camera frequently focuses on the statue of the Good Shepherd in the Vatican gardens. The parable of the good shepherd tells of the pastor who so loves each of his sheep that he will do all, risk all, go to any pains, to save one member of his flock that is lost or in danger. To his everlasting shame, and to the shame of the Catholic Church, Pacelli disdained to recognize the Jews of Rome as members of his Roman flock, even though they had dwelled in the Eternal City since before the birth of Christ. And yet there was still something worse. After the liberation of Rome, when every perception of restraint on his freedom was lifted, he claimed retrospective moral superiority for having spoken and acted on behalf of the Jews. Addressing a Palestinian group on August 3, 1946, he said, "We disapprove of all recourse to force...Just as we condemned on various occasions in the past the persecutions that a fanatical anti-Semitism inflicted on the Hebrew people." His grandiloquent self-exculpation a year after the war

had

ended showed him to be not only an ideal pope for the Nazis Final Solution but also a hypocrite.

The postwar period of Pacelli's papacy, through the 1950s, saw the apotheosis of the ideology of papal power as he presided over a triumphant Catholic Church in open confrontation with Communism. But it could not hold. The internal structures and morale of the church in Pacelli's final years began to show signs of fragmentation and decay, leading to a yearning for reassessment and renewal. In old age he became increasingly narrow-minded, eccentric, and hypochondriacal. He experienced religious visions, suffered from chronic hiccups, and received monkey-brain-cell injections for longevity. He had no love for, or trust in those who had to follow him. He failed to replace his secretary of state when he died and for years he declined to appoint a full complement of cardinals. He died at the age of 82 on October 9, 1958. His corpse decomposed rapidly in the autumnal Roman heat. At his lying-in-state, a guard fainted from the stench. Later, his nose turned black and fell off. Some saw in this sudden corruption of his mortal remains, a symbol of the absolute corruption of his papacy.

The Second Vatican Council was called by John XXIII who succeeded Pacelli, in 1958, precisely to reject Pacelli's monolith in preference for a collegial, decentralized, human, Christian community, the Holy Spirit, and love. The guiding metaphor of the church of the future was of a "pilgrim people of God."

Expectations ran high, but there was no lack of contention and anxiety as old habits and disciplines died hard. There were signs from the very outset that papal and Vatican hegemony would not easily acquiesce, that the Old Guard would attempt a comeback. As we approach the end of this century, the hopeful energy of the Second

Vatican Council, or Vatican II, as it came to be called, appears to many a spent force. The church of Pius XII is reasserting itself in confirmation of a pyramidal church model: faith in the primacy of the man in the white robe dictating in solitude from the pinnacle. In the twilight years of John Paul II's long reign, the Catholic Church gives a pervasive impression of dysfunction despite his historic influence on the collapse of Communist tyranny in Poland and the Vatican's enthusiasm for entering its third millennium with a cleansed conscience.

As the theologian Professor Adrian Hastings comments, "The great tide powered by Vatican II has, at least institutionally, spent its force. The old landscape has once more emerged and Vatican II is now being read in Rome far more in the spirit of the First

Vatican Council and within the context of Pius XII's model of Catholicism." A future titanic struggle between the progressives and the traditionalists is in prospect, with the potential for a cataclysmic schism, especially in North America, where a split has opened up between bishops compliant with Rome and academic Catholicism, which is increasingly independent and dissident. Pacelli, whose canonization process is now well advanced, has become the icon, 40 years after his death, of those traditionalists who read and revise the provisions of the Second Vatican Council from the viewpoint of Pacelli's ideology of papal power--an ideology that has proved disastrous in the century's history. Copyright Vanity Fair, 1999
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Chabad

The Chabad respect me because I keep a little distant from them. They can walk all over someone who is too close.

Yichus

Merits of the family literally. The immediate family influences the child's values and stability.

Image of G-d

Ribono shel Olam cares more for the well being of our marriages than towards his own recognition. This was the point of the test of adultery where Hashem permits His name to be wiped out for the sake of the marriage. Why is this the case? Why is our relationship to Hashem of less significance than to others?

Men must realize that to be in the Image of G-d is not to expect recognition from others. This is the reason that a good atheist may rate as high in the eyes of Hashem as a believer. The key is how benevolent we act towards others. For the sake of kindness for others, Hashem foregoes recognition. The way we treat our spouse falls in this category.

Now how will it be possible after death to feel closeness to Hashem if while we lived we did not achieve this? Those that live in the Image of G-d will be as a loving friend of Hashem in the world to come. The relationship of a friend is different from that of servant. Both are worthy goals.

A. Marriage

A husband must strive to be a *mensch*. To do this he must be willing to suppress his own ego for the sake of his wife. If his wife criticizes him, he should not counter. As Hashem was willing to permit his name to be destroyed for the test of adultery or for the sake of the marriage so must a husband be prepared to do similarly for the sake of his wife.

How to be a *mensch* and also a good Jew is the question? To daven with a minyan morning and evening can take time from one's wife especially if the work schedule is demanding as well. Instead a husband may focus on his marriage with highest priority especially during the first year where both are learning about each other.

Attention and affection is the role of a husband towards his wife. [\[306\]](#) Also when one wishes to leave his

house he should ask permission of his wife. This adds to her sense of importance. It is good to sleep in the same room as one's wife. For snoring use Breath Right strips. Sleep on one's side

B. Children

One should always shower one's children with love and hugs. This assists in the development of their self-esteem. Bedwetting is a problem that stems from lack of positive complements to the child. Each night when putting the child to sleep one should complement and state how one believes in them and their potential. Overlook mistakes and give encouragement.

One must spend time with one's child. If the child feels that she is the most important thing to the parents, then she will grow up close to her parents' values. If a child is asking or behaving in a way completely out of the ordinary it is usually a cry that the parents notice them and give them attention.

As a teenager a child may rebel and be testy. One must encourage her with complements. This gives her confidence to be successful in all challenges. When the child comes from divorced parents one should accept the child's discussion of both sides so that the child feels right about her parents.

