

# The Torah Obligation To Meditatively Bond With G-d Hiyuv Mitzvat HaDevekut

by HaRav Ariel bar Tzadok

Copyright © 2009 by Ariel Bar Tzadok. All rights reserved.

**"Devekut (bonding) with G-d is one of the 613 commandments.**

**One must be bonded with G-d continually...**

**There is no greater attribute than this, for all things are included in it.**

**The difficulty in achieving it (devekut) is in direct proportion to its level of importance...**

**One who readies himself below, is made ready by above,  
until such a time when one will receive a spirit from above that will purify and sanctify him.**

**One is obligated, in accordance to ones ability,  
to make all efforts to properly observe this commandment, at all times."**

Peleh Yo'etz, Dalet

**The words of the Ba'al Shem Tov:**

**"I asked the Mashiah, when will He will come?**

**He answered me, by this shall you know.**

**At the time when ... the masses are able to recite yihudim  
(meditative unifications) and ascend above, as you do,  
then shall the klipot (the powers of evil) be nullified.**

**Then shall it be a good time for salvation."**

Sefer Baal Shem Tov (Igeret HaKodesh, Gimel)

*My KosherTorah selections of Meditative Instructions are complete with the conclusion of the Basic Meditation series. Now I have a full selection of material that can meet the needs of almost everyone at almost any level of spiritual/psychological development.*

*These selections are available in MP3 format and ready for automatic downloading on to your own computers and MP3 devices. I see that this is the quickest and cheapest way to make this material available world-wide. I am now writing to explain the importance of this material, for you personally and for the world at large.*

In my opinion, the greatest pursuit (mitzvah) anyone can be involved with these days is the active development of one's ability to tune in to spiritual awareness. (The mitzvah of Devekut).

The philosophical pursuits of many other schools in the Torah world have blinded their eyes from seeing what is real. They see the theory but they do not see and thus cannot perform the practice. This is why we are experiencing such a spike in extremism of all types. Because they do not know the way, they try all so many avenues of expression, but none accomplish the desired goal of connection with Heaven. So many are trying to become so Heavenly-minded that they end up becoming no earthly good.

We must remember that Elohim (G-d) created the Heavens and the Earth. Elohim in Hebrew is equal in numerical value (and thus in significance) to the Hebrew word for "nature" (HaTeva). In

simple terms, G-d is found in what is natural and normal. We lose contact with this every time we allow ourselves to get distracted and lost with our continual "eating of the forbidden fruit from the Tree of Knowledge, Good and Evil." I feel that I must digress to discuss this point.

As we know, in the beginning, Eve and Adam ate of the forbidden fruit in the Garden of Eden. This story and everything attached to it has for millennium been viewed as being somewhat literal. Any such reading of this and similar Biblical stories is a terrible injustice. Fables and stories are appropriate for children (and those adults who never mature beyond thinking like children). Yet, for those who seek to discover truth and reality, like Rabbi Shimon Bar Yohai says in the Zohar, we have to "peel away the surface layers" in order to get to the truly "nutritional fruit" underneath the husk or shell.

We know from Kabbalah that, in the beginning, Adam and Eve existed in "bodies of light," not ones of flesh and blood. Therefore they had no physical mouths with which to eat and no physical stomachs with which to digest. The Garden of Eden also was no physical place. Rather, it was a domain situated in a dimensional reality completely different from our own. By our standards there was nothing physical to it at all. Any searches therefore for a terrestrial Garden of Eden are wasted endeavors pursuing myths, not reality.

The two "Trees" in the Garden were also not trees of the kind that we know. Therefore the fruit of the trees was not an apple, fig, date or grape. Any reference to these by our Sages is purely metaphorical with the intent of teaching moral (musar) lessons in similar fashion as did Aesop in ancient Greece. Midrash and Agadah are not history lessons, they are moral lessons. Historicity is therefore irrelevant. When one begins with the words, "once upon a time," one is trying to get across a point, not a factual rendition of historical events. Therefore when our Sages spoke about Eden and the like to the masses, they spoke within a context that the uneducated masses would understand. Our Sages spoke with child-like simplicity to those who had minds of child-like simplicity. Those who are more educated realize this and see through the fable-like language and peer through to the real essence of the story.

