The Wisdom of Kabbalah
Discover the ancient scriptures of Kabbalah and what it means for modern spiritual living

Getting Started
The first step is a ten-hour weekly foundation course that gently introduces the concepts and allows students to explore how this wisdom relates directly to everyday life. All new students are asked to do is to leave preconceptions and prejudices at the door and be willing to let self-limiting beliefs, attitudes and behaviours fall away.

In exchange, a new student is introduced to a system that allows them to discover how every challenge has a concealed blessing. Perceiving what the universe is there to teach them and starting to dig deep into conscious and unconscious layers of awareness enables the new student to recognise their unique potential.

Long standing students of the Kabbalah Centre attest to feeling more balanced, present and compassionate, seeing the bigger picture and holding a greater peace of mind.

Quite often their family, friends and colleagues notice the positive changes, prompting them in turn to attend the weekly free introductory lectures and events. "The students’ lives are brought back to a natural balance through the spiritual growth and personal development gained in classes through three steps.

First the teacher begins with the introduction of a key spiritual concept. Groups of two or three then engage in practical exercises during the class that allow students to experience the feeling of pausing, breathing and acting, based on the understanding that the opportunity for change and growth is accessible in every situation.

The last step is in the form of real-life application. The individual is asked to try out these newly formed, positive habits in their own life and share their successes and near-successes in the following class.

Slowly, the individual starts to develop habits and behaviours to remain strong, balanced and excited by life, because of the daily practices and not in spite of it.

If the seemingly esoteric concepts associated with Kabbalah were all that was taught at the Centre, prospective students would still be thoroughly engaged.

However, the title of the foundation course, ‘The Power of Kabbalah’, provides a clue to the real intention of the instruction: to manifest and use this ancient wisdom to cultivate well-being, to see personal changes and to understand life’s challenges and to place it in it in a completely different way.

Kabbalah Wisdom
Four components of the wisdom are explored in depth during the foundation course and the following is a brief explanation of those components including The Tree Of Life, Cause And Effect, the role of Ego and the concept of Tikun.

Tree Of Life: The ancient sages of Kabbalah taught a system of ten dimensions – called the ‘ten sefirot’, or ‘tree of life’. This ladder of transformation can be used to elevate to higher levels of consciousness. The Kabbalists always started with this teaching, as it explains the cause of creation – the Big Bang. Understanding this original thought and intention of creation because, and still becomes, the blueprint for all life as we navigate all the challenges and choices we’re faced with daily.

Cause And Effect: To make the ten sefirot more practical, Kabbalah teaches that there is a cause and effect to everything in life and a more fulfilled life involves ‘no more coincidences’.

Once again, the foundation course becomes a veritable ‘gym for the soul’. Students are given support and encouragement to start taking responsibility for their actions by experimenting with the effect of making more mindful choices. In much the same way that a fitness programme can bring about better results than random exertions, the course introduces ‘The Proactive Formula’.

This is a four-step process consciously employed when challenging situations or obstacle presents itself. Most people’s daily lives provide a rich supply of opportunities in which to use the Proactive Formula, so it can quickly become a conscious habit with the immediate benefit of lowering stress levels, diffusing explosive challenges and transforming relationships with others. And as challenging, it is most profound impact can be found in the ability to observe the absolute order beneath chaos, the wisdom to recognize blessing within adversity. And the understanding that every situation has a positive cause and effect process, and self-leadership begins to develop.

Ego dominates, causing and attracting a negative cause and effect process. For many individuals, the increasing direction from their Soul and the diminishing influence from their Ego is a very powerful experience. This awakens a positive cause and effect process, and self- inspired behaviour starts to develop.

Once you’re more practiced with managing the energy of your Soul and Ego you may start to notice that what seemed like insurmountable problems with work, relationships and health then start to improve. The idea here is to prove to yourself how ‘mother nature’ – your life circumstances – will bend and accommodate nature – how you act and treat others. This can be marvellous to observe.

Tikun: The translation of the Hebrew word ‘Tikun’ is ‘correction’ or ‘fixing’. The understanding and identification of each Soul’s ‘Tikun’ is another powerful concept that is introduced in the foundation course. ‘This idea suggests that each of us is born to correct something both internally and in the world’.

The Lozanne Kabbalah Centre has been asked to teach the foundation course to business leaders, government employees, in the prison system and to school children. At one school’s Open House, which was held in a Kabbalah Centre, however, recommends taking those thoughts and ideas into classes.

And the young student set up a table with a mirror, a pen and some stickers. Her teacher asked what she was doing. The young student explained: ‘The teacher taught us today how to write what you see that’s wrong in the world’. As the teacher said ‘barked’, so the student wrote on a sticker, ‘hatred’, and stuck it on the teacher’s face. The teacher then picked up the mirror and slowly started to peel the stickers off the teacher’s face and said, ‘Do you see what you did hatred from within you, you remove hatred from the world. And when you peel greed from within you, you remove greed from the world’.

When students in the Kabbalah foundation course start to use the tools and wisdom, they see a change for the better in their own thoughts and actions and often experience a desire to use their newly acquired level of fulfillment to positively impact the world around them.

After such interactive experiences throughout the ten weeks, most are interested in delving further. When the foundation course has been completed, those students who are excited by reconnecting to their soul and seeing the world in a new light, typically continue with their study of Kabbalah in more advanced classes.

The students make the study of Kabbalah an integral part of their lives, some dip in and out taking courses they find interesting and relevant. Some former students stay in touch with the people they met in the classes.

The one thing they all have in common is that they are no longer in the dark about the meaning of life.