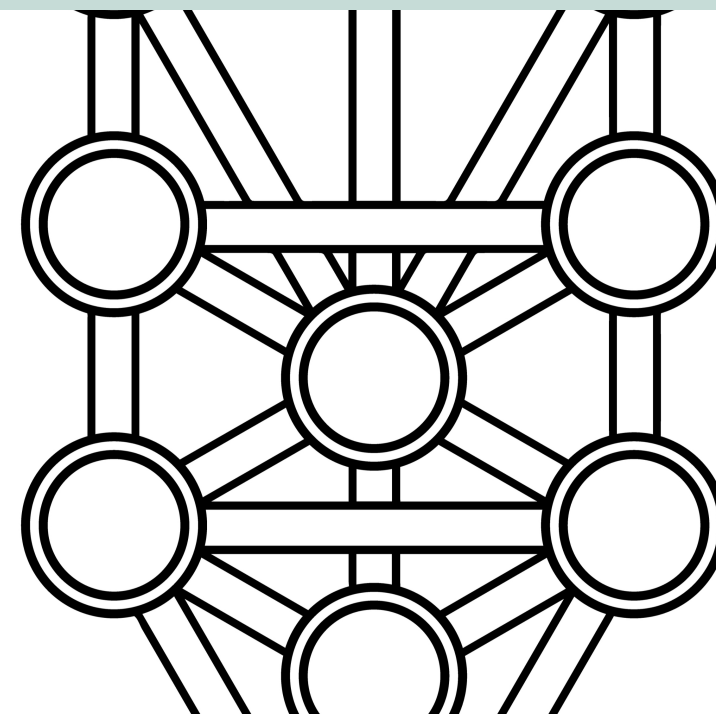


LIVE KABBALAH



Syllabus

The 10 Sefirot

Applied



Dear New Student,

Welcome to the Live Kabbalah school! We are honored to have you as a member of our community for the next eight weeks and hopefully long term. We are so excited to learn with you the tools needed to fully transform our lives. We will try are best to be available for you if you have any concerns or questions.

This booklet includes:

- A calendar which breaks down the next eight-week curriculum.
- A short synopsis of each Sefira and the theme and growth focus of each week.
- A short bio of our inspirational speakers and teachers.

On behalf of the Live Kabbalah family we can't wait to get to know you and discover our deeper selves with you,

The Live Kabbalah Team

March 2020

Week of Sod

Week of Chesed

Week of Givurah

Week of Tiferet

Week of Netzach/Hod

SUN	MON	TUE	WED	THU	FRI	SAT
1 School Starts! <i>Live Class</i>	2	3 <i>Live Speaker</i>	4 <i>Live Mediation</i>	5	6	7
8 <i>Live Class</i>	9	10 <i>Live Speaker</i>	11 <i>Live Mediation</i>	12	13	14
15 <i>Live Class</i>	16	17 <i>Live Speaker</i>	18 <i>Live Mediation</i>	19	20	21
22 <i>Live Class</i>	23	24 <i>Live Speaker</i>	25 <i>Live Mediation</i>	26	27	28
29 <i>Live Class</i>	30	31 <i>Live Speaker</i>				

*All Live Classes are at 8 p.m
1:30 e.s.t.*

Live Speaker 8 p.m Israel time

Live Mediation : Pending



LIVE KABBALAH



LIVE KABBALAH

APRIL 2020

	Week of Sod
	Week of Malchut
	Week of Keter/Chabad

SUN	MON	TUE	WED	THU	FRI	SAT
			1 <i>Live Mediation</i>	2	3	4
5	6	7	8	9	10	11
	Passover Break					
12	13	14	15	16	17	18
	Passover Break					
19 <i>Live Class</i>	20	21	22 <i>Live Speaker</i>	23 <i>Live Mediation</i>	24	25
26 <i>Live Class</i>	27	28 <i>Live Speaker</i>	29 <i>Live Mediation</i>	30		

- *All Live Classes are at 8 p.m Israel time Live Speaker 8 p.m Israel time Live Mediation : Pendi*

MAY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 School Ends! <i>Live wrap up class</i>						

- *All Live Classes are at 8 p.m Israel time*



LIVE KABBALAH



Week 1: Chesed: Active Love

The foundation of our identities is rooted in the Love we have for ourselves, the Love G-d has for us and the ability we have to be there for others. We hope to give the life long tools in how to instill these attributes in three steps:

1. Letting go; Clearing our hearts and minds from past hurts
2. Building: Creating a sanctuary in our hearts
3. Giving: Giving to others in order to water the growing compassion inside of us

Guest speaker: Mrs. Chaya Ben-Baruch.




Week2: Gevurah -Facing Pain

In order to make healthy boundaries we need to make a strong foundation of healthy self-love. Once this is created we can say “No” with confidence and learn how to express our own will without guilt and how to make healthy borders in our relationship with others.

1. Learning how to say “No” to our animal desires.
2. Moving out of our comfort zone
3. Reversal of desire - facing (and loving) pain.

Guest speaker: Mrs. Chana Gorenstein



Week 3: Tifferet Inner Authority -Getting in Touch With Our Shadow

We need to harmonize with all aspects of ourselves. We can't put any part of us in "the closet" so to speak and only show the faces we like to the world. We need to fully accept our "shadow or dark self".

