

# A Guide to the Hidden Wisdom of Kabbalah

Third Edition



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LAITMAN  
KABBALAH PUBLISHERS

Rav Michael Laitman, PhD

## A GUIDE TO THE HIDDEN WISDOM OF KABBALAH

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Published by Laitman Kabbalah Publishers

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1057 Steeles Avenue West, Suite 532, Toronto, ON, M2R 3X1, Canada

Bnei Baruch USA, 2009 85th Street #51, Brooklyn, New York, 11214, USA

Printed in Canada

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### Library of Congress Cataloging-in-Publication Data

Laitman, Michael.

A guide to the hidden wisdom of Kabbalah / Michael Laitman. — 3rd ed.

p. cm.

Previously published under the title: The hidden wisdom of Kabbalah.

ISBN 978-1-897448-16-8. 1. Cabala. I. Title.

BM525.L249 2009

296.1'6—dc22

2008049181

Copy Editor: Michael R. Kellog

Layout: Baruch Khovov

Cover Design: Ole Færøvik, Therese Vadem

Printing and Post Production: Uri Laitman

Executive Editor: Chaim Ratz

THIRD EDITION: OCTOBER 2009

FIRST PRINTING

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## INTRODUCTION

For many centuries, Kabbalah has been a “banned” topic. Examine this (partial) list of prerequisites you previously had to answer “yes” to in order to become a student: Jewish, male, married, over 40 years old, and proficient in other Jewish studies. So how come Kabbalah is being openly taught and studied everywhere? Because the ban has been lifted.

As Kabbalists Rav Yehuda Ashlag, the Vilna Gaon (GRA), and many other prominent Kabbalists have stated, the end of the 20<sup>th</sup> century marks a fundamental change in the history of Kabbalah. Now it is open for all.

As we will show inside the book, the bans were there for a reason. But it is for exactly the same reason that they have now been lifted. We, humanity in the twenty-first century, have become ready to see Kabbalah for what it really is—a scientific, time-tested, empirical method of achieving spirituality while living here in this world.

Studying Kabbalah is a fascinating journey. It changes your perspective on the world and the people around you, and opens parts in you that you never knew existed. It is a journey of discoveries happening within, affecting all of life’s levels: our relationships with our kin, friends, and co-workers. Kabbalah

states very simply that when you know how to connect to the Creator directly, without any go-betweens, you will find your inner compass. And this is the goal of Kabbalah—to help you make, and sustain, direct contact with the Creator. And when you do, you will need no further guidance. So welcome to *The Guide to Hidden Wisdom of Kabbalah*.

## WHAT YOU'LL FIND IN THIS BOOK

The book is set up in three parts and a three part appendix. Here's what you'll find inside: Kabbalah is a science that describes the laws of the spiritual world. In Part 1, "Kabbalah Facts and Fallacies," we'll talk about the basic principles of Kabbalah and give you some background on how it began.

We'll continue our spiritual journey in Part 2, "Before there Was Time," which starts with Kabbalah's cycle of reality, explaining how we were created, what we are doing here, and how and at which point we begin our ascent to the Upper World. We'll discuss how the world was created, how Kabbalah explains what's wrong with our world today, and what needs to be done to fix it.

In this part we will also talk about how you can become a Kabbalah student and how you can use the knowledge on a day-to-day basis to your benefit. We will explain how to tell the right teacher from the wrong one, how to use books and the Internet in Kabbalah studies, and even the role of music in your spiritual progress.

Kabbalah is directly related to the state of the world today. In Part 3, "Kabbalah Today," we will explore Kabbalah's perspective of the global crises and discuss ways to cure them. Finally, we'll end with a brief tour of how Kabbalah will affect your future.

You'll also find a helpful appendix to enhance your journey and point you in the right direction if you'd like to learn more. The appendix contains a glossary, list of additional resources, and some info about our organization.

## SIDEBARS

We've included five kinds of sidebars strewn throughout the text for learning and for entertainment:

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### **Kabbalearn**



Definitions of Kabbalah terms you  
may not be familiar with.

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### **Tidbits**

Did you know that few books about Kabbalah were written before 1980, and most were written after 2000? Check out these boxes for bits of neat stuff about Kabbalah.

