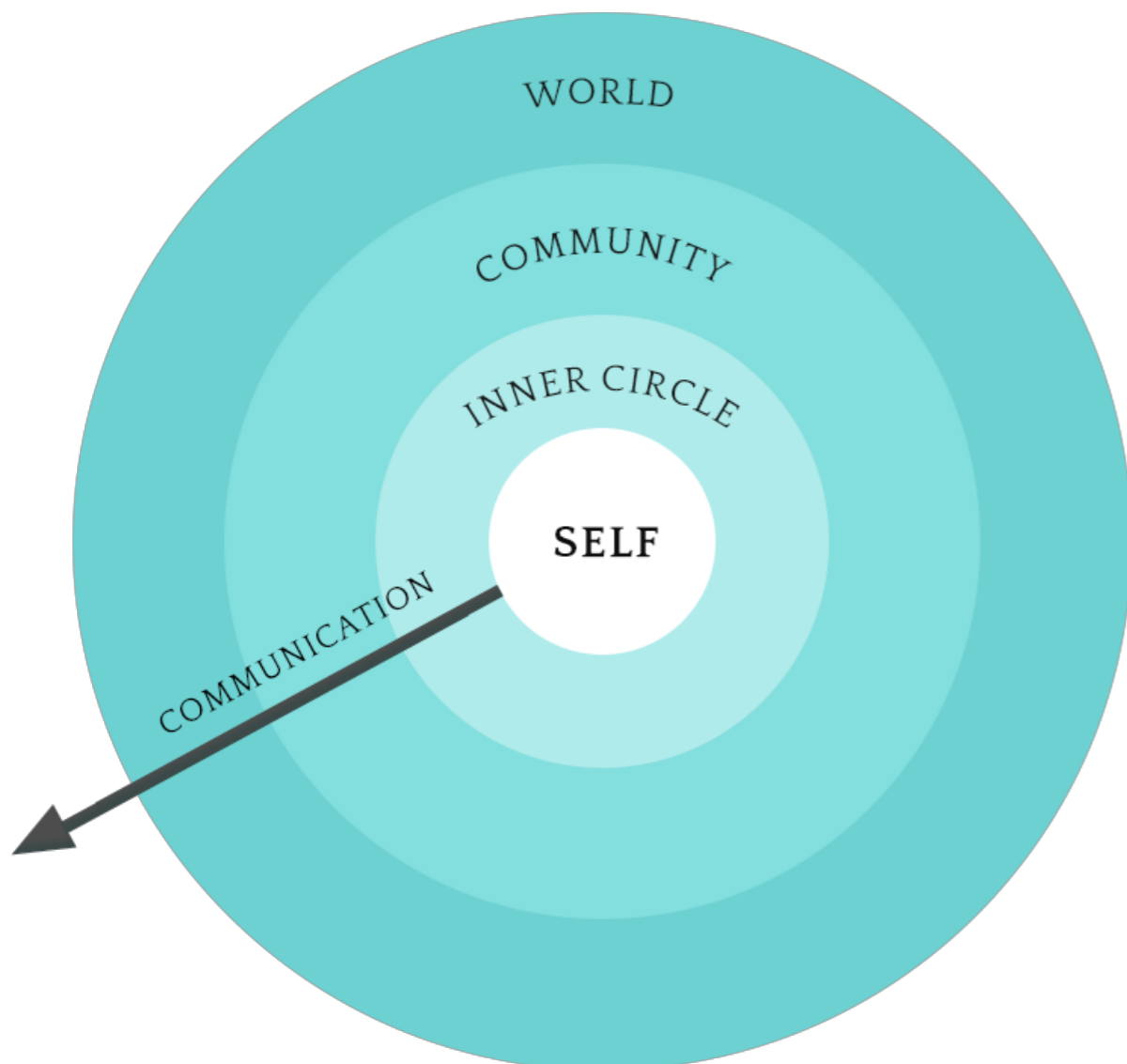




LIVE KABBALAH

“Loving Your **Fellow** As Your **Self**”

Building Communities Of The Future



A 5 Week Ground-Breaking
Semester

Syllabus & Bios



LIVE KABBALAH

Dear Students,

Welcome the “Love Your Fellow As Yourself” - Building Communities Of The Future semester!

This 5 week semester, a first in the series, is a deep dive into the framework of the building blocks of a sustainable community and the path to get there.

