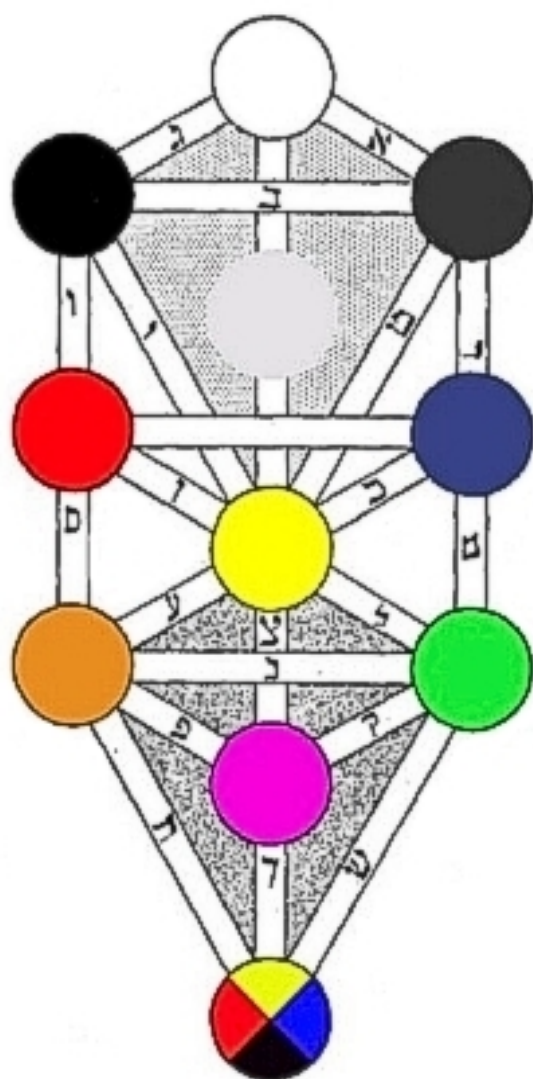


Kabbalah Unveiled



Ninoslav Šafarić

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History of Kabbalah

*(Kabbalah means an oral lore or tradition,
literally “by mouth to ear”)*

Kabbalah is an ancient Hebrew teaching, based on the deeper interpretation of Torah (the first five books of the Old Testament). It was transmitted orally until the III century, when *Sefer Yetzirah* (*The Book of Creation*) was written. Judaism dates back to Abraham (app. 1600. B.C.); kabbalah was for centuries a secret knowledge, given only to chosen devotees.

Kabbalah originated as ancient devotees in accordance with their faith tried to understand the secret of creation to approach closer to God. Torah was an unquestionable truth and ultimate wisdom; everything, which could be understood about the world, God and man, they believed, must have been written in the sacred scriptures. To penetrate deeper into their meaning, they created **gematria**, a numerological system that attributed numerical value to the letters of Hebrew alphabet, then attributed symbolical values to the numbers, and in this way revealed the hidden meaning of the text.

Guided with fanatic belief in the sacred scriptures, kabbalists created extremely elaborate teaching, trying to structure all creation: the Earth, the heaven, orders of angels and a sequence of transcendent levels of existence. They made **sigils** to invoke angels and demons, and they made talismans for practical magick, based on gematria.

Today their work recorded in the book *Sefer Yetzirah* doesn't make sense; modern science has refuted the genesis described in Torah, and completely destroyed the ancient system, which required centuries to create.

But there still exist those who consider the world creation described in the Old Testament as the ultimate truth, not sufficiently interpreted, who seek the secret keys to reveal the message behind the text; nevertheless, modern kabbalists mostly understand that the first period was overwhelmingly influenced by religion.

Kabbalah develops further in the Spanish Hebrew community in the XIII century. *Sefer ha-Zohar* (*The Book of the Plenitude*) was written by **Moses de Leon**. In *Zohar*, for the first time, the symbol of the Tree of Life was defined. *Zohar* is based on the key dogmatic notion that God created man according to own image. Guided with this idea, kabbalists created a system of the Tree of Life, as a psychic motivator that awakes a spark of creation in a human, and gives him/her godly features. The key notions of *Zohar* are completely different from the *Sefer Yetzirah*'s, man doesn't aspire to understand godly perfection anymore, man becomes God, the world creator.