The Torah story relates to us how Adam and Eve were brought to Eden with the purpose of providing for it, to care for it. Eden itself is a reference to that dimensional plane that immediately oversees and provides sustenance to our own. Our physical universe is subject to this higher parallel dimensional plane in that this "other" is the source of all things here, both material and energetic. Even modern science now postulates that before the "Big Bang" which gave rise to our universe, the "place" of our universe existed as empty space. At some "point" this other parallel dimension "bumped" into our dimension and unleashed into it everything that would eventually become existence as we know it. The point of this bump was the Big Bang. What was unleashed into our then empty universe was energy, which later congealed into form and physical matter.

This other parallel universe has been known to the masters of Torah since the beginning. We have had visitations and encounters with the entities of that domain since the beginning. In our myths we call them angels. What they call themselves is a matter best left for another discussion.

The Garden in Eden existed as a vortex point of union between these two parallel dimensions. Adam and Eve emanated from that other dimensional plane and their job was to ensure a proper balance and alignment between the two dimensions. This is what the Torah means when it says that Adam's job was to "take care of the Garden."

So, as the story goes Adam comes into the Garden and the serpent is already there. The serpent is clearly somewhat humanoid, in that he stood erect, spoke and clearly had higher intelligence. There is so much that we can extrapolate from this in light of modern "urban myth," but that would distract us from our topic.

In this Garden, this vortex point of meeting between two parallel dimensional worlds, there are two metaphorical Trees. One is called the Tree of Life, the other should be called the Tree of Death, but it is not; rather it is called the Tree of Knowledge, Good and Evil. If one were to eat of its fruit unprepared it would indeed bring death, but the Tree itself is not a Tree of Death. This is because its fruits in and of themselves are not poisonous. Eating the fruit of the Tree of Knowledge only becomes a poison if one does not first eat of the fruit of the Tree of Life. Adam and Eve were commanded not to eat of the Tree of Knowledge, but they were never forbidden to have eaten from the Tree of Life.

If Adam and Eve were to have eaten from the Tree of Life first, then they would have "lived forever." In other words, they would have properly anchored themselves to the source of life that the higher dimensional plane brings into this one. With such an anchoring they could have eaten of the Tree of Knowledge and it would have only been good. However, they were by confused the Serpent (nahash in Hebrew, same numerical value as the word Mashiah), and deceived into rearranging the proper order. Therefore, instead of eating first from the Tree of Life, they instead ate first from the Tree of Knowledge, the rest of the story, we all know.

Now, let me explain what really happened and what the story really means.

Being that Adam was not yet a being of physical form and stature, his body of light comprised of what today we would call energy. This energy body was not fed by physical food, but rather by energy in its higher purer form. Energy in this regard is not received through wires, charges or anything like what we recognize in our physical world of matter; rather energy is passed on through that which can call, for lack of a better way to describe it, knowledge or information. Knowledge (Da'at) is essentially the "food" of this other dimensional plane. Thus later in the Biblical text, the act of intimacy between Adam and Eve that leads to pregnancy is called an act of "knowing," as in "and Adam knew his wife Eve." This was a passage of energy which contained in it the knowledge (Da'at) of life. In physical form this is DNA, in the higher dimensional plane, this is the energy underlying DNA that defines for it its existence and parameters.

The Tree of Life was the original source of this energy. It emanated from the higher dimensional plane which is the source of this one. The Tree of Knowledge is the receptacle for this energy. It emanated from this dimensional plane. It is the receptacle for the energy for the higher dimensional plane. Therefore, if one embraces first the source, then one can properly embrace the receptacle. However, if one first embraces the receptacle before it is filled, one is left with an empty shell. The receptive nature of the lower dimensional plane makes its attraction towards the higher plane magnetic. It attracts towards itself anything that gets near to it. Anything getting too close to it gets sucked down into it, like down a black hole. Unless something coming into it is tethered to something outside of it, that something has no way to escape the magnetic attraction and to get back out. Maybe this is the source of gravity?

This is exactly what happened in the Garden of Eden. This place was a vortex point of meeting between two dimensional planes; the source/energy universe and our universe of form. These two universes are bonded together with a magnetic attraction; similar to the positive and negative forces we recognize in physical magnetic forces. This is why Torah metaphor always refers to these dimensional planes and being "male" and "female." The "male" is called Heaven and the "female" is called earth.

Eve and then Adam were sucked into this physical plane unprepared to deal with it. They were not tethered to the higher dimensional plane, through the metaphor of eating the fruit from the Tree of Life. And once their descent down the black hole into our physical universe began it was too late for them to grab on to the Tree of Life; for if they had done so, they would have in essence dragged it down the black hole with them. This would have resulted in the higher dimensional plane pouring its over-abundant energy into this physical plane. The parameters of this physical

plane could not contain that amount of energy and thus receiving it would have caused its collapse.