C. Getting Along with Others and Homeland

The sons of Bilhah were Dan and Naphtali and those of Zilpah were Asher and Gad. Joseph got along with the children of the maidens. Jerusalem is in the territory of Benjamin. North of there is the territory of Ephraim and north of Ephraim is Mannaseh's land extending to the southern tip of the Sea of the Galilee. North of Mannaseh is Issachar and Zebulun. Dan's portion is where Tel-Aviv is today along the central to northern coastline. Asher's is above that on the coastline.

Our Hebrew names are our spiritual roots. My cousin Avraham Ellenbogen lives in Beer Sheva, much like Abraham Avinu who chose that place as his home.

Maternal Grandparents

Aryeh Lev served as gabai of his shul, which meant he maintained the order of services, distributed service calls, gave out prayer books, and assisted guests. He was a quiet man with a good heart. His strength was calmness and a good temperament. He was not prone to anger.

My maternal grandmother was a charitable woman who sent care packages to her relatives in Israel at the beginning of Israel's statehood when there were few supplies. When I visited Israel, I found that she is well remembered by Sima Talmon of Kibbutz Maale HaHamisha. She was a dynamic lady who enjoyed entertaining guests and socializing.

Paternal Grandparents

My grandmother was a remarkable woman who would fast every Monday and Thursday while my grandfather sought for hiding places during the Holocaust. She read T'hillim and our Tanach in English for hours each day. She was a pious woman with a saintly heart. She died on Erev Rosh Hodesh before sunset on the last day of Adar.

I remember one particular story she would tell me taken from Ezekiel. This was the story of the valley of dry bones. G-d set Ezekiel down in a valley and all around were bones. G-d asked Ezekiel, Can these bones yet live? Ezekiel responded, Oh G-d, only thou knowest. G-d said prophesy unto these bones

that they should have flesh upon them and spirit within them. Ezekiel prophesied and it happened. G-d said:

Son of man, these bones are the whole house of Israel; although, they say, our bones are dried, and our hope is lost: we are cut off; they will yet rise up and I will bring them back into the land of Israel.
(Ezekiel 37:11-12)

My grandmother's favorite saying was Everything will work out for the best. One of her favorite charities was the Rabbi Meir Baal Haness school in Tiberias, Israel.

Great Uncles

My great uncle and his family were murdered in the holocaust. My grandmother's brother was very kind and caring for the needs of those around him. He was a good family man.

Yesod in Tiferets on the Counting of the Omer - April 24, 1996

Ira led the meditation at Beth Shalom. We started with Michael on the right, Gavriel on the left, Uriel in front, and Raphael behind. I had an experience of Nuriel descending directly upon me. I experienced tremendous power without emotion; the total balance of the Angel. The power was overwhelming and I opened my eyes to look at candle light. The light (NaRiel) of the candles balanced the Angel's energy within me and He ascended. The angels at my sides parted their hands and I inserted my own between them and we rose.

Around me the world of Malchuts was blue with the glistening of gem stone lights along cave walls. Above me the deep blue sky was parting and we passed through into the orange landscape of Yesod. The intrusion of the light of a living soul attracted the angels around. I then pronounced the name *yy* with the vowel *τ* and ascended to Tiferets. There I stood in the Garden^[307] and saw the bright light of a soul before me. I inquired who he was and he responded, **Look into my soul and you shall know me.** He wore a continuous smile on his face and I saw that he was my great uncle Joseph, Z 1 whose name I bear. He asked me if I would like him to show me around? I asked to see the Tree of Knowledge. It stood by the Tree of Life but was smaller. I asked what is the fruit it bears? He said look and you will know. I saw a red fruit. It was a pomegranate. I asked, why is the pomegranate the fruit of the Tree of Knowledge? **He said, each seed is like a fruit in its own right and this reflects all of creation. There are worlds within worlds.** I asked, what is the secret of peace and happiness? He took me up to the world of Daat and I saw the parting of Abba and Imma.^[308] I entered the space between them. The space of Daat is not a world, but the revelation of knowledge. I saw the answer was in his smile. **To always where a smile is to give contentment to others and thus oneself.** I asked, what is the secret of how to where a smile? He said one must let negative energy leave the body. Negative energy can leave via the eyes. One's eyes can also bless others.

^[305] Tish B Av 5760

^[306] These are notes based on conversations with Rabbi Finehandler, author of Beloved Companions. June 12th 1999.

^[307] Upper of Garden of Eden

^[308] Father and mother.

XVII. Math

A. Music

1. Even-Tempered Scale

The piano has 88 keys which is 7 octaves and 4 extra keys. Each octave on the musical scale contains 7 white keys and 5 black keys which are in brackets:

A [A+=B-] **B C** [C+=D-] **D** [D+=E-] **E F** [F+=G-] **G** [G+=A-]

There are half steps between B&C and E&F and between all white to black keys. The + s denote sharps and the - s flats. The note at each octave has double the frequency of the previous octave and is thus a harmonic. A4 is a harmonic of A3 in the following table. A wave is harmonic to a lower frequency wave if at each lower frequency waveform s zero amplitude the harmonic wave also has an amplitude of zero.

Table 25: Frequencies of the Third Octave

Note	Frequency (Hertz)
A3	220
B3	246.9
C3	261.6
D3	293.7
E3	329.6
F3	349.2
G3	392
A4	440

How can we calculate these steps. We denote the starting frequency say f_0 and the next harmonic is f_1 . $f_1/f_0=2$. We also note that all of the frequencies between will have the same multiple (denoted by h) rise from the previous frequency. Say f_0 is A3 than $A3+ = A3*h$. Now to the computation of h :

$$f_1 = h * h * h * h * h * h * h * h * h * h * h * h * f_0$$

$$f_1/f_0 = h^{12}$$

$$2 = h^{12}$$

$$h = 12^{\text{th}} \text{ root of } 2 = 1.059463094$$

The half step always has a fixed ratio which is $C3/B3 = 261.6/246.9 = 1.059463094$.^[309] Now we can fill in the frequencies of the sharps and flats as well:

Table 26: Sharp and Flat Frequencies of the Third Octave

Note	Frequency (Hertz)
A3	220
A3+B3-	233.1
B3	246.9
C3	261.6
C3+D3-	277.2
D3	293.7
D3+E3-	311.1
E3	329.6
F3	349.2
F3+G3-	370.0
G3	392.0
G3+A4-	415.3
A4	440

2. Pythagorean Diatonic Scale

The Diatonic scale differs from the Equal tempered scale in that the multiples between frequencies are fractions. This scale was developed before the concept of irrational numbers. A frequency of the wave of a string will change inversely with its length. Hence given two strings with the 2nd string half the length of the first, the frequency of the second string will be twice that of the first.