In XIX century Europe as mysticism increased in popularity, secret occult societies were founded, unquestioningly accepting kabbalah as a perfect system of knowledge and practical magick. Societies such as the Golden Dawn attracted the elite of high society, and through occult practice aspired to understand the deeper aspects of reality and rule society. The Tree of Life, without its religious background, became a mean of practical magick and the basis of

Western mysticism. Kabbalah was no more a secret Hebrew lore; it became property of occult organizations, which developed its system further.

Authors such as **Eliphas Levi**, **Dion Fortune**, **Alistair Crowley** and his student **Israel Regardie**, wrote books that aggrandized the Tree of Life, as a means of practical magick. In the beginning books based on “cabala” published only theory and deliberately distorted practice (Alistair Crowley’s books), until Israel Regardie openly described the rituals developed in occult societies.

Today, kabbalah is rarely thought about inside the Hebrew community; this traditional system is developed by various non-Hebrew kabbalists and individuals devoted to mysticism and magick.

								
Tet (T)	Chet (Ch)	Zayin (Z)	Vav (V/O/U)	He (H)	Dalet (D)	Gimel (G)	Bet (B/V)	Alef (Silent)
								
Samech (S)	Nun (N)	Nun (N)	Mem (M)	Mem (M)	Lamed (L)	Khaf (Kh)	Kaf (K/Kh)	Yod (Y)
								
Tav (T/S)	Shin (Sh/S)	Resh (R)	Qof (Q)	Tzade (Tz)	Tzade (Tz)	Fe (F)	Pe (P/F)	Ayin (Silent)

Hebrew Alphabet

Creation of the World

The literal text of Genesis is scientifically refuted; the Earth is not only few thousands years old, and man is, undoubtedly, the fruit of evolution. But kabbalists from the very beginning rejected literal interpretation of the text and aspired to understand the deeper meaning. To attain that, they created gematria.

The first sentence in Genesis is: **“In the beginning God created the heaven and the earth...”**. The Hebrew text is read in this way: **“Berashit bera elohim ath ha shamaim va ath ha arec”**. From the first word only, Berashit, through gematria, we can get elaborate conclusion; this word consists of letters bet, resh, alef, shin, jod and tet. According to the code, it is interpreted in this way: **“cosmic energy of dual principle (masculine and feminine), the pulsation of existence, created never-ending sequence of events”**.

The text of Genesis decoded in this way influenced the kabbalistic worldview and the creation of talismans, sigils and symbols, i.e. the Tree of Life.

Creation of this Book

Today there are lots of books on kabbalah, with different approaches and standpoints. Most deal with theory or unrefined practice. We should not delude ourselves that it is an ultimate wisdom, just the opposite. Only sparks from its long history are valuable today and can be used as a powerful self-development system. The aim of this book is just that: to present, from the best and most practical standpoint, an elaborate self-development system for modern man.

Practical Part

This practical part consists of exercises that gradually guide the reader through the introductory practice. The lessons are written in a suggestive way. It is best to do the exercises one after another (without skipping!), in personal rhythm, in the evening hours when the mind is more receptive, and then to return to the beginning, to establish and deepen practice.

These practical exercises were developed through the centuries inside the Hebrew community and occult societies; sarcasm concerning religious dogmas and criticism of scientific ideas are part of my worldview and my way to teach kabbalah.

- The First Lesson -

To successfully learn, you must be committed, but also ambitious!

My goal is that with time you become better than me; your goal, from the beginning, must be the same!

Personal Psychodynamics

Understanding your personal psychodynamics is crucial for a successful, conscious and happy life.

Kabbalah through its symbolism enables understanding of personal psychodynamics and its further development. The Tree of Life, as the most known kabbalistic symbol, describes the universal dynamics of forces, whereas practical exercises powerfully develop personal potentials.