All communities begin with the individual. When the individual operates from their higher self, they form a more intimate connection with their inner circle. They can then step into the roles of becoming leaders and facilitators for creating communities, thereby impacting the entire world.

We are so excited to have you on board!

The Live Kabbalah Team!



Week 1: The Self



Live Class #1

Rabbi Amichai Cohen, M.S

- **Your inner world.** Awareness of the conflicting forces found within. Higher-Divine soul vs. Animal - egoic soul attributes. The kingmaker the intellectual soul. The power of choice.
- **The origin of thoughts.** Are we our thoughts? "I think therefore I am". How do we control our thoughts?
- **Strengthening your higher self.** Importance of what you learn. Forms of mediation & Prayer

Live Class #2

Professor Moshe Bar, PhD

- **The make up of the human brain**
The various lobes and their functions.
Who is the decision maker?
- **What happens to the brain** during a transcendental/ spiritual experience?
How does Scientific research understand identity.
- **How do we optimize ourselves** to become a better and more productive person?

Week 2: Your Inner Circle



Week 2: Inner Circle

Live Class #1

Rabbi Amichai Cohen M.S

- **The Torah/Kabbalistic perspective** on relationship with our parents, siblings, spouses & children.
- **Our default mode.** Our raw unfixed self. King David's stages of development. Reparenting our inner child. Healing from trauma & forgiveness
- **What if I grew up in dysfunctional family dynamic?** How to identify a new inner circle.. Friends like family.

Live Class #2

Rebbetzin Miriam Cohen

- **Challenges of inner circle conflicts.** Soul rectification. Our soul choose our parents.
- **Closeness vs. boundaries- where is the balance?** How to cultivate healthy boundaries and respect in our inner circle relationships.
- **The 7 Powers for self control.** Based on Dr. Becky Bailie's "Conscious Discipline" Approach. The 7 emotional Sefirot.

A high-angle, top-down photograph of a group of people in business attire holding their hands together in a circle. The hands are the central focus, with fingers pointing towards the center. The background is bright and slightly blurred, suggesting an indoor setting with large windows. The overall mood is positive and collaborative.

Week 3. Community

Week 3: Community

Live Class #1

Rabbi Amichai Cohen M.S

- **What is true love?** The balance between giving and taking. The 3 stages of Tikkun- transformation.
- **“Love your fellow as yourself”.** How do we love the other? The Torah’s understanding of interconnection.
- **Individuality vs. The collective.** Which one comes first? How do we resolve conflicts and power struggles within our community?

Live Class #2

Avraham Lowenthal

- **The approach of Rav Ashlag-** Ba’al Hasulam on communities.
- **How do we practically** build our communities?
- **How can a specific community** large or small have an effect on the entire world?

A high-angle, top-down photograph of a diverse group of approximately 15 people of various ages and ethnicities standing in a circle on a light-colored concrete floor. In the center of the circle is a large, stylized map of the world, with the continents in white and the oceans in a textured blue. The people are dressed in casual to business-casual attire. The text "Week 4 : The World" is overlaid in the center of the image, with "Week 4" in black and "The World" in white.

Week 4 : The World

Week 4: The World

Live Class #1

Rabbi Amichai Cohen M.S

- **“Man is a small world”**. “The entire world was created for me”. The Torah’s approach to. Social justice and politics
- **Guardians of the planet-** The Torah’s approach on business money & environmentalism.
- **The Jews & the Gentile.** The role of the nations according to Torah. The 7 Noahide laws. How do we Co-exist and thrive as one united force?
Geula- redemption

Live Class #2

Adam Collete

- **World explorer** Listen to Adam’s incredible story and quest to see the unity of the human race. What is Unity-Earth project?
- **The effects of Technology on world interconnection.** Technology & social and spiritual development
- **What are resilient models that empower communes worldwide?** What are working models and how can we become facilitators of change?

Live Class # 3

Rivkah Lampert PhD

The Jews & The Nations

- **What are the roots of antisemitism/ prejudice?**
- **The Jewish people as a light upon the world. Teaching Torah to the nations.**
- **Global redemption/ A house for all Nations**

Week 5: Communication



Week 5: Communication

Live Class #1

Rabbi Amichai Cohen M.S

- **The kabbalistic understanding of communication.** Yesod/ Keter. Communication vs. Speech.
- **Cultivating trust.** Trusting your higher self/ inner voice. How do we develop more trust in G-d?
- **Intimacy & vulnerability.** Be yourself.. Speak from your higher faculties. Channeling information.

