

# Power of Kabbalah: Levels 1, 2 & 3

## Course synopsis:

The Kabbalah Basic video course is the foundation for all of the classes taught by the Kabbalah Centre, and the best place to start if you are a new student.

This course will allow you to get acquainted with the foundational concepts of the ancient wisdom of Kabbalah, learn about the nature of the universe, and empower yourself to correct the sabotaging behaviors and thoughts that prevent you from attaining everything you came to this world to receive. You will also be provided with some of the most important Kabbalistic tools and the understanding how to use and integrate them into your daily life.

## CLASS 1: Defining Our Reality

- What is Kabbalah?
- Overview of the Lineage Of Kabbalah
- How does consciousness determine our reality?
- The limitation of the Five Senses: The limited One Percent reality vs. the unlimited, 99 Percent Reality.

## CLASS 2: The Kabbalistic Blueprint of Creation

- The process of Creation leading to the Big Bang and the beginning of the physical universe.
- The Creation of the Vessel and the relationship between Light and Vessel in the Endless World.
- The Opponent: the force within us that causes us to disconnect from the Light.

### CLASS 3: The Opponent in the Game of Life

- The Proactive Formula and Restriction as a tool for transformation.
- Recognizing the Opponent as the enemy, not external causes.
- Becoming the cause in our lives.

### CLASS 4: Our Correction in this World

- What is *Tikkun*?
- Perseverance and overcoming the illusion of time.
- Moving to our next level.

### CLASS 5: Reactive or Proactive Sharing

- What should be the intention of our giving and sharing actions?
- What is the Law of Affinity?
- Receiving For The Sake Of Sharing.
- What is the highest level of giving?

### CLASS 6: Kabbalistic Tools For Transformation

- How can we inject certainty into our consciousness?
- What does it take to awaken miracles?
- The consciousness of Mind over Matter.
- The 72 Names of God and The Zohar as tools of transformation.

### CLASS 7: Identifying Our Personal Tikun

- How can we identify our personal tikun, and see more negativity and blockages as we grow?
- What can we learn from our unexplainable fears?
- Two areas of spiritual work:
  - o Actions and tools to bring Light into our lives.
  - o Recognizing our negativity.

**CLASS 8: The Five Extensions of the Ego**

- What are The five extensions of the ego?
- How do we identify which of the five extensions of ego is the most dominant in us?
- How does the Opponent use our ego to trick us?

**CLASS 9: Building True Desire**

- What are The Four levels of desire?
- What can help us find ways to be a giver instead of a receiver?
- What tools do we have to ignite your souls and inject certainty?

**CLASS 10: Overcoming the Illusion of Time, Space and Motion**

- Recognizing the illusion of time and space, and what problems are caused by this illusion?
- Nothing is random: the concept of cause and effect.
- How should we deal with negative people?
- How our transformation and connections help others?

**CLASS 11: Creating Prosperity**

- Money as a physical manifestation of the Light, and how can we connect to abundance?
- The fear of lacking money: realizing our sustenance comes from the Light
- How can giving and sharing our time and money bring more Light and sustenance to our lives?
- Clearing debts to open channels for sustenance
- Not being dependent on money – what consciousness should we have?

### CLASS 12: Connecting with Miracles

- What is a miracle according to Kabbalah?
- How can we inject real, proactive excitement into our actions and consciousness rather than reactive excitement, based on what is happening to us?
- What can we achieve by helping others transform their nature?
- Mind over matter: overcoming our emotions and doubt with the power of our consciousness.

### CLASS 13: Affinity

- What is the kabbalistic concept of "Dvekut", and how to create affinity with the Light?
- What is the definition of real spiritual work?
- The Kabbalistic view on ethics and morals: the relationship between us and society.
- Why is it important to identify our intention for our spiritual work?

### CLASS 14: The Four Phases - Part 1

- Understanding and identifying the different types of desire (False desire and real desire, continuous desire versus temporary desire, needy desire versus true desire).
- Why is it necessary for us to undergo a process?
- How can we create desire without going through chaos?
- Understanding the Four Phases and recognizing them in our life.

### CLASS 15: The Four Phases - Part 2

- What are the two ways of building desire?
- What are the Kabbalistic concepts of Gadlut (greatness) and Katnut (smallness)?
- How can we reawake areas of life where we have no energy?

**CLASS 16: The Soul's Journey**

- What are the five parts of the soul and what does each part represents in the 99% reality and in the 1% reality?
- Understanding death according to Kabbalah.
- The kabbalistic concepts of Ibur and Dybuk – how can positive or negative souls help or harm us?
- Ways of drawing the support of an Ibur.

**CLASS 17: Inner Light and Surrounding Light**

- Understanding Inner Light as opposed to Surrounding Light, and the differences between them.
- What are the three major aspects of expanding our vessel?
- What causes us to feel pressure in our life?
- Kabbalistic "Windows in Time" – connecting to energetic cycles (daily, weekly, monthly and holidays).

**CLASS 18: Becoming A Channel**

- How can we transform our nature and become a channel for the Light?
- What is the main lack in our world and how can we affect it?
- How undergoing tests helps us become a channel?