The World behind the Veil of Illusion

Our attitude toward the world and ourselves is limited by current collective knowledge about the nature of reality; through our education and culture of everyday life an illusion of powerlessness is imposed. The modern scientific worldview has imposed dualism — in the universe there are separated objects that interpermeate a little or not at all. Man is a powerless, small and meaningless creature, his/her influence is weak, and life span short...

This worldview diminishes personal creative expression, reduces personal potentials and suffocates life.

The goal of this course is to prove just the opposite! We want to develop dormant natural capabilities and become infinitely creative!

Magick

Magickal practice has existed from the very beginnings of human culture. Only in the last three centuries has it been marginalized and labeled a superstition.

Is magick a superstition?

The goal of this course is to prove, very clearly and literally, through demonstrations and development of your abilities, that it is not; and even more, to prove that only the individual who controls his/her natural abilities can be happy, fulfilled and useful to society.

Example



This graphic is charged with a magickal suggestion.

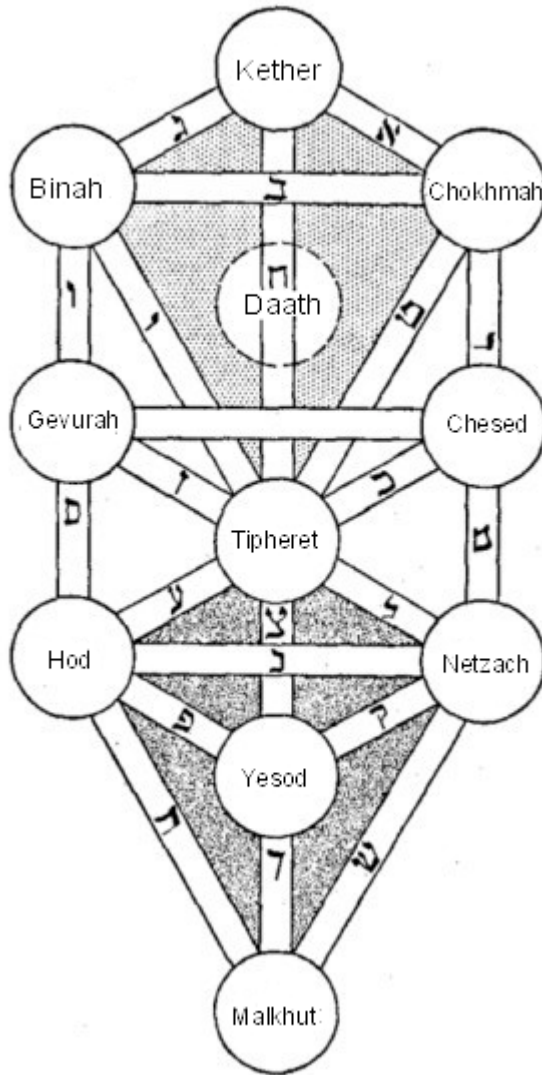
Watch it for few minutes; you will sense an energy influence, and consequently, **an empowerment of your personality and personal energy, feelings of euphoria and expansion.**

How did I achieve this?

Very simply. When our neurological system is developed sufficiently, desire is enough; desire is literally omnipotent...

The only problem is that we didn't develop neurological potentials in accordance with a worldview of interconnection and omnipotence. Just the opposite, our minds sleep on the level of simple everyday actions; in this way, "limited" life of constant repetition and powerlessness is created.

Our brain receives every day hundreds of thousands of sensory and extrasensory influences. They are overwhelming, and so are filtered into contents that can be incorporated in our learnt worldview. Our goal is to show the deeper reality, a reality of unlimited potentials. Even to look on this magically charged graphic gives your brain a signal that something new is happening, there is something to adjust to... instantly new neurological connections are created, leading to perception of a deeper reality, and new cognition; our life is not dormant anymore.