The frequencies of the First, Fourth, Fifth, and Octave are known through observation. The derivation of the rest follows based on the Fifth.

$$D2 = 3/2 f * 3/2 = 9/4 f$$

$$D1 = 9/4 f * 1/2 = 9/8 f$$

$$C2 = 4/3 f * 3/2 f = 2f$$

$$A3 = 9/4f * 3/2 = 27/8 f$$

$$A2 = 27/16 f$$

Table 27: Diatonic Frequencies of the Octave

Note	Position	String Length Ratio	Frequency
C1	First	1	f
D1	Second	$8/9$ 1	$9/8$ f
E1	Third	$64/81$ 1	$81/64$ f
F1	Fourth	$3/4$ 1	$4/3$ f
G1	Fifth	$2/3$ 1	$3/2$ f
A2	Sixth	$16/27$ 1	$27/16$ f
B2	Seventh	$128/243$ 1	$243/128$ f
C2	Octave	$1/2$ 1	2 f

Since there are six whole tones in the space of an octave, we'd expect $9/8^6 \Rightarrow 2$ but it = 2.027, so the tones are not evenly distant. Equal temperament does away with this problem.

From experiments Pythagoras found that the octave, fifth, and fourth had the most harmonious sounds. The frequency multiple between notes will vary depending on the key that a piece of music is played in. Hence, the same piece cannot be played in a different key with a similar sound.

Another major problem with the Pythagorean system is that 12 fifths don't equal 7 octaves so there is an imbalance in the frequency distance between the keys. This is known as the Pythagorean comma. [\[310\]](#)

$$C1 = f$$

$$C8 = 2^7 f = 128f \text{ which should equal } (3/2)^{12} f$$

$$3/2^{12} f = 129.74f$$

The problem doesn't manifest significantly when playing music in a single octave, but when playing music across octaves one cannot tune the 8th octave to the 7th fifth and 7th octave since they are not compatible.

B. Euler's Theorem

C. Taylor Series Expansion

[\[309\]](#) Math and Music Harmonious Connections, Trudi Hammel Garland and Charity Vaughan Kahn, Dale Seymour Publications, page 40.

[\[310\]](#) Math and Music, page 62.

XVIII. Science

A. Special Relativity

B. General Relativity

XIX. Appendix

A. Encounters on the Internet

a) RaZ

Here are some references in the Tanach for

: Moshe alludes to Netzah and Aaron to Hod. The
: source of the most esoteric of prophecy and

RaZ is mentioned in only one place in the entire
Tanach and that is in the book of Daniel:

gods is in you, and no mystery troubles you, tell me the visions of my dream that I
have seen, and its meaning.

Here the word for mystery is RaZ and the
verse refers to visions of prophecy, hence

7. Thus were the visions of my head in my bed; I saw, and behold, a tree in the midst
of the earth, and its height was great.

to the end of all the earth;

There may be an allusion here to the Tree of

Now as for a reference to Moshe and Aaron,
RaZ is mentioned in only two places in all

Numbers 17:11

11. And Moses said to Aaron, Take a censer, and put fire in it from the altar, and put on incense, and go quickly to the congregation, and make an atonement for them; for anger has come out from the Lord; the plague has begun.

Rashi comments on "atonement for them":

"This secret did the angel of death give over to him when he (Moses) ascended to the heavens, that incense stays a plague;"

RaZ is on the level of Netzah and Hod clearly from this verse, symbolized by Moshe and Aaron. The use of incense is an example of such a secret that Moshe learned by ascending to the level of RaZ.

And Rashi refers to Tractate Shabbas 88a which also mentions RaZ.

R. Eleazar said: When the Israelites gave precedence to we will do over we will hearken, a Heavenly Voice went forth and exclaimed to them, Who revealed to My children this secret, which is employed by the Ministering Angels, as it is written, Bless the Lord, ye angels of his. Ye mighty in strength, that fulfil his word, That hearken unto the voice of his word: first they fulfil and then they hearken?

RaZ is the way of the ministering angels. Moshe and Aaron together being on this level could understand these secrets.

: This knowledge is not meant for this world
: and hence the quasi-sefira
: is not revealed like Daat.

RaZ is more the knowledge of the world of angels.

Followup

: Jeff,

: Up till now, have been working under the assumption that the
: Quasi Sefirah RaZ does not exist, while looking for proof
: that it does. However, your last couple of posts have given
: me reason to stop and think, what if it does exist?

:: Rashi says ...
:: "This secret did the angel of death give
:: over to him when he (Moses) ascended to
:: the heavens, that incense stays a plague;"

I consider the Rashi highly significant. The reason is that it doesn't make too much sense. Whenever Rashi says something that doesn't make sense it is usually hiding the theme of the entire matter (taught to me by Rabbi Gedaliah Meyer).

Rashi's reference to Shabbas 88a clears the mystery which he explains with the statement,

"... Who revealed to My children this secret, which is employed by the Ministering Angels ..."

RaZ is a level of prophetic revelation from angelic knowledge.

: This would then brings up the question, if RaZ does exist, why
: is it so different from the well known Quasi Sefirah Daat? Is
: there some principle at work here that is not widely known?

: -----

: Following is pure hypothetical guess work.

: The result of Daat is Knowledge, which flows freely down upon
: Malkhut - Kingship (physical earth). In Genesis we read how
: Adam & Eve ate the fruit of Knowledge of Good & Evil. Do you
: think, this might be the reason why Daat is always visible
: and working? Because Adam & Eve ate of it? And further, for
: this reason, it's referred to in numerous places in the Bible?

