



Live Kabbalah Syllabus 2021 - 2022

Live Classes every Sunday

8:30 pm IL | 1:30 pm EST | 10:30 am PST

Semester 1

Fundamentals of Kabbalah & Chassidut

8 Weeks

October 24, 2021 - December 19, 2021

A comprehensive intro into the world of Kabbalah. In this semester the students will understand the core principals of the study of Kabbalah & Chassidut as well as its importance on the personal and collective levels.

Week One - Historical Background (October 24 - 30)

A comprehensive journey into the hidden world of Kabbalah and the fascinating story of perseverance and providential timing. The quest of deepening our awareness and this revelation for the sake of uplifting the consciousness of humanity has been on the forefront of the mission of the Kabbalistic tradition.

Week Two: Intro To Kabbalah (October 31 - November 6)

An in-depth look into the 3 meanings of the name Kabbalah. In this class we will explore what Kabbalah essentially is and what the student is meant to learn and gain by its study and practice.

Week Three: Reasons for Creation (November 7 - 13)

The most essential question that every thinking and searching individual asks is "why am I here". In this class we explore 5 (correlating) reasons for the creation of the world and what is our task as guardians and masters of our destiny.

Week Four: The Tree of Life & Tree of Knowledge + Guest Teacher (November 14 - 20)

An in-depth understanding of what was the fall of Adam & Chava (Eve) in paradise. In this class, we will get a deep understanding of what was the function of the 2 trees found in paradise and what they represent for humanity.

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Week Five: 5 Levels of Soul (November 21 - 27)

Our soul is a multidimensional cord which binds us to the infinity of our creator (Ain Sof). In this class, we will go in depth into the 5 levels of the soul and their unique functions and states of being.

Week Six: Constant Recreation (November 28 - December 4)

Kabbalah (and Physics) teach that the world is not created once, rather there is a constant recreation of the vitality of the world. In this class we will explore the ideals of the constant recreation of our world.

Week Seven: 4 Spiritual Worlds (December 5 - 11)

The world which we see with of sensory perception is just a fraction of what is truly existing in the higher spiritual worlds. Kabbalah teaches that our universe is comprised of a vast 4 world spiritual eco-system. Our physical world is the last rung in the evolution of spiritual development.

Week Eight: Surrounding and Inner Light + Guest Teacher (December 12 - 19)

The metaphor of light is found in all spiritual teachings and practice. Kabbalah teaches that there are infinite variations of light all emanating form a focal point, the light of infinity (Or Ain Sof). These levels are generally divided into 2 types of light, the inner and surrounding light, representing the 2 often polar dynamics of existence.

Semester 2

Kabbalah 2.0

8 Weeks

January 9, 2022 - March 6, 2022

Kabbalah 2.0 takes your learning to the next level. In this semester, we explore some of the deepest concepts taught in Kabbalah. While not diluting from the depth of content, the focus is to apply these profound concepts in our daily lives.

Week One: The 10 Hidden Sephirot (January 9 - 15)

One of the most fundamental subjects of Kabbalah are the Sephirot- Divine emanations used to create and relate to the world. There are the 10 hidden Sephirot which are the primordial source of the revealed Sephirot.

Week Two: The Merkava (January 16 - 22)

One of the deepest concepts found in Kabbalah. The Merkava was described in the prophesy of Ezekiel as a vision of the chariot of G-d. In this class, we will explore the Merkava and its great importance to understanding the celestial realms.

Week Three: Partzufim - Divine Facets (January 23 - 29)

Translated as faces, Partzufim are divine facets which channel energy into our world. Kabbalah speaks about 5 Partzufim which each carry a specific modality of divine light and orderly holy function into existence.

Week Four: The Klipot - The Husks + Guest Teacher (January 30 - February 5)

Known as "the other side", the Klipot are the impure and potentially evil components of creation. In this class we will learn about how and why the Klippot exist. We will go into the 4 types of Klippot and how they can potentially manifest into a realm of opaque hiddenness of the light of the creator.

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Week Five: The Tzimzum - Condensation (February 6 - 12)

In the process of creation, G-d condensed his infinite light so the creation will feel a limited form of light commensurate to its purpose of existence. There are various forms of Tzimzum spoke about in Kabbalah and in this class.

Week Six: The Kav - The Cosmic Lifeline (February 13 - 19)

As the infinite light of creator becomes limited by the Tzimzum, Kabbalah teaches about the Kav- the ray. This strand of infinite light penetrates the vale of progressive hiddenness within the hierarchy of the worlds.

Week Seven: The Hebrew Aleph Beit - The Coding of Creation (February 20 - 26)

The Zohar says that the world was created via the Hebrew Alpha Bet. Each letter manifests a special shake, sounds and spiritual frequency. Kabbalah teaches that the Hebrew letters are combinations of potent life-force.