- The Second Lesson -

The Tree of Life is the most famous and important kabbalist symbol; it was defined for the first time in the book *Sefer ha-Zohar*, written in Toledo (Spain), in the XIII century. The Tree of Life is taken from the biblical story of the exile from paradise. God's command - "Don't touch the fruits of the Tree of Life!" - was broken according to the biblical lore by the first human couple. Kabbalah interprets the exile from paradise as a positive event and the symbol of consciousness individuation.

Traditionally, the Tree of Life consists of ten (recently eleven) spheres (the Sephiroth's) connected through paths. The Sephiroth are arranged in three columns; the left - masculine, the right - feminine and the middle - the neutral. The Sephiroth's are connected with the paths; energies inside the Tree of Life move from one Sephiroth to another through the connecting paths. The positions of the Sephiroth correspond to the organs of the human body.

Every Sephiroth has its color, archetype and vibratory formula; the Sephiroth's are activated through their visualization and vibration.

The best way to work with the Tree of Life is in relaxed sitting position, pronouncing vibratory formulas inside yourself; it is not crucial whether visualization of the color and archetype is precise, it is more important to learn how to guide created energy.

The Sephiroth's, their domain of influence, sound formula, color and archetypes:

The first Sephiroth: Kether - neutral sphere (head, as the crown on head/from forehead to ten centimeters above head)

Archetype: the head of bearded king from profile
(or, in recent systems, the vortex of shining energy)

Color: shining white

Sound formula (the name of God): Eheieh

Domain of influence: ultimate reality

The second Sephiroth; Chokmah - masculine sphere (left shoulder)

Archetype; head of the bearded man (or, in more recent systems, phallus symbol)

Color; gray

Sound formula; Yah

Domain of influence; ultimate masculine principle

The third Sephiroth; Binah - feminine sphere (right shoulder)

Archetype; the head of mature woman

Color; black

Sound formula; Yhvh Elohim

Domain of influence; ultimate feminine principle

The fourth Sephiroth; Chesed - masculine sphere (left hand below the elbow)

Archetype; young king on the throne

Color; blue

Sound formula; El

Domain of influence; expansion in the widest sense; principle of growth, development, achievement, realization, happiness, mercy and benevolence

The fifth Sephiroth; Gevurah - feminine sphere (right hand below the elbow)

Archetype; warrior or armed young king on warrior chariot

Color; dark red

Sound formula; Elohim Gibor

Domain of influence; warrior aggressive force; domination, aggression, energy, severity, discipline, persistence; also violence and destruction

The sixth Sephiroth; Tiphareth - neutral sphere (plexus)

Archetype; old king on the throne (in some systems masculine child or the hexagram/David star)

Color; shining yellow

Sound formula; Yhvh Eloah ve-Daath

Domain of influence; middle Sephirah focuses all forces inside the Tree of Life; power, force, influence, ambition, influence on our environment

The seventh Sephiroth; Netzach - masculine sphere (left thigh to hip)

Archetype; young naked woman (or for women, young naked man)

Color; green

Sound formula; Yhvh Tzabaot

Domain of influence; sexuality, sensuality, instinct, art, beauty, seductiveness; instinctive nature in man

The eighth Sephiroth; Hod - feminine sphere (right thigh to hip)

Archetype; angel or hermaphrodite (female figure with the male sexual organ)

Color; light red

Sound formula; Elohim Tzaboath

Domain of influence; intellect, creativity; very important Sephirah for practical magic; materialization of visions

The ninth Sephiroth; Yesod - neutral sphere (knees)

Archetype; male hermaphrodite (male figure with the female sexual organ)

Color; purple

Sound formula; Shadai El Chai

Domain of influence; sphere where all influences are purified, before materialization in the lowest Sephiroth