Daat refers to knowledge while RaZ is secret knowledge from the world of the angels. Until Adam and Eve ate from the fruit of the Tree of Good and Evil, they may have been permitted the understanding of RaZ. After eating the fruit they lost the easy accessibility of RaZ but gained a closer attachment to Daat. In some ways Daat is a more intimate knowledge of G-d produced out of great love and longing. Sometimes committing a sin can create this great longing for tshuvah that I believe Daat represents. Our great longing for tshuvah brings a longing by Hashem for us.

In some sense this is quite different from the angelic knowledge of RaZ. Perhaps the knowledge at the level of RaZ appears

more powerful in terms of its direct effects
like the incense:

:: Num. 17:11. And Moses said to Aaron, Take a
:: censer, and put fire in it from the altar,
:: and put on incense, and go quickly to
:: the congregation, and make an
:: atonement for them; for anger has
:: come out from the Lord; the plague has
:: begun.

But, atonement through Daat, through knowing
Hashem, longing for Hashem,
and loving Hashem is quite beautiful.

Daat is closer to Hesed and Gevurah and
RaZ is closer to Netzah and Hod. They
are different aspects of a relationship with
Hashem. Both can effect atonement.
Both are important. One is more intimate,
the other more demonstrative. One is more
accessible, the other more a mystery.

: Considering your posts on RaZ.

: On the other hand, the result of RaZ is an understanding of
: deep mysteries, allusions, and prophesizing. The main difference
: between the way these Quasi Sefirah appear is, where Daat is
: always visible, RaZ only becomes visible, under meditation, and
: only when probed from the Sefirah Yesod - Formation. Further,
: in that case, it's only visible to the one who is doing the
: probing (receiving the results of RaZ).

: When one considers that very little is known about how the
: Prophets actually prophesied. The idea of a hidden Quasi
: Sefirah begins to make sense. And since this knowledge was
: deliberately kept from the world, hence so few references
: to RaZ.

I agree.

: -----

: And finally, here's another big question. Considering the
: above, is there other Quasi Sefirah that we've not heard
: about? Is there more fruit on the Tree?

I think understanding all 22 of the connection
paths to be a highly valuable study and

meditation.

b) Poem

Posted by Jeff Spiegel on April 22, 1998 at 22:21:46:

In Reply to: Re: His Name, His Essence, and the Tzimtzum posted by zalman hakotan on April 22, 1998 at 12:24:27:

SG refers to the value 63 which points to Hashem's name with this value. The four levels above Keter are defined by the four different spellings of the name of Hashem. At each level are letters in chains spelling the expanded name of Hashem respectively: BN, MH, SG, AV. There are also discs of light which precede the sefirot.

I went back before the trees to the days of creation. I saw the creation of the animals, the grass and all plant life, the creation of the Sun, Moon, and Stars in the heaven. Finally I saw the creation of the first light and then the Tohu and Bohu that preceded. The first light was the first line of light that flowed into the empty space (the place of G-d's withdrawal in the tzimtzum). The chaos before was the emptiness of G-d's withdrawal. The emptiness represented the quality of Din, judgment or constriction.

I preceded into the emptiness and felt the withdrawal of Hashem. I knew the withdrawal was preceding at a speed beyond physical travel and I wondered how I would reach the receding point. The Kol told me to travel by spirit and will myself to reach the boundary. This I did and saw the edge of light in the distance. I willed myself through the edge and now I stood in the undifferentiated form of the first light. I could not comprehend what was around me. I tried to recall some daat - knowledge that would help me understand. This place was before and beyond the creation of the Sefirot. There was not even the place of Hashem's Ratzon - Will yet in this light. I glimmered above the sefirot and the Kol asked me what I saw. I told her I saw of BN, MH, SaG, and AV, the realm of the Hebrew letters.

I saw the Hebrew letters traveling in chains.
 There were also the 10 numerals but they were
 separate like flying disks in this space. I moved
 my mind to the source of the letters in the light
 and saw the primordial form of the Torah in the
 light. I heard this song:

Love the Torah, learn the Torah, dance with the Torah, dwell with the Torah ...

There were no angels yet created as there were no
 worlds but I still heard the Kol and wondered
 about its existence. I sought out the voice and
 noticed a small space in the light, a small
 tzimtzum. I saw a thread of light entering the
 space which was like a mouth transmitting the
 words. Here I learned how G-d speaks to Moses
 and the angels face to face but to the rest of us
 through angels. The Torah was one of 10 forms
 that existed prior to all creation.

There was no sense of a personal G-d in the Ayn
 Sof. I felt only Nothing and I didn't understand
 why. I wanted to find my personal G-d but even
 this is a result of creation! The Kol asked me
 what I could know? I told him I could not know
 anything else while in my separate spirit.
 I realized that even beyond the heaven of G-d's
 creation and man's comprehension lies the Ayn Sof
 of G-d which dissolves all identity back into
 itself.

I have noticed the bittul in your dual postings.
 Now I see that it is bittul that creates the
 space of the tzimtzum for the line of light to
 enter the space.

: I'm sorry I don't know what "level" you are referring to when everything was in chains. But what I've
 seen in seforim is that the 22 letters plus the five final
 mantzephach letters emanate from the gevuru elah of atik yomin called botzina d'krdinusah. In more
 simple words the letters in the upper worlds aren't actually forms,
 rather the forms of the letters that we see hint or meramez to the different levels and forms of shefa from
 the Ain Sof to the low worlds. Therefore in order for there
 to be duality or difference in shefa it perforce requires tzimtzum. So again the question returns, how is it
 possible to have even letters before the Tzimtzum. I'd like to
 quote from the Tikuney Zohar in order that we can have a clear point of reference that sheds light on this
 topic, "Every sefirah has a known name... You have no
 known name as You fill all the names. You are the perfection of all the names." As Hank pointed out
 earlier there is no name for Hashem that can describe his

Essence rather we give him a name according to how we perceive Him, but when we call him by that name we are not calling that attribute rather Him Himself.
But it still remains unclear how there was an existence of letters or names before the tzimtzum as I wrote earlier.