Essentially if Adam and Eve ate of the Tree of Life after eating of the Tree of Knowledge Good and Evil, they would have destroyed the entire lower universe. Mind you, in the Kabbalah it is revealed that such an occurrence had indeed already happened. This is referred to as the "shattering of the vessels" and the "fall of the primordial kings." What was needed now was a repair, not a repetition of previous destruction.

Adam and Eve were thus sucked down the black hole and into our physical universe. However they were naked and needed to be clothed. This is when Elohim, G-d, author of natural law gave them garments, which were their flesh and blood bodies. Yet, now they were stuck. How could they ever repair this? How could they ever get back to where they were supposed to be and complete the mission for which we were brought into being in the first place?

Well, Heaven did not abandon us. Although we were untethered and could not rescue ourselves, Heaven had its ways to lower to us a life preserver. This is Torah. The Torah is actually the fruit of the Tree of Life that has the ability to channel down into this universe of ours the power of the higher domain. As such it opens a doorway, more like a ladder through which movement, communications and the passage of knowledge can occur. This is the ladder that Ya'akov saw in his dream. And this is the meaning of the pasuk that says about Torah that, "it is a Tree of Life to those who grasp it." Because it is like a tether, one has to grab it and hold on tight; only then can one use it to climb up and out.

With all this being said, I can now explain the nature of these two Trees (and their "fruits") and how they materialize as forms of information and knowledge (Da'at) here on Earth.

The higher dimensional plane (Heaven) exists as a force of energy. Information is imbued directly into the essence of whatever is there. Knowledge there is thus never external but rather it is always internal and an integral part of the whole. Here in the physical universe; we exist under a completely different set of natural law. Knowledge is external to us, blocked from us by our physical forms and our physical limitations. If we wish to acquire knowledge in this universe we must go out and acquire it. This is the process of education. We can learn from all things, from life, from nature as well as from schools and books. However the nature of acquired knowledge in the physical world will reflect either the integral wisdom of the higher dimensional plane of Heaven or the externally acquired knowledge of the lower dimensional plane of earth. These two types of learning are the metaphorical "fruits" of the two Trees, one of Life and the other of Knowledge, Good and Evil.

Knowledge of the Tree of Knowledge, Good and Evil is therefore information about this physical universe and the laws that dominate it. Knowledge of the Tree of Life is information about the higher dimension, the source of everything here and our true home, for both our souls and our true bodies of light.

Now, here comes the problem, as long as we are here in this physical universe its magnetic attraction keeps our minds focused on the realities of this dimension. The nature of this universe and the physical forms that dominate here keep our physical brains focused on physical realities through the senses experienced by the brain.

However, as we know there is much more to the human mind than just the conscious awareness perceived by the brain. For although we were sucked down the black hole out of Eden and into this physical universe, there is still a part of us that remains up there in our source domain. We call this part of ourselves, our higher selves. We experience this within our lower selves as the unconscious part of our human minds.

Our minds are split between a conscious and an unconscious because it exists simultaneously in two different dimensional planes. The problem is that awareness is cut off from one another. Our conscious minds are essentially trapped here in this physical domain, and we grow to believe that this reality is the only reality. We thus live here, suffer here and die here all subject to influences and forces beyond our conscious control. This is the result of the eating of the forbidden fruit of the Tree of Knowledge. We are all still suffering from this poison all the while that we entertain physical reality and perceive it to be dominant, actual and primary. However, as we know, there is a cure to this ailment.

The way out is the same way we got it, only we must do it in reverse. As we embraced this physical reality and placed it primary in our consciousness, the way out is to detach from it by learning to experience the higher reality and to allow it to replace the physical reality in which we are now entrapped. We have to relearn how to eat the "fruit" of the Tree of Life and this is Torah.

However, the Torah itself, like Adam before it, has fallen into the husk and shell of this world. This was the result of the sin of the Golden Calf. Originally Torah was given to Moshe Rabbeynu clear and pure from the higher domain. Moshe would have then been Mashiah and Torah would have been the pure fruit of the Tree of Life, enabling us to transcend the limitation of this physical dimension. However, as in Eden, the plan was thwarted. When Moshe Rabbeynu brought down the second tablets, they were not the same as were the first. Like Adam, Torah too was now trapped in a physical form.

