

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 level 2 chapters 1, 2 & 13

Class 2: 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 ("tikun")?

What is the difference between concealed ego vs. revealed ego?

Homework: LKS level 2 chapters 9, 10 & 15

Class 3: 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 level 2 chapters 5, 12 & 17

Class 4: The 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 level 2 chapters 3, 6 & 8



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Class Descriptions: Class 5: Developing True Desire
(continued...)
Introduction to the Ten Luminous Emanations (10 Sefirot)
What is the essence of desire?
How do we begin to build true desire?
Homework: LKS level 2 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 level 2 chapters 20 & 21

Class 7: Overcoming Limitations – Ana B’Koach
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 level 2 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 level 2 chapters 7, 22, 23 & 24

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



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