Shalom

c) Poem on mystic life

Posted by . on February 21, 1999 at 13:00:04:

been up and down the tree, all around mitzvot glow to keep
seen angels high above, the water fall between
looked down at the throne, stood before Unknown, now what is left of life

seen the cubic aleph, the letter chains in light
danced with the angels, seen the burning bush, glimpsed MT, now what to do

brought forth the demon AS, bound him to answer true, but what is left to know
traveled to the past, witnessed the creation, saw the first light

Spring is filled with beauty, the ocean shores of time,
the forests with their fragrance, the starlit skies with chimes
but what is left of life

I understand Solomon, Reb Meir, Ben Azi, Ben Zoma,
to have seen too much and then to fall away, to wonder what is left of life

to slip further and further away knowing all along the truth,
so Hashem spoke to Job and put him in his place, G-d save us from this fate

one day we will see how the 7th beggar without feet
heals the prince and princess with our dancing

d) Yetzirah Plane

Re: Yetzirah plane

Posted by jeff on May 21, 1997 at 15:30:45:

In Reply to: Re: Yetzirah plane posted by Jeff Spiegel on May 20, 1997 at 02:53:47:

: This plane is filled with immense angels. You will have no possibility of
: "manipulating" this plane. These angels can do
: with you as they like so it is best to behave. In
: order to reach the world of Yetzirah, one must

: have already achieve a high degree of humble
 : perfection and would not be interested in
 : "manipulation" at that level. As far as the
 : sights, Yetzirah parallels our world in activities.
 : The angels are busy in constructing palaces as
 : we are in buildings. There are seven palaces in this
 : world:

: 1. The Seven Palaces of Yetzirah

: Perkei Hekhalot - Chapters of the Palaces contains a formal description of these palaces. The following contains my own

personal experiences of these heavens. In the world of Yetzirah there are 7 heavens . These are:

: a) Shamayim (Sham - Mayim : There is water -> Firmament)

: This is the location of the Sun, Moon, planets, and stars. Yet how can this be since we see them in our world and know of

their places. I have seen a star in Yetzirah and its light source is a precious soul that serves Hashem like an angel . Some of

these souls were once from our world, others are of angelic source.

: b) Shemai Hashamayim (Water above the Waters -> Nehar Di-nur)

: In this heaven new angels are born each day to utter praises to Hashem. They are born from the spring of fire each morning.

They first dip their hands into the fiery waters and bring a taste to their mouths. Then they sing the holy Kadosh to Hashem and

praises from sunrise to sunset.

: c) Zevul (Habitation -> prince) lwbz

: This heaven is the place of the "prince". He is surrounded by his ministering angels. He is called Meattah for he is from G-d.

This heaven may be the residence of Zer Anpin in the world of Yetzirah.

: d) Araphel (Fog or mist -> Torah) lpru

: This is like the morning mists and clouds that cover mountain tops. Moshe s tent was said to be enclosed in araphel when the

Shechinah dwelled within. It represents Mt. Sinai and the place of the giving of the Torah.

: e) Shehakim (Heavens) syqjc

: The rebuilt Jerusalem is prepared in this heaven. The Temple, Table, Ark, Menorah and all the utensils are here.

: f) Mahon -> Aravot

: It is five hundred year journey from Shehakim to Mahon. In the midst are the storehouses of snow and hail as well as the

rewards for the righteous and punishments for the wicked. Five hundred years further is the Aravot whose merkavah is called

Av bu which means cloud. There are some souls yet to be born.

: g) Throne of Glory

: This is the heaven of the Throne of G-d.

: The descent from the heaven of the Throne of Glory leads to the place of the Merkavah or the Throne of G-d . Beneath

the throne souls await their entry into our world.

:

: There are angelic guards for each of these
: palaces that will turn one away unless key
: answers are known.

: The general landscape of Yetzirah is mountainous,
: the color is brown, brown-red, a touch of orange,
: and of course the white light of white angels and
: black light of dark angels. The angels are
: extremely tall such that a human in this world
: might barely approach 1/6th the height of the
: smallest!

: The world of Yetzirah is associated with the
: morning service of Psukei D'zimra or the reciting
: of the Psalms of David. By reading the Psalms
: of David, one can prepare one's soul to be worthy
: of entering the world of Yetzirah while still
: in the land of the Living.

WHOA!! that was great, what an intense answer.

Is this kabbalah?

If so could you tell me how I can do such a thing?

Is the Yetzirah Plane another name for the 7 levels of heaven?

e) Colors

Re: Tree Of Life

[Follow Ups] [Post Followup] [BNEI BARUCH KABBALAH FORUM] [FAQ]

Posted by Jeff Spiegel on May 20, 1997 at 03:10:16:

In Reply to: Tree Of Life posted by Jonathan Blair on May 16, 1997 at 14:33:17:

The Jewish color system contains the following
associations:

D. Sefirot Colors and Lights

There are different colors associated with each sefirot. These colors can be visualized during meditations for enhancing the realism of the vision. When the correct authoritative kabbalistic associations are adhered to the vision comes in loud and clear.

Similarly a radio receiver will exhibit a lot of static until it is finally tuned. The Gate of Kavannah describes the experience of the quality of 8 types of light. Here is the description of the Crown:

Above it is the Crown. This is the light that crowns the desires of the mind and illuminates the paths of the imagination, enhancing the radiance (zohar) of the vision. This light has no end, and it cannot be fathomed. From the glory (Kavod) of its perfection comes desire, blessing, peace, life (chaim), and all good (tov) to those who keep the way of its unification.

Table 16: Sefirot and Colors

Sefirah Color Light Quality Names Of G-d

Concealed Light Ayn Sof

Keter crown, will, or desire blinding invisible light Crown Ehyeh asher Ehyeh

Hochmah wisdom a color that includes all colors Yah

Binah understanding yellow and green Hashem (Elohim)

Hesed kindness white and silver Tov Good El

Gevurah judgment, discipline red and gold Nogah Glow Elohim

Tiferet Beauty yellow and violet Kavod Glory Hashem

Netzah eternity, victory, prophecy light pink the color of the upper eyelid Bahir Brilliance Hashem Tzavaot

Hod thankfulness, acceptance, prophecy dark pink the color of the lower eyelid Zohar Splendor Elohim Tzavaot

Yesod righteousness Orange Chaim Life El Chai, Shadai Living G-d

Malchut kingdom, Shechinah Blue Adonai

Why is the light of Keter called a blinding invisible light? Blinding, since no objects can be seen in this place. Invisible since the light does this without being seen. Light, since the vision is clear.