Just as Adam (man, i.e. humanity) must learn to readjust the way we think, so too we must learn how to readjust the way we come to "study" Torah. As long as Torah learning is something done externally from the outside, from books and Rabbis, this is the knowledge of the Tree of Knowledge. Yet, once we learn to experience knowledge from within, channeled down the tether or the ladder from the Higher Self within the unconscious to the conscious mind, this is the fruit of the Tree of Life.

Therefore, the learning of Torah is not what counts, but rather how Torah is learned that counts most. What we call Tikkun (repair, rectification) depends upon our realignment with our higher source and the awakening of our higher faculties of knowing. This requires of us a comprehensive shift in the way we think and in the way we must come to view the world.

Real Torah study is built upon first training the mind to integrate the conscious with the unconscious and to thus reconnect with our higher source. Only in this way can Torah be studied properly. Mind you, these sentiments are not unique to me. They were expressed close to two hundred years ago by the great Sage Rabbi Eliyahu, the Gaon of Vilna, who stated, "as long as one does not understand the secret, even the simple will not be clear" (Even Shelaymah 8:21).

Torah is by no means just a book of words. It is not a document written by a human being from this or any other dimensional plane. Torah exists independently of our universe and only exists in this universe in a form that provides for it relative immortality. This is why it materializes as a book, one written with very specific rules in a very specific way. When the rules are followed the book can be infinitely reproduced without any loss to its original form, content and character. A book therefore provides the most stable and immortal form and structure for a thing in this most unstable and mortal dimensional plane of decaying matter.

Now that I have described why Torah takes its present form, let us discuss its true and original form. There is an ancient teaching taught by the founder of the Hasidic movement Rabbi Yisrael, the Ba'al Shem Tov, that in the beginning, even prior to the creation of our multiverse, Torah existed as a conglomeration of independent, vibrant living letters. And only as creation proceeded and events occurred here on Earth did specific groups of letters combined to form words and thus give us the narrative that we have today.

This lovely tale describes to us a very profound reality, yet in order to understand it, we must extract the true essence of this teaching from its religious and mythical story-book style rendering.

As the Torah states in the beginning G-d created the Heavens and the Earth. The verse states that G-d spoke and said, "Let there be" and what He said, there was. We all understand the fairytale element of this; now let us take it understand it properly.

In the beginning refers to a period outside of our present concepts of space and time. In this period or place all that existed was pure energy of a kind that we cannot describe simply because this type of energy is something beyond the boundaries of our dimensional planes to embrace, therefore we have no exposure to it and thus no experience with it. Within this original primordial energy, which the ancients called the "Hiyuli" (prima-matter), there existed some form of knowledge (Da'at) and information that directed it to act in accordance to a pre-ordained plan.

Now, obviously inert material with no force acting upon it cannot just simply get up and do something by itself. Therefore, obviously this "prima-matter" was somehow programmed to define for it what it was (a sense of identity) and what it is supposed to do (a sense of purpose). These ingrained elements are the only factors that can transform something inert and immovable and make it move, inter-react and thus bring about change.

Thus the initial force/form that is the foundation of all space/time had to be by definition intelligent. It is this intelligence that defines life. Therefore, the entire fabric of primordial space/time was alive; it was conscious of itself and had purpose. In its original/primordial stage it had no form or structure as we understand the concepts. However it had the ability within it to reflect upon itself and thus following some ingrained pattern or knowledge materialize a process that enabled the elements within it to interact, combined and bring forth forms of manifest reality.

While science might call this force or these forces the laws of nature and proclaim that they just simply acted on their own without method, plan or direction, such an understanding is itself void of any understanding, intelligence or reason. To think that something as complex as the multiverse just all of a sudden put itself together for absolutely no reason and without any plan, slaps science and natural law square in the face. The great natural law of Entropy clearly shows that complex systems have a nature to always break down into something simpler. How then could the original simple singularity of existence all of a sudden contradict the natural law that it itself sets in place and materialize complexity out of simplicity. Reality glaringly proves that existence itself is alive, intelligence and very much purposeful.

Within every sub-atomic particle there is information that gives it its identity and defines for it its purpose and function. This indwelling Knowledge (Da'at) in what we call the "Divine Presence." In Hebrew this is called the Shekhina. This exists in everything and everywhere. However, its inner core of power remains concealed very much like the energy inside the nucleus of an atom. As we know with atoms, only once the atom is opened can its inner force be released. When this occurs we call it today an atomic explosion. All the devastating destruction that comes from one atomic bomb all comes from within the nucleus of one single atom.