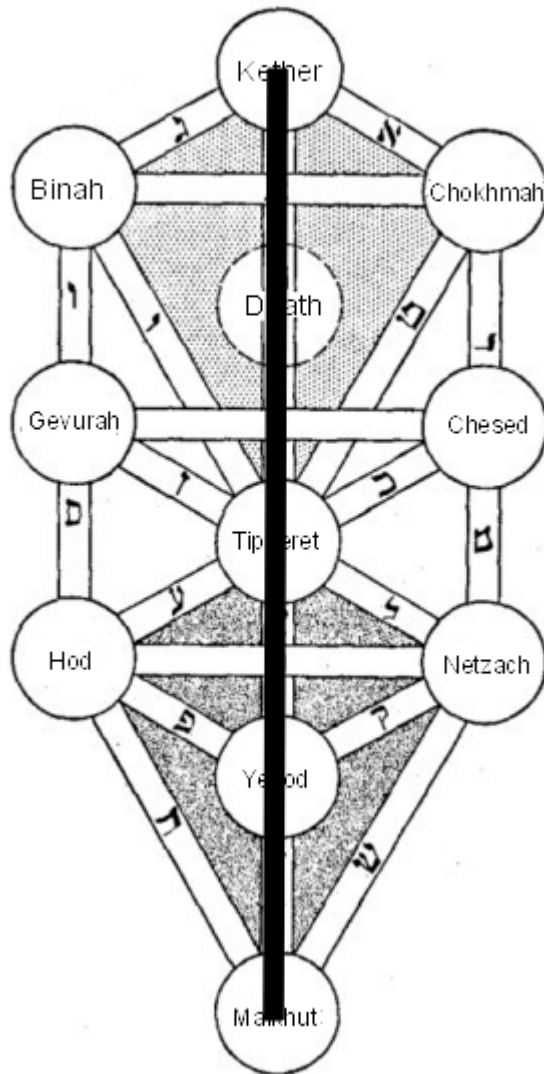
The tenth Sephiroth; Malkuth - neutral sphere (feet)

Archetype; queen on the throne

Colors; red, blue, lemon yellow and black (all colors are visualized simultaneously; every one occupies one quarter of the sphere; on the bottom black, on the left red, on the right lemon yellow, on the top blue)

Sound formula; Adonai ha-Aretz

Domain of influence; matter, grounding, energy, all created



The Middle Pillar Ritual

For the beginning, to feel activation of the Sephiroth's and the movement of energy through the Tree of Life, try the Middle Pillar exercise (the most popular technique).

The goal of this exercise is to expand consciousness.

The Middle Pillar Exercise

Activate Malkuth

(visualize the color, archetype and vibrate the formula)

Activate Yesod

(visualize the color, archetype and vibrate the formula)

feel how the energy charge of activated Malkuth goes to Yesod and becomes stronger...

Activate Tiphareth

Also feel the transfer of energy...

And finally activate Kether...

Our goal is to empower Kether with the energies activated in the lower Sephiroth's ; in this way subconscious contents in domain of the Sephiroth's become conscious in Kether - the result is regular acceleration of the personal evolution and understanding of the personal psychodynamics.

Nothing spectacular will happen immediately after the exercise, it is an impulse for consciousness raising that happens after it, in life.