The color of wisdom includes all colors for wisdom includes all knowledge in its synthesis.

Yellow is associated with illumination and green with fertility which together represent the understanding of Binah with the fertility of the mother partzuf. White and silver are traditional associations with kindness and red and gold for judgement. With the sefirah of splendor is the illumination of the truth, i.e. Yellow, and mysteries of Torah, i.e. violet.

The light pink and dark pink colors of Netzah and Hod are the colors of the upper and lower eyelids which symbolize the experience of prophecy, i.e. sunlight shining through ones closed eyes. The orange of Yesod is the color of righteousness which is based on the discipline of gevurah, red, with the illumination of tiferets, yellow, and the prophecy of Netzah and Hod combined, pink, which together is Orange.

Kingship is blue, i.e. royal blue.

: Please could you explain the following :

: I have come across different Kabbalistic Tree Of Life's, with different colour arrangements eg. those which appear in traditional plain Queen scale colours, those which appear speckled, and those with very different colour arrangements eg.

"School Of The Soul by Z'ev ben Shimon Halevi . Could you please explain to me their purpose, and use, or failing this point me at literature that does explains this?

: Many thanks, Jonathan

f) Hashmal

Re: Hashmal

[Follow Ups] [Post Followup] [BNEI BARUCH KABBALAH FORUM] [FAQ]

Posted by Jeff Spiegel on May 20, 1997 at 03:29:51:

In Reply to: Hashmal posted by Gerard Zonus on May 15, 1997 at 02:28:47:

: Shalom,

: What do the Kabbalists say about the 'Hashmal' in Ezechiel vision.

Kabbalists say that the vision of the Hashmal should not be openly discussed. Suffice it to say that the Hashmal is the garment of G-d in our Universe, has the sound of electrum, and the appearance of a small voice.

: Is there still in Israel an hermetic tradition whose goal is the universal medecine needed for spiritual and physical regeneration

The use of herbs and grasses for healing is definitely within the domain of Judaism. The Breslov Hasidim practice a hermetic like tradition.

"KNOW that there is a field where the most beautiful and pleasant trees and herbs grow. The precious beauty of this field and its plants and trees is impossible to describe. Happy is the eye that has seen it! " (Likutey Moharan I:65 quoted in Garden of the Souls, page 37)

He invests the grasses and herbage with healing properties.
He gave decaying mold the most powerful of healing properties

as He chose a lowly mountain to reveal the Torah,
a lowly people as his chosen nation,
an impaired speaker to be his greatest prophet,
and "the stone that was despised" to become the
cornerstone of His temple.

: Thank you for answering my question.

: Gérard Zonus

: gzonus@loansystem.com

g) Lag Ba Omer

- > WHOA!! that was great, what an intense answer.
- > Is this kabbalah?
- > If so could you tell me how I can do such a thing?
- > Is the Yetzirah Plane another name for the 7 levels of heaven?

You should congratulate yourself for recognizing the true Kabbalah! I will try to give some instruction on how to achieve the experience. It took me over ten years of kabbalistic study before I had my first experience, so patience is required as well as hard study, good deeds, and a humble nature. The name Yetzirah, means formation from the Hebrew word, yotzer, meaning to 'form'.

The four worlds are associated with the following:

The Four Universes and Our Connection to Them

Expression Worlds Tetragrammaton

Ta amim - Cantellation Notes Atzilut - Nearness Yod

Nekudot - Vowel Points Beriyah - Creation Heh

Tagin - Ornaments Yetzirah - Formation Vav

Otiot - Letters Asiyah - Making Heh

Asiyah is our physical world. Yetzirah is the world of the lower angels that parallel our world. Beriyah is the world of the throne of God. This is also the world of the upper angels and souls to be born. There are seven chambers in the world of Beriyah which describe the process that the soul goes through before it is born into our world and after death when it returns to God. Atzulut the highest world contains the Ten Sefirot and the word Atzulut is from the Hebrew, Etzel which means 'adjacent'. I think learning Hebrew is important to Kabbalah study since much of the mysticism is based on the Hebrew alphabet, i.e. aleph - bet.

On Lab Ba Omer Rabbi Akiva's students died of a terrible plague. The plague was attributed to the

conflicting opinions the students held towards one another. Some thought that Bar Kochbah was the Messiah. They differed on how to deal with the Romans. The lack of unity led to the plague.^[311]

Today is Lag B'omer which is the 33rd day of the Counting of the Omer which associates with the sefirot combination of Hod in Hod. In general this would be an ominous day due to the passive nature of Hod which while representing peace and thankfulness also permits evil to exist in this world. Nevertheless Shimon bar Yochai helped rectify this day by revealing a great light of mystical knowledge to his followers which filled them with joy. Joy above all other emotions brings the Shekhinah into this world which is the presence of God.

There is also a tradition that his death on the same day also brought great light in this world as he died by the kiss of God.

*Its a day of great light, dance with all your might!
(On Lag B Omer weddings, davening inspiration 3/11/99)*

B. Letters and Signs

Rabbi Nachman Letter - July 1, 1994

While fasting on the 17th of Tamuz, I ascended in a vision to the higher worlds. I was seeking Rabbi Nachman to ask him some questions. After passing Malchuts, Yesod, and Tiferets, I was stuck at the gates of Daat which I did not know how to enter. Eventually I saw Binah and Hochmah embrace like a mother and father and I was placed at the base of Keter. There I made it my will to find Rabbi Nachman.

I ascended to the worlds above Atzilut, passing through MH - hm - 45, BN - }b - 52, SaG - gs - 63, and arriving at AV - bu - 72.^[312] There I beheld Rabbi Nachman who was radiant with joy to see me. I asked him what he was doing way up here. He told me if I continued studying his teachings I would understand.

The next day I am having dinner with a friend who has a letter from your settlement on his table. I noticed the name of your settlement contains the phrase Mekor Chochma (source of wisdom).