Extrapolate and imagine now how much energy there must be in the nearly infinite number of atoms in this one universe alone. Each one has the power of an atomic bomb in it. All together they contain a force indescribable and unfathomable. This force is the Divine Power concentrate put into our universe that keeps it alive and on course, all in accordance to the Higher Design.

Unleashing aspects of this power, as we know from modern science can be very destructive. Yet, if there is a safe, more natural way to connect with and healthily use this concealed energy we could benefit immensely. There is indeed a way, maybe not yet understood by modern science because of their secular/atheistic prejudice; however this way of contact has been understood for centuries

by Sages in Israel and in the world at large. The way to connect to the inner energy concealed within everything in the universe is simply to speak to it, energy to energy.

Does this sound confusing? It shouldn't. Human consciousness is essentially energy. The energy inherent within everything is also energy. They are two not-so-different forms of the same thing. All we need to learn is the language of the connection. This is a special "energy language" of a sort. One who can learn to "speak it" can thus communicate with everything that is energy based; this includes literally everything in the known universes. The energy language of which I speak is what we have come to know as Torah.

Torah is truly the "Rosetta stone" that speaks our human mortal language and then teaches us the "energy language" of the universe. With this level of Torah embrace, one can, like Adam in the higher vortex of Eden, "see from one end of the universe to another." This means that through connection with the inherent energy within everything one's individual consciousness can expand to be able to recognize anything, anywhere and to focus on it in the same way one would today place focus on one's right hand, and then change focus to one's left.

Now, learning Torah has multiple levels. One can study its surface and thus maintain one's relationship to this material dimensional plane of our present exile. For thousands of years, Rabbis have engaged in exactly this course and wonder why no redemption has come. One cannot have redemption without rectifying the original problem. One cannot address the original problem of the descent into this space/time continuum all the while that one is so strongly attached to it.

The original purpose of Torah was to enable us to detach. While this ability is certainly still within our grasps, it is not the message that is taught. The surface of Torah teaches us how to live at the surface of consciousness, that which attaches us to this present state of exile. The body of Torah, that lies underneath its surface teaches us how to live within the body of consciousness (that is presently unconscious) and to thus transcend this singular dimensional plane which entraps our minds at present and enables us greater freedom of mental/psychic movement.

Originally when the inter-dimensional vortex was opened at Sinai, a wormhole bridge was opened connecting multiple dimensions. From the great Source Torah congealed and took a form through which it could be transmitted to us entrapped here. It was our ladder of ascent and path to return home. The original Torah was much more technologically advanced than we can presently imagine.

Our Sages say that the original "tablets" looked like sapphire stone and that the letters actually hovered over the tablets when at the same time they penetrated them through and through. The great Talmudic commentator Rashi comments on a section of Gemara that discusses in what type of script was the original Torah written and he comments that the letters used were those similar to those that we find today used in amulets. Amulet script is also called the Alphabet of the Angels and is known to be of extraterrestrial origins.

Torah is clear that it is neither of this Earth nor of this dimensional plane. It is also clear that it was transmitted to us in a form also foreign from us and definitively extraterrestrial. Kabbalistic tradition teaches us that the first tablets that Moses received were most unlike the second ones. The first contained no barriers, veils or disguises. The original Torah would have been absorbed into the minds of those who simply made contact with it. This Torah would have been absorbed into the individuals mind and soul like the manna was later absorbed into their flesh.

The Sinai experience enabled those present to experience firsthand the original interdimensional reality from which we all emanated. Unfortunately, this experience was too overwhelming for most there and they could not handle the startling revelation that everything that they knew and had ever known was actually a lie and a deception. Dealing with a reality that defied description or form was too much for the masses to handle. So instead they chose a concrete form through which to interpret and understand their experiences with the beyond. This was the sin of the Golden

Calf. This mistake of their intellects was equally serious and destructive in nature as was the eating of the forbidden fruit of the Tree of Knowledge, Good and Evil. Indeed, it was an actual repeat of the same mistake to choose corporeality over essence. This caused the recently received Torah to in essence grow a body of flesh and blood as did Adam after his fall. Only one who detaches himself from the body of flesh and blood can penetrate beneath Torah's surface and free its essence from its imposed shell and exile.

Throughout Kabbalistic literature it is taught that there is "shishim rabboh persuhim" (six hundred thousand ways) to understanding Torah. Specifically, there are shishim rabboh persuhim for each level of Torah understanding referred to as the PaRDeS (pshat=simple meanings; remez=implied meanings, drash=moralistic meanings; sod=secret/physic meanings). The number "shishim rabboh" is no literal number but rather a descriptive metaphor describing the "number of source souls" in Israel. Torah teaches that there were six hundred thousand (plus) male soldiers who with their families were redeemed from Egypt. This number then is used to metaphorically describe the collective nation.

