

KosherTorah School

for Biblical, Judaic & Spiritual Studies

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Practical Instructions in Torah Based Meditation

Based on the Kabbalistic classic,
The Gates of Holiness (Sha'arei Kedusha), Section Four
by Hayim Vital

A thirteen (13) lesson audio course taught by Ariel B. Tzadok

Course Outline

Lesson 1 – The Psychology of Meditation. An overall review of the psychology of meditation, and the mental technologies of expanding consciousness. Meditative techniques are not magic, they only work when properly performed within specific psychological parameters. This is why meditation, spiritual experiences, and psychic powers are universal, and equally accessible and applicable to all human beings. Readings from book, “Gathering the Light,” by the Jungian analyst, V. Walter Odajnyk. The psychological parameters of mental isolation (hitbodedut), and the importance of concentration, how one compliments, and reinforces the other. How to deal with distractions, understanding the “klipot” of the mind, and how one learns to penetrate beyond them. Usage of music, and rhythm as a meditative tool to acquire focus and concentration.

Lesson 2 – Prerequisite: Healing the Heart and Mind.

Meditation is a psychological system. As such, it operates according to psychological rules. The guidance offered in Sha'arei Kedusha is culled from centuries of older sources. The central element in all this is clearing from the mind and heart all psychological content that can disturb inner solitude and mental concentration. This is accomplished by a comprehensive evaluation and rectification of one's inner emotional, and intellectual stability. “Sins” are what disturb the mind, and prevent spiritual connection. Those who embrace a myth must live by it, and be at peace with it. Mind you, those who do not live by it, make peace with what it is that defines their inner sense of wholeness.

Again, this is a psychological matter. This is why many who are not religious can equally excel in meditation.

This class outlines the psychological parameters which are the necessary prerequisites for meditative practices.

Lesson 3 – Mishna/Mantra Meditation Practices.

The psychology that underlies the spiritual practice known as channeling. What it really is, and how it really works.

Lessons about the relationship of the conscious mind to the collective human unconscious, and how an individual mind makes contact with the mind of another. Also explained is what other traditions refer to as the “Akashic Records.”

Practical instructions on how to use the Mishna, or for that matter any other holy writ of choice, as a mantra, a repetitive linguistic device to transcend the limitations of personal consciousness (and the personal subconscious).

What does it mean to channel, to have another's voice speak through one's mouth, and the relationship of this to telepathy, and prophecy.

Lesson 4 – Tzeruf and Havaya Visualizations.

This class outlines practical tools for altering consciousness, and then how to focus consciousness on extra sensory perceptions.

An explanation of subjective visionary experiences as they associate with the racial subdivisions of the collective unconscious.

What it means to be “pure,” and how this concept needs to transcend any religious application and applied psychologically, within the context of personal emotional healing, and health.

The usage of words, in any language as a free association tool to focus consciousness away from external distractions. The importance of focus expressed through the asking of a psychic question.

Using the Name of God YHWH, and its subjective applications.

Lesson 5 – Permutations of the Sefirot.

A special lesson based upon my book Yikra B'Shmi, Chapter 17. This lesson translates and explains S.K. Gate 4, Part 3D, the permutations of the names of the ten sefirot.

Instructions are provided how to permutate the sefirot, which vowels to use with them, and how to contemplate their many meanings.

This practice is where the magical traditions in Kabbalah bleed into the meditative practices. Can the sefirot be focused on individually, and “called upon” individually, to draw forth from each one specific powers and forces to influence things here in the physical world?

This lesson explains the psychology underlying the practice of, and belief in magic.

Examples are given from the lives of recent Kabbalistic masters. Magic is real, because it is psychological, and because it is not magical.

This class is a rich exposure to a teaching in Kabbalah very rarely ever taught, publicly

or otherwise. Class material (in PDF format) can be found online at:
www.koshertorah.com/ktclasses/skn4/skn45.pdf

Lesson 6 – The Shiviti.

The basis of all meditative practices is the visualization on the Name YHWH. In this lesson, I begin with an in-depth analysis as to what the Name YHWH really means, and what it really represents. We discuss how that which we call God is a mistaken personification, and how the Divine must be understood far beyond the concept of being “personal.” God is a Force, God is Consciousness, Life, and Being, all combined. How this concept fits into this visualization is described in detail.

Understanding the concepts of “God” in the finite (represented by the Name Adonai), and its relationship to “God in the infinite (represented by YHWH), and how this is represented in traditional prayer-books.

An understanding of Devekut, bonding with God, which we take to mean as “cosmic consciousness,” and its relationship to Ruah HaKodesh (Divine inspiration, holy spirit), and the concept of the Shekhina (Divine Presence).

This lesson is an overall excellent introduction into the purpose and meaning of YHWH meditations, and how they are to be practically performed.

Lesson 7 – The Vital Importance of Emotional Balance (Hish'ta'vut).

Equanimity is an emotional state of balance, that, using the metaphor of the sefirotic tree of life, balances the columns of the sefirot in aligned polarity. Acquiring this state of emotional healing, and balance is essential for acquiring a clear mind enabled to experience cosmic consciousness (ruah ha'kodesh).