Live Class #2

Emily Francis

- **The Media.** The effect of the media on human consciousness. The rise of Social media and reality shows.
- **Body Language & non verbal communication.** The effects of our inner posture and disposition.
- **How do we improve our communication skills.** What are the necessary skills to communicate effectively?

Bio of Teachers



Rabbi Amichai Cohen

Founder & Director of Live Kabbalah

Rabbi Amichai is an internationally known scholar, mentor, and inspirational speaker.

Based out of Tzfat, Israel, Amichai has taught thousands of students from around the world both online and in-person about the profound wisdom of Kabbalah & Chassidut.

Rabbi Amichai's approach is practical and inspiring, drawing upon authentic textual sources and applying them to real-world success and inner personal transformation.

Rabbi Amichai was born in Jerusalem Israel and grew up in the U.S. He is a descendant of Kabbalist Rabbi Avraham Azulai.

As a senior lecturer at Ascent Of Safed, Rabbi Amichai leads lectures and facilitated workshops for Taglit/Birthright groups and visitors to Tzfat.



Dr. Moshe Bar, PhD

Is a neuroscientist and director of the Gonda Multidisciplinary Brain Research Center at Bar-Ilan University.

He is also the head of the Cognitive Neuroscience Laboratory at the Gonda Multidisciplinary Brain Research Center. Prof.

Bar assumed the position of the Gonda Multidisciplinary Brain Research Center director following 17 years in the US, where he had served as an associate professor at Harvard University and Massachusetts General Hospital last, and had led the Cognitive Neuroscience Laboratory at the Athinoula A. Martinos Center for Biomedical Imaging.

Bar is passionate about the correlations of meditation on the mind. He was a presenter at a world-wide event on the subject in India.



Miriam Cohen M.S

Co- Founder & Teacher of Live Kabbalah

Miriam is a down to earth and talented spiritual mentor and teacher who has the life wisdom, experience and intuition to connect the abstract with the practical.

Miriam specializes in helping women to find the balance of family and work. She is an acutely intuitive individual, and has keen insight into the intricacies of relationships. It will come with no surprise that as a mother of 10, she has much to say and advise on children and parenting.

Miriam has a Masters Degree in Occupational Therapy, which she worked in the profession for 15 years. She is the co-director of livekabbalah.com and teaches women classes in Kabbalah & Chassidus at Machon Alta Seminary in Tzfat. Her deepest passion is education of her family and young women and adults which she interacts with.



Avraham Loewenthal

Prayer, Jewish Mysticism, and contemporary art are combined in the unique work of Tzfat artist Avraham Loewenthal.

Avraham lives with his wife and children in the Old City Artist Quarter of Tzfat, where he studies Kabbalah and paints.

Avraham was born in the United States in Michigan. He studied psychology at the University of Michigan and later studied painting at the School of The Art Institute of Chicago. Avraham then made Aliya and came to live in Israel.

Avraham's inspirational art expresses universal spiritual concepts of Kabbalah. The Tzfat Gallery of Mystical Art is Avraham's gallery and work studio. It is located in the center of the Old City Artist Quarter of Tzfat.

Avraham meets with travelers and groups visiting Tzfat.



Adam Collett

Adam Collett is the CEO at [MABA Care](#), an international platform to accelerate projects, initiatives and campaigns driving positive change. His 20 year career has spanned events, media and technology, NGO management, social enterprise, community development and intercultural diplomacy. Adam is the Co Director of the Corona Care Zone, a COVID-19 response agency and until recently served as Creative Director and Chief Operating Officer at UNITY EARTH, a global event series and peace building network. He is committed to deploying resilient models that empower communities worldwide.



Dr. Rivkah Lambert

Author of “Ten For The Nations” & editor of “Israel Breaking News”. In 2010, Dr. Rivkah Lambert Adler made aliyah from Baltimore. She is an orthodox Jewish woman and currently lives in Ma’ale Adumim, just east of Jerusalem, Israel. On September 11, 2001, she became passionate about the Land of Israel and the Final Redemption, about which she has been writing, speaking and teaching ever since. She also enjoys writing about women and Judaism and about making aliyah. She has a Ph.D. from the University of Maryland.