That night I'm reading at home the following: Havayah expanded with Yods, adding up to 72 (AV) motivates the union of Hochmah - Wisdom (Father) and Binah - Understanding (Mother), through the Neshamah of the Neshamah of the saint. It is associated with Hochmah - Wisdom.^[313] Now I know how I ascended through Daat. The saint is Rabbi Nachman of Breslov who lives through his Chaya^[314] even in this world and is supporting the completion of Nachal Novea Mekor Chochma in the world of AV which is the source of the sefira of Hochmah in the worlds above Atzulut.

Encounter with the Astrological Signs - August 28, 1996

One can acquire knowledge of any subject through meditation. For example one can picture 12 rooms, each with one of the astrological glyphs above the doorway. By entering each room, one will encounter the essence of the sign. In the case of Aquarius, one can picture the water bearer who is always pouring forth, giving his resources for the world around him. The Aquarian lives to give. In the case of Pisces, one might see a room filled with sensuous tapestries, warm lights with thin shades of fabrics, and a warm carpet with nice furniture. The values of every sign can be understood better through meditative encounters.

C. Names of G-d [TABLES]

One principle source text for identifying the attributes associated with the key names of G-d is found in Exodus Midrash Rabbah 3:6:

6. AND G-D SAID UNTO MOSES (Exodus 3:14): R. Abba b. Mammel said: G-d said to Moses: Thou wishest to know My name. Well, I am called according to My work; sometimes I am called Almighty G-d , Lord of Hosts , G-d , Lord . When I am judging created beings, I am called G-d (Elohim), and when I am waging war against the wicked, I am called El Shadai (Almighty G-d), and when I am merciful towards My world, I am called Adonai , for Adonai refers to the Attribute of Mercy, as it is said: The Lord, the Lord (Adonai, Adonai), *G-d, merciful and gracious*. Hence I am that I am in virtue of My deeds. R. Isaac said: G-d said to Moses: Tell them that I am now what I always was and always will be ; for this reason is the word eheyeh written three times. Another explanation of I AM THAT I AM is offered by R. Jacob b. Abina in the name of R. Huna of Sepphoris: G-d said to Moses: Tell them that I will be with them in this servitude, and in servitude will they always continue, but I will be with them! Whereupon Moses said to G-d: Shall I tell them this? Is not this sufficient for the hour the evil thereof? G-d replied: NO: THUS SHALT THOU SAY UNTO THE CHILDREN OF ISRAEL: I AM HATH SENT ME UNTO YOU. To thee only do I reveal this but not to them. Another interpretation of I AM.

1. From the Gates of Light - Shaarey Orah

For the Lord your G-d is a merciful G-d

(Deut. 4:31 - Gates of Light p. 167)

The name El is associated with mercy from this passage. El Rahum is found in Exodus 34:6.

Uneraseable names p. 170:

Ehye, Elohim, El, Eloha, Shadai - these are attached to the name Hashem

Erasable names associated with above:

El - Hesed gadol, rachum , chanun, chasin, erech apayim, rav chesed, kadosh, chasid, soleyach

Elohim adir (mighty), shofet (judge), dayyan (judge), chazak (strong), kabir, koach (powerful)
ish miylchamah (man of war), gibor (courageous), poked avon (exacts sin),
meshalem gemul (repays in kind)

Hashem norah (awesome), noseh avon (carrier of sin), over al pesha (overlooker of transgression)
emet (truth), marom (on high), ram (exalted), notzar chesed (creator of compassion),
shochen ad (perpetual dweller) kadosh (holy).

Table 28: Pillar Names of G-d

El		Elohim
gadol	norah	adir
rachum	noseh avon	shofet
chanun	over al pesha	dayyan
chasin	emet	chazak
erech apayim - <i>Long faced awaiting our return.</i>	marom	kabir
rav chesed	ram	koach
kadosh - <i>You shall be holy for I the Lord am holy. [315] This refers to G-d removing himself from the world. We need to behave in the image of G-d removing ourselves from over involvement in materialism or superficial lusts.</i>	notzar chesed	ish miylchamah
chasid	shochen ad	gibor
soleyach	kadosh	poked avon, meshalem gemul

2. The 42 Letter Name

Table 29: The 42 Letter Name

Weekday	Hebrew	Meaning	Sefira	Age Hebrew	Age English	Historical Basis
Sunday	xty gba	The first line of Genesis.	Hesed	0-999	3760-2761 BCE	The kindness of Eden and the sons of G-d and the sons of men.
Monday	}fc urq	Rent the adversary	Gevurah	1000-1999	2760-1761 BCE	The purification of mankind with the Flood.
Tuesday	cky dgn		Tiferets	2000-2999	1760-761 BCE	The splendor of Israel under the guidance of Moses and the period of the Judges.
Wednesday	gtx rfk		Netzah	3000-3999	760 BCE-239 AD	The period of kings and the 2 nd Temple of Israel.
Thursday	unf bqj		Hod	4000-4999	240-1239	The age of trials and the acceptance of suffering (the dark and middle ages).
Friday	kzp lgy		Yesod	5000-5999	1240-2239	The age of the Tzaddikim; the struggle for righteousness.
Saturday	tyx wqc	The eternal Shabbat for the righteous in the world to come is the end.	Malchuts	6000-6999	2240-3239	The new age of kingship.

This is one of the most obscure names of G-d.^[316] Rashi comments that this name was not given over to us.^[317] Hence, the derivation of the name is not well known. The name of Moses's mother Yocheved - dbkwy has the gematria of 42. She is considered the mother of 600,000 souls, suggesting the name is related to creation.^[318] The gematria for mother - ama is also 42. Other Kabbalists believed the name was composed from the first 42 letters of the Bible with each portion bearing the magical potency of the entirety.^[319]

The 42 Letter Name is the force behind the mitzvah for a man to marry and have children.