1. Awareness of Shadow/ "animal self"
2. Cultivating balance & harmony
3. Self-expression & creativity

Guest speaker: Rabbi Yoel Tordjman



Week 4: Netach- Courage

In order to maximize our impact on earth, we need to transcend obstacles and accomplish our goals. This is done through a deep contemplation of our own mortality. During this week, we will develop the courage we need to stand up strong and move forward despite fear.

1. Mortality, the transience of life
2. Willpower, cultivating determination and persisting despite obstacles
3. Courage and forward

Guest speaker:: Mrs. Chana Margulis



Week 5: Hod - Gratitude

We can only appreciate the bountiful blessings G-d bestows upon us if we are aware. This week we will cultivate the powerful tool of Gratitude for everything G-d does for us.

1. Acceptance of what is and what needs to get done
2. Real humility/ healthy Self esteem
3. Cultivating gratitude

Guest speaker: Gabriel Israel AKA "Thank You Hashem"

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Week 6: Yesod- Bonding/ Intimacy

We need to communicate to each other in a real authentic way. The tools of bonding are based on trust of ourselves, G-d and others. During this week we will focus on the tools for how to express ourself authentically and and intimately.

1. The paradox of money
2. Intimacy and deeper bonding techniques with our significant other
3. Cultivating trust

Guest Speaker: Rabbi Zalman Nelson, LSW



Week 7 : Malchut- Action

This week is an important step in bringing down an inception idea into the real world. Malchut is associated with the feminine dimension. Through Malchut we learn the crucial tools of the birthing process of self-actualization.

1. Receiving in order to give/ becoming a better listener
2. Coming in touch with our true feminine side
3. Cultivating Unshakeable Presence

Guest Speaker: Mrs. Miriam
Cohen



Week 8 : Keter/ Chochma/ Binah

The last step is to clarify our deepest intentions of why we are motivated to move forward in our life. Our deepest will needs to be understood for life changing transformation to take place.

1. Emunah- connecting to true faith, higher will and healthy pleasure
2. Positive Thinking techniques
3. Rebooting and implanting positive memories

Guest Speaker : Rabbi Amichai Cohen

Bio of inspirational speakers

Week 1- Chesed:

Chaya Ben- Baruch:



When it comes to loving kindness, there is no greater example than Chaya Ben Baruch. Born in New York, Mrs. Ben Baruch made her journey to Israel from Alaska with her husband and 5 special needs children! Her love and care knows no bounds and she happily donated her own Kidney to a stranger and changed the lives of countless people along on the way.

Week 2- Gevurah: Rebbetzin

Chana Gorenstein



Chana is a wellness and fitness coach. Through her journey of weight loss using Bright Line eating, Chana has made it her mission to help others create a healthy relationship with themselves through food and self care. In addition, Chana is a kickboxing instructor and a marathon runner a spiritual mentor and a mother of 5 children.



Week 3- Tifferet: Rabbi Yoel Tordjman

Rabbi Yoel Tordjman is a living example of manifesting inspiration into expression. This world famous Artist has inspired countless lives through his artwork. Rabbi Yoel Tordjman is French born and lives locally in Tzfat, Israel as part of the Breslov community. Yoel devotes his time to painting and speaking about art, spirituality & creativity.



Week 4- Netzach: Mrs. Chana Margulis

When it comes to overcoming dire situations there is no better living example than Chana. At a young age Chana was diagnosed with Cancer and not only beat it but now has a thriving married life and teaches classes in Tzfat, Israel. Chana is an inspiration to of all us in overcoming obstacles..



Week 5- Hod: Gabriel Israel

Gabriel Israel is an inspirational speaker who has spoken to hundreds of people from around the world. He has touched the lives of thousands with his “Thank You Hashem!” initiative. His energy and positivity is electrifying and sincere love of others and especially Hashem is inspiring.



Week 6- Yesod: Rabbi Zalman Nelson

Zalman is a licensed Social Worker and trained addictions counselor who provides Soul-Based therapy, counseling, and coaching online. His approach blends modern Psychology with Chassidic and Kabbalistic knowledge of the soul and psyche.

Week 7- Malchut: Miriam Cohen



Miriam exemplifies femininity and a balanced lifestyle, as a mother of ten, teacher and mentor and a very down to earth woman.

Miriam likes to push herself to the extreme. She recently completed a 4K swim of the Kinneret after birthing her 10th child.

Miriam is a relationships and parenting coach as well as a licensed Occupational Therapist.

Week 8- Keter-Chochma- Bina: Rabbi Amichai Cohen



Rabbi Amichai Cohen is the founder and Director of Live Kabbalah School. He is a sought after speaker and authority on Kabbalah & Chassidut. He has taught thousands of students in person and online. Rabbi Amichai's classes are inspirational, profound yet practical bringing down profound information in a relevant and applicable way.

Baruch Steinberg

Mentor & Meditation Instructor



Baruch Steinberg has made the journey to Kabbalah & Chassidut from Scottsdale, Arizona, where he worked in the online higher education field.

Baruch is a compassionate, authentic and loving person who is a valued new addition to Live Kabbalah School. Baruch has been meditating for years , an energy healer and is an insightful group facilitator and mentor.

On behalf of the Live
Kabbalah team we wish
you a meaningful & life
changing transformation!



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