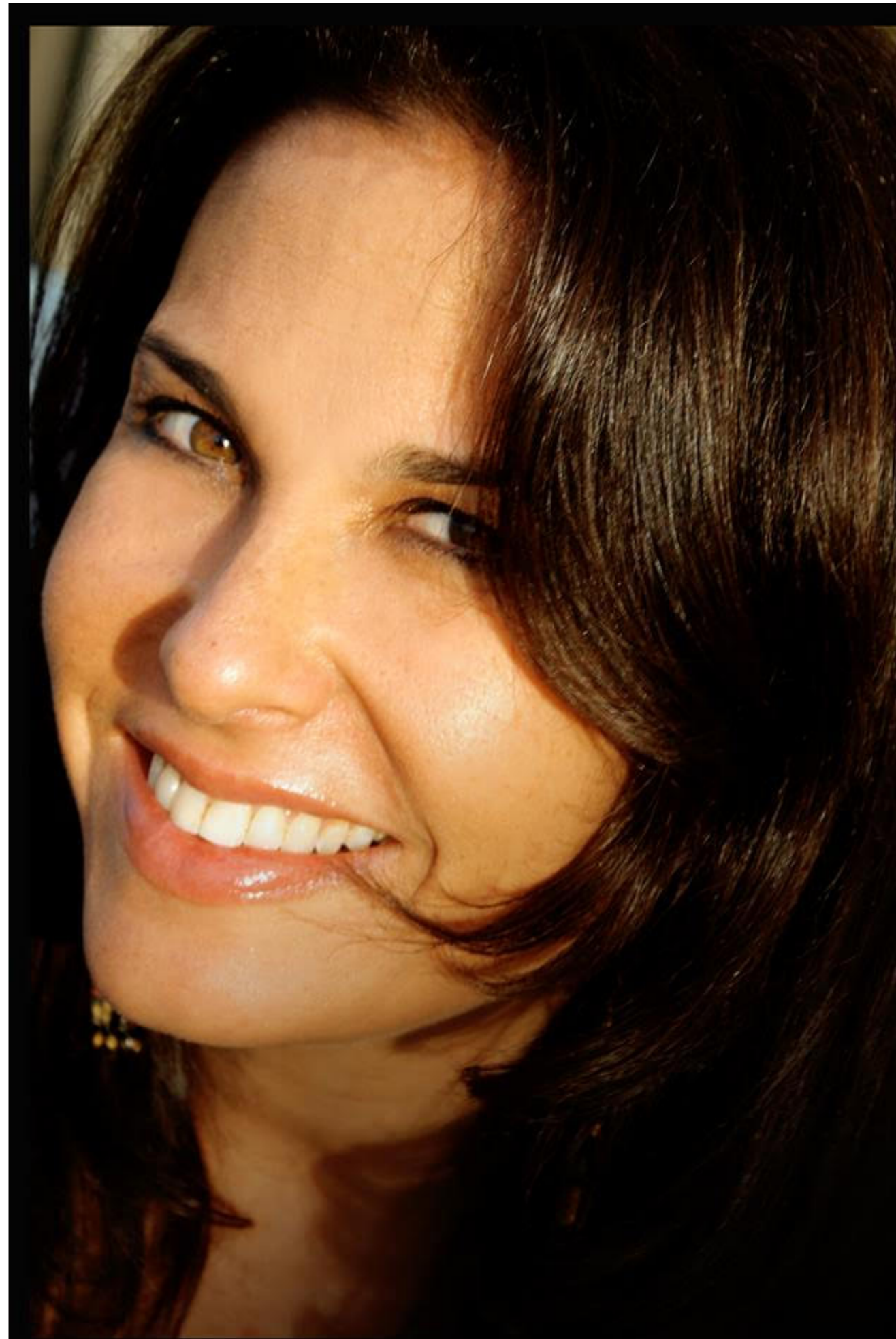


Emily Frances

Emily Frances is an Emmy-winning Reporter and Host from New York City's Channel 11 WPIX TV. Emily spent years as the celebrity interviewer on the WPIX Morning News, covering the Academy Awards. Seeking a personal, spiritual and professional life change, Emily made Aaliyah 6 years ago with her Israeli husband and 2 small children.

Emily was the Host of "Holy Land uncovered" & "Trending" on i24 News English in Jaffa and broadcast in 20 million homes in the United States. Emily is now the Culture Correspondent where she is able to produce magazine reports about women leaders throughout history, as well as spiritual, biblical and historical topics.

Emily has been studying Kabbalah for 14 years and produces many reports on Jewish Mysticism.



Baruch Steinberg

Mentor & Meditations Facilitator

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.

Baruch has been meditating for years , an energy healer and is an insightful group work facilitator and mentor.