Week Eight: The Vowels + Guest Teacher (February 27 - March 6)

Just as the letters of the Hebrew Alpha Bet hold special spiritual frequency, so do the vowels. Each vowel corresponds to another Sefirah- Spiritual emanation of G-d. In the practice of Kabbalistic the mediation and enunciation of the vowel unlock Divine energy.

Semester 3

“Living With Our Eyes Open”- The Keys To Redemptive Living

4 Weeks - March 6, 2022 - April 3, 2022

Life's challenges can be trying as well as a potential catalyst of spiritual growth. In this course, we will learn the fundamentals of redemptive living. How to stay centered in our higher selves and living life with as wholehearted individuals.

Week One: Why The Trauma? (March 6 - 12)

If you are a human, you have trauma. We cannot escape the pain of our human condition. In this class we will explore the types and root of trauma and understand what is the purpose of our “exiled states of mind”.

Week Two: “From Constriction I Call Out to You”- Facing our shadow self (March 13 - 19)

While uncomfortable to do, we must face our shadow. By evading our traumas we evade our own true selves. This class will be dedicated to learning about our shadow and facing our most uncomfortable states of being.

Week Three: How Do We Live with Our Eyes Open? (March 20 - 26)

To be a sensitive soul in this world is very difficult. Our empathic being wants to shy away from facing the often coarse world. With a combination of courageous affirmations and newfound soul inspiration we hope to reclaim our power.

Week Four: The Dream - Redemption For The World + Guest Teacher (March 27 - April 3)

While world peace seems like an idealistic dream of a fantasy. Kabbalah speaks about the utopian world of Moshiach, a world of love, abundance and infinite connection to our source which will give us downloadable wisdom which would take lifetimes to attain. In this class we will learn how we can prepare for this beautiful world.

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Semester 4

Kavanah Academy - The World of Meditation

8 weeks

March 20, 2022 - May 14, 2022

Meditation is the practice of becoming aware of our mind, body connection. In Kabbalah, meditation is a tool for deepening our awareness and connection to the divine reality which exists within the universe and within us.

Week One: What Is Meditation? (March 20 - 26)

In this class we will learn the basics of what meditation is and its great benefits are to the mind, body and soul.

Week Two: Schools of Kabbalistic Meditation (March 27 - April 2)

An in-depth overview of the various types of Kabbalistic schools of meditation.

Week Three: Abulafia Meditation (April 3 - 9)

Rabbi Abraham Abulafia called himself "the Prophet". He was a major proponent of Kabbalah meditation for all as a means to achieve enlightenment. In this fascinating class, we will get into actual Abulafia meditation.

Week Four: The Ari - Divine Unifications/Yichudim + Guest Teacher (April 10 - 16)

The Ari was the greatest Kabbalist of the last Millenia. Although the concept of Yichudim was used by earlier Kabbalists, the Ari systematized the use for all aspects of one's life.

Week Five: The Rashash - Prayer As Meditation (April 17 - 23)

The Rashash was a major Kabbalist who revolutionised prayer as a form of meditation. In this class, we will explore some of his intricate system of prayer as meditation.

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Week Six: Devekut - Clinging To The Divine (April 24 - 30)

Translated as “clinging” to the Divine, Devekut is a system which was used by earlier Kabbalists and revolutionized by the Ba’al Shem Tov. This form of meditation is a unique way of merging ourselves with the Divine within us which is always plugged into its source of power.

Week Seven: Hitbonenut (May 1 - 7)

Translated as reflection, Hitbonenut is the meditative practice of deeply reflecting upon a concept and allowing the thought to reverberate within the subconscious.

Week Eight: Hitbodedut (May 8 - 14)

Translated as “solitude”, Hitbodedut is a free style form of speaking to G-d in our own language. The practice of solitude builds a deeper connection to our inner world and broadens the relationship we have with G-d.

Semester 5

The Heavenly Realm of Angeles

4 weeks

August 21, 2022 - September 17, 2022

One of the most intriguing topics in Kabbalah is that of the angels. In this semester we explore what angels are and what is their function, can we connect to them and how.

Week One: The Heavenly Realm (August 21 - 27)

In this class we will explore the heavenly realm of the upper worlds of angels. What is the heavenly realm and what are the roles of angels and how do they differ from humans.

Week Two: The Archangels (August 28 - September 3)

Known as the highest angels, the archangels control schools of angels. Who are the archangels and what are their specific roles?

Week Three: Schools of Angels (September 4 - 10)

In this class we will delve into various schools of angels. We will read excerpts from various Kabbalistic sources about these angelic legions.

Week Four: Guardian Angels (September 11 - 17)

One of the most fascinating subjects in the study of angels is guardian angels. We all have angels who assist and protect us. In this class, we will explore what are guardian angels and how do we connect to them more.