



## **Discover Kabbalah: Part 2**

### **CLASS SYNOPSIS:**

During this 8 week course we will delve deeper into the main concepts of Kabbalah as well as begin to look inside and gain better understanding of ourselves. Together with the *Living Kabbalah System* ("LKS") this program is designed to help you integrate the insights you learn in class into your daily life.

### **CLASS DESCRIPTIONS:**

#### **CLASS 1: Recognizing the Evil Within**

- Why do we experience internal battles?
- How do we begin the correction process?
- What are the different levels of human development?
- *Homework: "LKS" Chapters: 1, 2 & 13*

#### **CLASS 2: Pain: Klipot and Tikun**

- How do Kabbalists define spiritual growth?
- What are the main steps to achieving spiritual growth?
- How can we use pain as tool for growth?
- *Homework: "LKS" Chapters: 5, 12, & 17*

#### **CLASS 3: The Extensions of the Ego**

- How does the ego manifest according the 4 elements (earth, fire, air, water)?
- How can we identify our personal correction ("tikkun")?
- What is the difference between concealed ego vs. revealed ego?
- *Homework: "LKS" Chapters: 9, 10, & 15*

#### **CLASS 4: The Zohar - Essential Zohar: The Book of Splendor**

- History of the Zohar
- Why is the Zohar the most important tool for our spiritual growth?
- Practical guidelines on how to use the Zohar on a daily basis
- *Homework: "LKS" Chapters: 3 & 6*



**CLASS 5: Developing True Desire**

- Introduction to the Ten Luminous Emanations (10 Sphirot)
- What is the essence of desire?
- How do we begin to build true desire?
- *Homework: "LKS" Chapters: 4, 14 & 19*

**CLASS 6: True Prosperity**

- What is true prosperity?
- What is "money"?
- How can we bring true prosperity into our lives?
- *Homework: "LKS" Chapters: 20 & 21*

**CLASS 7: Overcoming Limitations – The Hebrew Alphabet and 72 names**

- Exposing the illusion of time, space and motion
- What are the main problems caused by these illusions?
- What are some practical ways to overcome these illusions?
- *Homework: "LKS" Chapters: 11, 16 & 18*

**CLASS 8: Living Kabbalah/Creating Miracles**

- How can we fully integrate what we have learned into our daily lives?
- How do we continue to create miracles in our lives?
- How do we make this last?
- *Homework: "LKS" Chapters: 7, 22 & 23*

**RECOMMENDED READING FOR THIS COURSE:**

"72 Names of God" – Yehuda Berg

"True Prosperity" – Yehuda Berg

"Time Zones" – Rav Berg

"The Holy Grail: A Manifesto on the Zohar" – Rav Berg