This teaching signifies that to each and every soul of Israel there is a unique way of understanding and viewing it, from each of its four perspectives or levels. This explains why we have such a large volume of Torah literature. Everyone sees Torah their own way and everyone writes their own commentary expressing their own insights. Torah teaches states emphatically that as long as one's views are properly anchored in Torah, their teachings are considered to be acceptable opinions. Thus all of Torah literature is expressed as Deot, opinions, some more acceptable than others, some authoritative and some not, some that are not legitimate and some that are outright wrong. Only one who is connected to the source, which is the Living Torah, properly anchored and received from its higher dimensional source recognizes which is which and authoritatively declares such.

In light of the reality of the multiverse wherein which each individual universe is slightly different from one other, Torah, Halakha (Jewish Law) and Kabbalah will manifest slightly different from one universe to the next. This also is the meaning of their being "shishim rabboh persuhim;" each universe has its own unique expression of Torah. As life in the lower physical dimensional plane developed Torah materialized in each universe in accordance to the realities happening in that specific domain.

Therefore while in our universe, Adam ate of the forbidden fruit and later Israel sinned with the Golden Calf; there are universes where these things did not happen and as such their Torah materialized in a written form different from ours, all the while it is still the exact same Torah as ours. Torah's essence is eternal and thus never changes, however the garments which cloth its essence are as changing as the minds of those who embrace them.

The "skin" (pshat) of Torah consists of its words and their meanings (remez/drash). The deeper flesh (sod, level 1) of Torah also consists of sounds, but not those of words. Torah words have been formatted to contain numerous code combinations, the vibrations of which open doorways into the inner recesses of the human mind that enables consciousness to expand into the other dimensional realities. Knowing then these codes and using them properly is the true study of Torah known to the ancients (sod of sod).

Torah codes are usually found as sound combinations formed from initial letters of words, or final letters of words. Just which words and how many are used will depend upon the nature of the code and the function of its usage. These letter combinations need to be properly oscillated through the human voice. When mind is engaged and voice is activated and the proper sound combinations flow forth from the two combined, actual force of resonance can be created that serves as a vortex of sorts that enables access to the higher reality and more so, to channel a portion of that energy into our physical plane.

Sound in and of itself cannot perform this alone. It needs to be properly resonated. Proper resonance not only includes proper pitch and tone, but also includes the human psyche that is performing the calibration. Thus in order for Torah to be properly received and understood there must be an integral union and harmony between the unconscious element within the human mind and actual tune through which Torah is chanted. This is the secret of the Ta'amim (cantellations) by which the Torah is chanted when read in public. Torah is not to be merely read like a book, it is meant to be chanted like a song. When one essentially sings the Torah in the right way, the melody penetrates the boundaries of consciousness and connects to levels deeper within the unconscious mind enabling it access to the higher dimensional planes from which we originated.

In Biblical days, the prophets knew this power well. Whenever they sought to connect with the home dimension, they knew they had to divorce themselves from the delusional reality of this present dimensional plane. Thus through the process of rigid physical and mental disciplines, they trained themselves to be able to ascend from time to time. They would begin their process of mental isolation and then proceed to augment it with melodious tunes.

The mental focus and the emotional arousal of the music enabled them to divorce their consciousness from the delusions of the physical dimension and to mind travel through the appropriate vortexes back to the home dimension. Mind you, such an excursion is no easy task and access is guarded by the "flaming sword that guards the path," nonetheless those who were trained in the ancient ways knew the original power of Torah and were able to bond with it and thus through it ascend above. This is the secret of the verse that states, "and those who are bonded to HaShem your G-d are alive to this very day" (Deut. 4). They are bonded and it is the bond that keeps them alive.

This also explains what the Zohar teaches (Ekev 73a) that HaShem, Torah and Israel are all one. For HaShem the Creator congeals an aspect of His consciousness, His Da'at (knowledge) and this becomes Torah. This is the meaning of the teaching that states that, "before time HaShem gazed into the Torah and thus created the universe." This was the implanting of the Shekhina. Thus all of existence came forth out of Torah, which is none other than the Divine "blueprints" or source of the laws of nature.