- The Third Lesson -

Magick

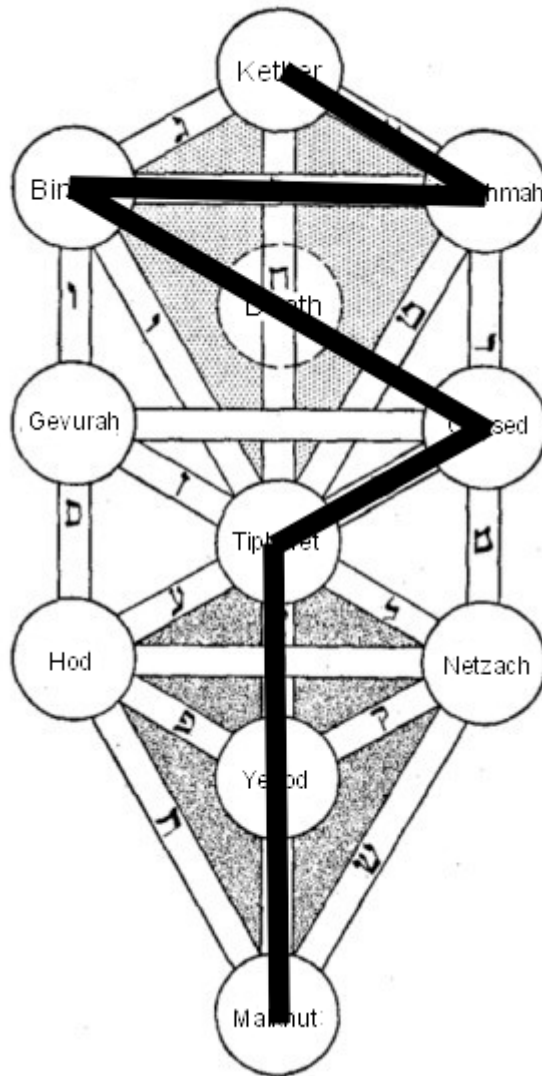
We are used to seeing the world as a sequence of separated objects. A child in the first months of life doesn't perceive its hand as a part of its body, doesn't differentiate its parents as separate persons; gradually, new neurological connections are created in its brain, helping to orient the child in the learnt concept of the world and its own personality.

The reality behind the veil of this illusion is completely different. Modern physics has proven that matter and separateness are illusion. Literally, on the subatomic level, which is the ground of all appearances, matter is nothing else but mostly empty space. Why do we perceive it as a solid impenetrable object with predetermined properties? Because we are accustomed to seeing the world in this way. Quantum physics from the beginning of the XX century, through the work of Heisenberg, Bohm and Bohr, understood that exchange of the electrons, e.g. between two persons at the distance of few meters, was so intense that we couldn't speak of separateness. All in the universe was the pulsation of energy, that pervaded all and created unique energy field. When these scientists conducted experiments to discover location of the electrons, they understood that the experiment itself changed their position, in other words, the person performing the experiment acted on electron movement...

Scientific objectivity was questioned then for the first time. Because, if in the world of basic particles there is no objective, measurable position, then scientific cognition becomes

questionable. If there is no neutral observer, if the observer acts on the observed, then there is no objective result, no objective reality; the world is subjective vision and subjective creation...

But things which quantum physics understood, magick has always known; we ourselves create the world; what we experience is our creation; what we create we can alter; the man is a mighty creator...



Creation

Magick operation through the Tree of Life is always performed from the highest Sephiroth to the lowest if we want to change what we perceive as “outside world” and from lowest to the highest if we want to change ourselves. We activate the Sephiroth’s whose domain of the influence corresponds to our goal.

For example, we will activate a sequence of the Sephiroth’s that correspond to our goal of personal empowerment in society.

- 1. Kether**
- 2. Chokmah**
- 3. Binah**
- 4. Chesed**
- 5. Tiphareth**
- 6. Yesod**
- 7. Malkuth**

Why this sequence? We always begin with Kether, it is the source of everything, almighty potential energy. As energy inside the Tree of Life moves through the paths, the next Sephirah must be connected with Kether, it is Chokmah - ultimate masculine principle. Next follows Binah - ultimate feminine principle. These three Sephiroth’s must be activated in all rituals.)

Binah can lead in two directions, toward Tiphareth or toward Gevurah (it is connected with them through the paths); as we want to empower personality, we should include Gevurah, which domain is exactly power, energy and victory.

Gevurah is connected with Tiphareth, almost every operation includes it. Tiphareth is the center of the Tree of Life, where all forces cross.

After Tiphareth we leave energy to go smoothly through Yesod, into Malkuth. Yesod is the sphere that purifies and harmonizes; Malkuth is the sphere of materialization, where created energy becomes “objective reality”.

For the time being, try to activate these Sephiroth’s without visualizing a goal, just to feel energy movement.

You will sense the best way to vibrate inside; try to vibrate in different ways (longer, shorter, higher, lower); the optimal way will produce the most energy...

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