



DISCOVER KABBALAH: Part 3

CLASS SYNOPSIS:

During this 8 week course we will continue to develop a deeper understanding into the main concepts of Kabbalah. We will gain advanced kabalistic tools, technology and the inspiration to enhance all areas of our lives. Together with the *Living Kabbalah System* ("LKS") this course is where you start connecting all the pieces, and really start living Kabbalah.

CLASS DESCRIPTIONS:

CLASS 1: Achieving Affinity with The Creator ('Dvekut')

- Coordinating expectations
- Ethics & Morals VS. Kabbalah
- Attaining a second nature
- *Homework: "LKS" Chapters: 1, 8 & 19*

CLASS 2: Kabbalah: Food for Our Soul

- The Benefits of Study: How does the study nourishes our soul?
- Study as a tool to creating meaningful changes in our life?
- *Homework: "LKS" Chapters: 7, 17 & 18*

CLASS 3: Teacher – Student Relationships

- When is the student ready to receive a teacher and what does it mean to be ready for a teacher?
- What is a true student-teacher relationship?
- Understanding the right consciousness of working with your teacher
- The mutual responsibilities of both the student and the teacher.
- The attributes of a true Kabbalist.
- The lineage of the Kabbalah Centre: Why is it important to connect with the lineage of great Kabbalists?
- *Homework: "LKS" Chapters: 5, 6 & 13*



CLASS 4: The Prayer of The Kabbalist: The Ana B'Koach

- What practical tools and meditations can we use to connect to the Light?
- The Basic Meditation: How practicing the daily meditation can transform your reality?
- The Angels of Each Day – using the angel intelligence to guide you through the day.
- Monthly Letters & Tikkun HaNefesh (*correction of the soul*)
- How can using these tools help us connect and achieve fulfillment and global transformation?
- *Homework: "LKS" Chapters: 3, 12 & 15*

CLASS 5: Reincarnation & Tikkun

- What is our true mission in life?
- How can we correct past mistakes?
- How can people we meet help us identify patterns in our own life?
- *Homework: "LKS" Chapters: 4, 9 & 10*

CLASS 6: Astrology & Tikkun

- What is the origin of our souls?
- How can understanding our astrological charts help us achieve our potential?
- How can understanding the different astrological signs help us in our relationships?
- *Homework: "LKS" Chapters: 11, 16 & 20*

CLASS 7: Days of Power

- Understanding the energy of Shabbat.
- Cycles of Power: Daily, Weekly, Monthly etc.
- The kabbalistic calendar: The unique energies of every day and month, holidays and kabbalistic days of elevation.
- *Homework: "LKS" Chapters: 2 & 21*

CLASS 8: Windows in Time

- What are windows in time?
- When are the best times to plant positive seeds?
- What do we need to do in the more challenging times of year?
- *Homework: "LKS" Chapters: 14, 22 & 23*

RECOMMENDED READING FOR THIS COURSE:

- "Kabbalistic Astrology" – Rav Berg
- "The Energy of the Hebrew Letters" – Rav Berg



THE KABBALAH CENTRE™
learn transform connect

- "To Be Continued" – Karen Berg
- "Days of Power" vol 1 and vol 2 – Rav Berg
- "And You Shall Choose Life" – Rav Yehuda Ashlag, edited by Michael Berg
- "Ten Luminous Emanations, Volume 1: The Wisdom of the Kabbalah" – Rav Yehuda Ashlag, compiled and edited by Rav Berg