However, before Torah materialized the "body" of existence, it first gave rise to its "soul." The soul of existence is what we call "Israel." Israel is the thought-form through which existence can be "worked." The original non-physical higher dimensional body of collective Israel are the souls of all "Adam-kind." These entities are themselves the greater reality of Adam and Eve; for although the Torah speaks of Adam and Eve as apparently being two unique individuals, they were, in actuality, an entire race of beings. They were multiple entities who yet shared a hive mind; many in function, yet one in purpose, at least until the entrapment below in the physical dimension.

For although Adam was sucked down the proverbial "rabbit's hole," still not all Adamic souls were so entrapped. Many chose not to follow in this path. Many left the collective body of Adam. These souls that stayed above were given a "new name." They became known as Metatron. We know him as the "angel of HaShem," he is also known as the "Teacher of the Torah." He is thus the conduit of connection between Adam above and Adam (us) below. This is why every human being has a "higher self," a Magid (spiritual guide) and Guardian Angel.

Coming into contact, with this higher part of our Selves is what Torah meditation is geared towards. When we practice the ancient and prophetic Torah techniques we connect with our inner Selves and as such with our own personal Angel, whose job it is to direct us how we are to draw closer to G-d by bettering ourselves. This process is itself the true meaning of Teshuva, repentance.

## Return = Ascent

My how the mighty have fallen!

To my great disappointment whenever I begin to discuss REAL issues of Teshuva with people I quickly see how eyes fog over and minds become numb. It seems that I am speaking a foreign language to most people. For the majority REAL teshuva is something they have not only never heard of, they have never even conceived of the concept.

For most teshuva is about long-winded drawn-out moralistic homilies about how to be a nice person, to be sweet, generous and all that "jazz." All the more so teshuva talk today absolutely always revolves around encouraging one to become more and more religious. The problem is that the definition of religion being emphasized is one of ethnicity and culture and has little if anything to do with real spirituality and drawing close to Heaven.

We have fallen so far away from the level of consciousness that we once possessed in the days when prophets walked amongst us that we no longer remember it or even recognize it. The physic intuitive mind that was once the norm of the Israelite soul has been totally uprooted and abandoned, remembered by very few and embraced by even fewer than this.

In the original days, when we had both Ark and Prophet, we had a living and vibrant connection to Torah and to Heaven. Oral Torah was well known and practiced; never learned from any book and never memorized by rote as from a standardized edition. Oral Torah was alive; in those days Torah was a Living Torah, not just a dead book.

Written Torah was around, not as much as today, but known to the many. Yet, what the people pursued was not the learning from any book or scroll, rather they wanted to see and experience for themselves. Spiritual pursuits and practices in the old days were so prevalent, that according to one source there were actually over a million Israelite souls (men and women) who were prophetically connected to Heaven.

Alas, even in these ancient times, like today, many lacked the discipline to perform properly. Many sought shortcuts and this was what led to the rampant idolatry that existed in those times. Prophets arose to direct the people. Some listened and some did not. Finally in the end, it was decided that enough is enough and the doors to Heaven would be closed disabling the ascenders to ascend above. When this happened the Ark was "turned off." It was removed and stored away until the prophesied time when there would arise the one who would know how to "turn it on" again.

The Ark will never simply be found. It is safeguarded outside of human hands and will never be entrusted to any human being not connected with and trained by "them." Who "they" are is irrelevant for now. "They" will make themselves known when the time comes. When "they" come, they will bring the Ark with them. Until then, it will not be accessible.

Granted there are those today who would love to build another Ark. Yet, such imitations will never work. The imitation will lack certain precise details from the original. It is these details that enable the original to work and will thus prevent any imitation from ever operating as the Ark is supposed to. Besides, the Ark is a communications device. Communications requires two parties communicating with one another. Those here below do not know how to speak the language of Above, and therefore will never be heard. Those Above have been given strict instructions only to answer those who speak "their" language. Today those who speak the "language from Above" are ever so few.

The "language from Above" is not spoken with words or with the similar forms of communications that we use today. Even common prayer is not the form received Above. This is why so many

prayers go unanswered and ignored. Simply stated, most today do not know how to pray. They believe that a mere recitation of words is all they need to do. Little do they know that their words are "heavy" and have no power to ascend. The words are spoken, come forth from their mouths and then drop to the floor. Words are supposed to ascend, but who today knows how to make one's words defy the force of gravity?

Words are actually expressions of sound waves, and these are subject to the laws of nature, including gravity. When one lives by natural law, one is completely subject to their rules and dominion. Only when one learns to live beyond the perceived natural, and embrace what is perceived to be supernatural, will one eventually experience that the supernatural is not supernatural at all but rather only a natural force of which we are presently unaware.