*And Isaiah ... came to him and said unto him:
Thou shalt die, and not live*

(Kings 2 20:1)

*Thou shalt die in this world and not live in the world-to-come.
When Hezekiah asked him, Why is the punishment so severe? Isaiah replied,
Because you did not try to have children. Hezekiah replied,
because it was shown to me by the holy spirit that children issuing from m
will not be worthy. Isaiah replied,
What have you to do with the secrets of the Holy One
What you have been commanded, you should have done,
and let G-d do what He pleases.
(Ber 10a. - Book of Legends 632:196)*

The name is associated with the 7 days of the week, 6 letters for each day. [\[320\]](#) The letters on each line correspond with the sefirot Hesed, Gevurah, Tiferet, Netzah, Hod, and Yesod respectively with the whole line corresponding to Malchut. [\[321\]](#) The line for Shabbat is:

tyx wqc

The letter vav is Tiferet in Malchut. The tzaddik is in the place of Netzah in Malchut. [\[322\]](#) Each line corresponds to a 1000 years of creation. The last line refers to the last 1000 years of creation. Each 1000 years is also associated with a sefira and the last 1000 years for the age of moshiach that is kingship and Malchut.

The 42 Letter Name is associated with the 7 days of creation. The workings of creation - Ma'aseh Bereshis begins with the letters Mem Bet in Hebrew. The gematria value of Mem Bet - bm is 42. Above I describe a vision of creation associated with the name hw la. The gematria value of this name is also $5+6+30+1 = 42$. Since the name begins with Aleph - a, the first Hebrew letter and ends with Tav - t, the last Hebrew letter, we know that all creation is contained within this Name. [\[323\]](#)

There are 42 places where Israel camped on their journey from Egypt to Israel. These rest stops represent a ladder of cleansing within the context of the 42 Letter Name of G-d.

3. The Great Name

Urbach in *The Sages* describes a papyrus, which portrayed the Divine name in a triangular structure. [\[324\]](#) At the base were 12 positions for the 12 Letter Name, and then 42 positions for the 42 Letter Name and then the full 72 positions ending at top.

				69	70		71	72				
				64	65	66	67	68				
			58	59	60		61	62	63			
			51	52	53	54	55	56	57			
		43	44	45	46		47	48	49	50		
		34	35	36	37	38	39	40	41	42		
	24	25	26	27	28		29	30	31	32	33	
	13	14	15	16	17	18	19	20	21	22	23	
1	2	3	4	5	6		7	8	9	10	11	12

Three transcriptions of the Tetragrammaton make up the bottom row, while the Forty Two Letter Name makes up the bottom four rows and the whole structure, the Seventy Two Letter Name. The top row is the Tetragrammaton. Because the 12 Letter Name is not a subset of the Forty Two Letter Name, the papyrus does not explain the origin of the specific letters of these names. Since the papyrus was written in Greek, the structure represents the influence of Greek thought on Jewish mysticism.

Rav in Tractate Kiddushin, 71a had the following comments on the 42 Letter Name:

That this Name is to be revealed only to a man who stands in the middle of his life, who is pious and modest, who never gives way to anger and to drink, who is not obstinate. Whoever knows that Name and preserves it in purity is beloved in heaven and beloved upon earth; is well considered by man and inherits both worlds. [\[325\]](#)

4. The 216 Letter Name

This name is made up of the composition of three versus of 72 letters each in Exodus. The Shaarey Orah brings down that these verses can also be composed into 54 names of 4 letters each. This would correspond to the gematria of Dalet Nun - nd, the center 2 letters in the name Adonai - ynda. The first letter of this name is Aleph corresponding to the name Ehyeh that begins with an Aleph as well. The last letter is a Yod, which begins the name of the Tetragrammaton. Adonai is associated with the sefira Malchuts. Malchuts is an entry point for prayer to the heavens.

5. Without Name

Ultimately Hashem is beyond all names or without Name. The Or HaMaor in Shoftim recognized:

Everything originates with G-d; therefore, He even gives existence to the four letters... Even though we make use of the Tetragrammaton (YHVH) and speak of it as G-d's proper name, it is only meant to be for the world so that people would be able to call Him by some name and thus bring His providence to bear upon them. G-d is actually above all names. I later heard this had been said in the name of the Baal Shem Tov. [\[326\]](#)

Rabbi Zev Wolf of Zitamer

All names are but part of His creation as well as the attributes that we have ascribed to Him even the

Sefirot. [\[327\]](#)

Hopes of Tomorrow:

You can dream, you can dream of life's greatest things, and these are the hopes of tomorrow.

To travel this world, on roads just unfurled is to live our hope of the morrow.

To see the beauty of the one that you love is good for the soul and brings grace to this world and hope in

Learn the Torah, reveal the sweet words of life, practicing them is even sweeter.

In all this great world, with his glory unveiled, is to bask in the thoughts of tomorrow.

Trees bow down, animals serving; these are the symbols of this time.

If you tighten the string to tight it will snap; if you leave it to loose it will not play.

[\[311\]](#) Added later.

Traditional kabbalah places BN below MH.

[\[313\]](#)

[\[314\]](#) The Neshamah of the Neshamah is the Chaya

Torah Portion Ahrey Mos.

[\[316\]](#) [Burning Bush that does not burn](#)

There are seven groups of six letters. The seven groups are the seven days of the week. The six letters in

combination of the letter and its position reveal the aspect of the sefira that is emphasized for that day.

[\[317\]](#)

[\[318\]](#) Nachman's short stories, trans. Aryeh Kaplan.

Kabbalah, Charles Ponce, page 183.

[\[320\]](#)

paths.

[\[321\]](#)

[\[322\]](#) Ibid. Reb Nachman is interpreted as assigning Moses to the letter vav and the Messiah to the

[\[323\]](#) This is also found in the Greek concept of from Alpha to Omega

Urbach, The Sages, page 130.

[\[325\]](#)

[\[326\]](#) The Light Beyond, Aryeh Kaplan, page 31.

Nothing is the essence of G-d.

Keter rtk Crown or highest sefira. Place of G-d s Will - }wxr - ratzon.

Hochmah hmkj Wisdom the second sefira. The singular purpose of creation.

Binah hnyb Understanding

Tzelem The image of the primordial man, Adam Kadmon. The image of G-d or the ideal man.

Guarding the Covenant Keeping continuous laws of the covenant like keeping kosher and speaking pleasantly.

Mitzvah Commandment

Mishkan The Tabernacle consisted of tent walls in a large rectangle.

1.

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