Also discussed is the concept of Ohr Yashar (descending light), and Ohr Hozer (ascending light), in the context of the quantum concept of parallel dimensions of alternate time-lines. From our point of view, time marches forward (ascending light), from “Heaven's” point of view, time marches backwards (descending light). In the state of Devekut bonding, where one sees the cosmic reality of singular unity, one can look into the future with the same ease as one can remember the past.

Emotional balance, and mental clarity are vital to achieve this level of quantum vision. This also enables one to be pure, and smooth, so that there is no place for negative energies to enter one's being.

This class also discusses the US Presidential election of 2016, and reveals who the winner will be, and why.

Lesson 8 - Psychic Ascent - Mental Vision & Mind Travel.

The nature of prophetic experience is a completely mental affair. But this predicates the existence of thought and mind not limited to the confines of the individual human brain. Thus we experience what Carl Jung called the Collective Unconscious.

In earlier times and cultures, each would also experience this, but would describe it within the context of its own cultural norms, and terminologies. It is important to recognize that, as the Ba'al Shem Tov taught, “where one thinks is where one is at.”

Therefore, cultural expressions bring one into a culturally subjective experience of the

collective unconscious. Enlightenment breaks down the dividing facades and enables the individual to experience the underlying unity of all things.

Those seeking to walk a Torah path must use Torah symbols and expressions in order to achieve an imaginative experience built upon them.

Another discussion reviewed how, our author Hayim Vital was an eclectic practitioner of many different Kabbalistic practices, and his role model is one to follow today, as opposed to the majority of modern-day Kabbalists who are far too rigid, and limited in their teachings, practices, and experiences.

Lesson 9 – Angelic Visions, More than meets the eye.

A review of the two opinions of Maimonides and Nahmanides regarding the physicality of angelic visitations. According to Maimonides, all angelic visitations are completely affairs occurring in the mind.

According to Nahmanides, there are those visitations when angels actually take on temporary physical forms and can appear in this dimension to all.

I include two personal examples of how these experiences can both be correct.

Psychic abilities and how they work. How the mentally ill, who have psychotic breaks from our reality can indeed be tapping into deeper psychic levels. An extended discussion of the psychological nature of vision language, and the need for its rational understanding and interpretation.

Lesson 10 – The Gate of Kavanah, Meditations on the Primordial Sefirot.

English text from Meditation and Kabbalah by R.Aryeh Kaplan (pages 119-122)

This lesson focuses on the ancient understanding about the powers of the mind when it is completely focused, and united with passion and emotion, to project on to a specific purpose or accomplishment.

This lesson explains how the sefirot were understood as universal forces, and how they could be manipulated for what we can call occultic reasons.

This lesson explains the usage of the power of mind and passion, and how this force is projected into the outside world (the psychological foundations of magic).

The system described herein is totally psychological, but for the most part is no longer used, or even understood by most Kabbalists today (although meditators from eastern religions practice like this regularly).

This is a very revelatory lesson.

Lesson 11 – Spiritual Sex

Based on a teaching from the RaMBaN, this lesson instructs us about the importance of intense focus of mind, the likes of which is found in sexual arousal. Sexual energy (libido) is the creative force (yesod). When this force is directed towards mental activity, one's mind becomes focused on the specific thought, to the exclusion of everything else. This focus is then mentally directed into the unconscious, directed at the Singular Source of all. At this point all conscious thought melts away into the great Nothing (the Ayn/Unknown/unconscious). Once conscious thought arises again, it is charged with the psychic power from the Singular Source, enabling the thought to

manifest in the external world as physical reality. This technique was known, and practiced by the Biblical prophets, and the Rabbinic Sages. This class explains in detail how this technique works, and how one can put it into practice.

Lesson 12 – Mind Over Matter.

Thoughts are things! What we think, when combined with emotional passion, can take on a life of its own, and materialize into physical form(s). Dwelling on negative fantasies can have physical harmful effects. Examples are discussed about modern psychological problems that have come about due to platonic sexual promiscuity. Ascending the psychological ladder of the Center Column of the Sefirot. How passion (Yeosd) leads to deep inner feelings (Tiferet) which lead to deep inner knowing (Da'at). One can then take this and transcend into the “great Nothing” (Keter). How the power of passionate thought can be projected from one individual to another, this is the actual energy transference that we call blessing or curse. Example of the offering of Biblical sacrifices, and their oral recitations today, how mere words can actually be transformed into actual psychic sacrifices. This is a comprehensive review of how the power of the real “Force” works through the passions and thoughts of the mind.

Lesson 13 – ESP, Gift, or Training, and its Relationship to what we call Prophecy.

A review of the differences between the theoretical school, and the practical school of Kabbalah.

Why this material needs to be practiced in order to be understood correctly.

The difference between authentic meditative experiences, and psychotic hallucinations.

The introverted personality and the true practice of hitbodedut (isolation).

What one can expect when practicing meditation in the proper, psychologically grounded way.

The nature of experiencing the “sekhelim niv'dalim” (the separate intelligences) that inhabit the domains that we visit during meditation. They are the spirits, entities, and angels that cloak themselves in the forms provided by the individual imagination, and can communicate information about many things.

We conclude this lesson, and course, with directives how to practice the meditative techniques in order to achieve the deepest and best psychological revelations, and spiritual insights.

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Course Details

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