The ancients knew this well. They sought to release themselves from their shackles of enslavement that imprisoned their minds to this physical reality. They sacrificed the illusions in order to embrace the true reality. Today, the opposite is true. Most today have sacrificed the reality of a greater world in order to cling tight to the illusions of our self-made delusions. Therefore, we stay imprisoned. We are prisoners within our own minds, with none from the outside able to free us.

The only way out is through within. The only way to return is to turn inwards and escape through the passageways in the mind. Only these can lead us to expanded consciousness. Only in such consciousness is there ever any real freedom.

Without movement, nothing ever changes. Without change something sleeps deep inside us and seldom awakens. The sleeper must awaken.

Those who are asleep cannot return. There can never be Teshuva for the sleeping mind. One only dreams about doing Teshuva but in reality never ever accomplishes it. One cannot perform a mitzvah in one's sleep and expect to receive the benefit from it in reality. The sleeper must awaken.

All that one does in sleep remains but a dream. Only when the mind awakens can it perform actual functions. As long as one allows oneself to remain asleep, attached to the illusion of this world, believing its reality to be paramount and primary, one will never be able to perform an actual return (Teshuva) to Heaven.

In ancient China, a wise man once said that he dreamed that he was a butterfly, and when he awoke he pondered how real his dream felt and wondered if indeed he was a man who had dreamed that he was butterfly or was he really a butterfly dreaming now that he was a man. Those embraced by illusion and delusion scorn this and proclaim the reality of being a man. But, don't be so sure. For although we appear in this world as beings in bodies of flesh and blood; this is only our garment; a temporary dwelling for our temporary sojourn here.

As long as we identify with the garment, we never realize the truth of the body underneath. As long as we deny the true body, we never come to realize the true soul within. And so we remain asleep. Again, the sleeper must awaken.

#### **Return. Step One, surrender.**

Say to yourself in silent contemplation; this world around me, with all its stress and problems is really only an illusion. It exists, but there is a greater reality underneath it. Accept this, not just in word, but in deed. You have to really mean it; detach, let go and just allow yourself to float inside your mind, just like a butterfly.

#### **Return. Step Two, introversion.**

Start to become aware of your real feelings and stop denying your inner reality. Deep within you know a truth, but your mind keeps blasting you down. Your mind keeps telling you to embrace the

illusion as the only reality. Fight back! Tell your mind, No! I will no longer allow my own limited perceptions to limit my experiences of reality.

**Return. Step Three, inner dialogue.**

Talk to Heaven inside your mind and heart. Share with Heaven your true feelings and desires. Allow Heaven's fire to burn through the illusionary attachments to the wasteful pursuits of this world. Ask G-d to show you what is really important and what you can do to see it and embrace it.

**Return. Step Four, Torah.**

Torah is Israel and Israel is Torah. Just because someone is born a Jew does not mean that they have automatic Israelite consciousness. Just because someone is not born a Jew does not mean that they cannot achieve Israelite consciousness. It all depends not upon who one is, but rather upon what one does. There is no escaping the reality that Mitzvot are the path of ascent. Yet, one can only ascend within them and not outside of them. External mitzvot, like external prayers do not ascend. Unless the outside is connected to the inside there is no ascent.

**Return. Step Five, realization.**

All is One and One is in all. There is only One True Reality and this is G-d. Everything else with all its stress, fears and worries are all part of the illusion. When one sees this with the inner eye, one will be transformed. One will see the greater world and within such inner sight, one will truly be able to see, and realize just how blind one once was. This is the true awakening of the sleeper. And once awake, one will then be able to do many great things.

One, two, three, four, five, together they add up to 15, the numerical value of the letters Yod Hey, the first two letters of G-d's revealed Name YHWH.  $1+5=6$ . The two numbers of 15 add up to equal the third letter Vav (W) of the revealed Name YHWH. Yod Hey Vav, the numerical value of 21, the value of the Name EHYEH. This is the Name revealed at the Burning Bush. It is "I WILL BE WHAT I WILL BE." This is the great reality of the One is all.

And what of the final Hey of the Name YHWH? That is us. We are the Hey, the Kingdom; the domain of the Indwelling Presence. Only our awakening can release that which is presently imprisoned. Awaken the mind and restore the Hey to its proper place in the Name. This is the REAL MEANING of TESHUVA (return). The return is the return of the Hey. It is in our hands. Who will awaken and soar above to restore the Crown?