

THE WISDOM OF KABBALAH

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

How can I be certain that I am realising my full potential? How do I know if I'm doing all I'm meant to do in this lifetime? If these thoughts ever cross your mind and you were offered new knowledge and tools to make more of your year, month, day and hour, would you be interested?

If so, there is a place just off Central London's Oxford Street where you might like to head: a genuine spiritual oasis that houses a university of classes and learning, a spiritual community that connects hundreds of volunteers with the local community, and a quaint bookstore to inspire, excite and empower. Almost one thousand individuals flock every week to study, learn and practise this ancient form of spiritual wellness called Kabbalah.

What is Kabbalah?

Kabbalah itself dates back four millennia to the book of Abraham in which the meaning and secrets of life were encoded. Thousands of years and a lineage of Kabbalah masters later, the Kabbalah Centre in London, founded in 1922, translates this rich and wonderful wisdom direct from its ancient scriptures, into practical tips and exercises that deliver real fulfilment and success to all those who study.

The study of Kabbalah has interestingly been embraced by an array of renowned students including Aristotle, Michelangelo, Columbus, Newton, Freud, Einstein, Plato and Pythagoras, to name but a few.

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 the new student is asked to do is to leave preconceptions and prejudices at the door and be willing to let go of self-limiting beliefs, attitudes and behaviours.

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 at 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 obtained 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 rat race 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 wellness, to see personal changes and to understand the Universe and our place 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 the Ego and the concept of Tikune.

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 became, 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'.

Over its ten weeks, the foundation course becomes a veritable 'gym for the soul'. Students are given support and encouragement to start taking responsibility for their actions and to experiment with the effect of making more mindful choices. In much the same way that a fitness programme can bring about better results than random exertion, the course introduces 'The Proactive Formula'.

This is a four-step process consciously employed whenever a challenging situation 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 with practice, its most profound impact can be found in the ability to observe the absolute order beneath chaos, the wisdom to recognise blessing within adversity, the self-honesty to detect the cause behind calamity. It encompasses awareness of the divinity, design and purpose of life's joys and all its obstacles.

Rather than question the justice in the Universe and fear for our own future,

students begin to remove the chaos from their lives and begin to ascend to greater heights of spirituality. The moments of pain lessen and the experiences of perfection that lay dormant around us increase.

The Ego: The next important lesson is a Kabbalistic use of the term 'Ego' and how the many, intricate layers of Ego that lie within each of us have an effect on our lives and well being. Each student has the chance to start recognising how their own Ego operates. Practical exercises start to highlight how we let ourselves down and when we sabotage ourselves. Through the understanding of how each word, thought and action plants a positive or negative seed, you become attuned to when your Ego dominates, causing and attracting a negative cause and effect process.

For many individuals, the increasing direction from their Soul and the diminishing noise from their Ego is a very powerful experience. This awakens a positive cause and effect process, and self-limiting behaviour starts to diminish.

Once you're more practised 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 circumstance – will bend around 'human nature' – how you act and treat others. This can be miraculous to observe.

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

The London 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 gives children the opportunity to share their newly acquired spiritual life skills with other children, an eight-year old student actually shared her understanding with her Teacher.

The young student set up a table with a mirror, a pen and some stickers. Her teacher asked what she was doing. The student in turn asked the teacher: 'Tell me what you see that's wrong in the world'. As the teacher said 'hatred', so the student wrote on a sticker, 'hatred', and stuck it on the teacher's face. As the teacher said 'greed', the student wrote on a sticker,

'greed', and stuck it on the teacher's face. The student then picked up the mirror and slowly started to peel the stickers off the teacher's face and said, 'Do you see when you peel 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 fulfilment 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.

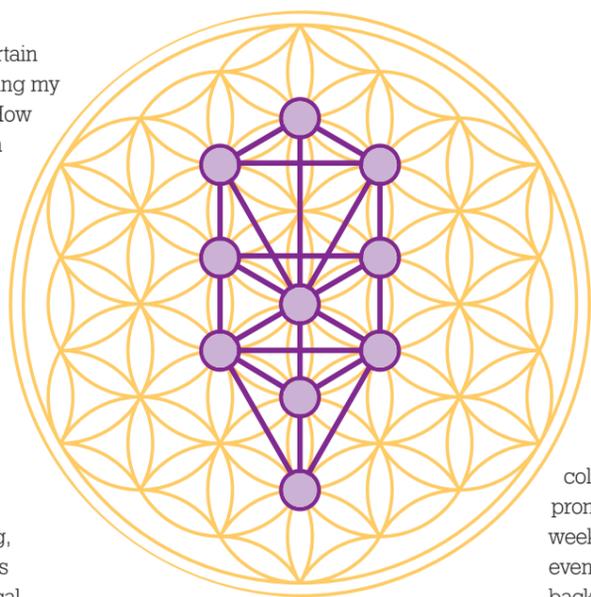
On the one hand, ten hours could be used to catch up on an entire season of your favourite television show, to hit the gym or to watch five films. The London Kabbalah Centre, however, recommends taking those same ten hours and using them to learn techniques that can help you to de-clutter your mind, replace anxiety with certainty and to become the best version of yourself. To expand your consciousness to a place where you can recognise the cause and effect of all things that have ever happened and will ever happen to you. To be able to experience the intimate connection between you, your soul, and the Universe around you.

Some students make the study of Kabbalah an integral part of their lives, some dip in and out taking courses they feel are relevant and some just 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. 🌟

Find out more

The Kabbalah Centre is a registered UK Charity and for a limited time, spaces on the foundation courses are free. It is open to all from 9am to 10pm most days and teachers, full-time volunteers and mentors in the form of long practising students are on hand to guide, encourage and challenge students.

www.kabbalahcentre.co.uk



Marcus Weston,
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