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### **Off Course**



These boxes clear up misconceptions and tip you on what to avoid as you study Kabbalah.

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### **Spiritual Sparks**

Inspiring quotes and selected poems from great Kabbalists reflecting the chapter's topic of discussion.

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### **On Course**



Useful tips for putting the points in the text into practice.

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I

Kabbalah  
Facts  
and  
Fallacies

The list of celebrities studying Kabbalah reads like a who's who in Hollywood. But Kabbalah is more than a pop craze. In this section, we'll explain the popularity of Kabbalah and give an overview of what you can find if you search for Kabbalah. We'll discuss what Kabbalah is and what it isn't, and give you some background on how it started.

After reading these chapters, you'll understand why Kabbalah is becoming so trendy. You'll learn that this is not a passing fad, but an empirical science explaining the world in a way traditional sciences can't.



## OUT IN THE OPEN

### JUST THE GIST

- Kabbalah comes out of hiding
- Change is a coming
- Why now and not before
- Kabbalah and the “anything goes” spirit

*The Book of Zohar*, the pinnacle of Kabbalah books, writes that Kabbalah will boom and prosper at the end of days. With today’s popularity of Kabbalah, it appears that the end of days is here.

Kabbalah illuminates and describes the laws of the spiritual world. It’s not religion. It’s a spiritual science, and for almost 2,000 years, it has been shrouded in mystery.

### IN THE SPOTLIGHT

Kabbalah has traditionally been closed to all but a few select and serious students. No longer. Like never before, Kabbalah has become hot, chic, cool, in. Moreover, Kabbalists, who were previously so hesitant to open their secrets to the public, have become the key players in doing just that.

## FROM SMALL GROUPS TO MASS EXPOSURE

But Kabbalah wasn't always so popular, and Kabbalists weren't nearly so open. For almost 2,000 years, Kabbalah was kept secret, shunning the public's eye for faintly lit quarters of Kabbalists who meticulously selected their students and taught them in small groups.

For instance, the 18<sup>th</sup> century Ramchal Group, the students of Rabbi Moshe Chaim Luzzato, made it especially difficult to join its ranks. Membership required agreeing to a rigorous pact of lifestyle and study that had to be met all day, every day, for as long as one remained a member.

Other groups, such as the Kotzk Group (named after a town in Poland), used to dress in worn-out clothes and treat nonmembers with offensive cynicism. They deliberately distanced themselves



### **Tidbits**

Searching for "Kabbalah" on Amazon.com returns over five thousand books, almost none of which were written before 1980. Very few were written before 1990, and only a few more were written before the turn of the century. The vast majority of books on Kabbalah were written after the year 2000. In the last few years, Kabbalah really has been mass exposed!

from others by appearing to disobey the most sacred Jewish customs like The Day of Atonement. Group members would scatter breadcrumbs on their beards to appear as if they'd been eating on this day of fasting. Naturally, most people were repelled.

Nevertheless, the same Kabbalists who hid the wisdom also made tremendous efforts to write the books that remain the pillars of Kabbalah to this day. Rabbi Isaac Luria (The Holy Ari) at once would take only one student and state that, from his time on, the study of *The Book of Zohar* (*The Zohar*, for short) is permitted to all who wish it.

For this reason, in his lifetime, the Ari taught a group of students, but at his deathbed he ordered all except Rav Chaim Vital to stop studying. The Ari said that only Chaim Vital understood the teaching properly, and he was afraid that without a proper teacher, the rest would go astray.

## BREAKING THE IRON WALL

It was not until the last decade of the twentieth century that Kabbalah really began its advent to the center stage of public awareness. The single most dominant figure in the worldwide dissemination of Kabbalah is undoubtedly Rav Yehuda Ashlag, known as Baal HaSulam (Owner of the Ladder) for his *Sulam* (Ladder) commentary on *The Book of Zohar*. He was the first Kabbalist to not only speak in favor of dissemination, but to actually do it.

Baal HaSulam published a magazine, *ha-Uma* (*The Nation*), on June 5, 1940. He also tried to convince David Ben-Gurion and other leaders of the Jewish settlement in Palestine (today's Israel) to incorporate Kabbalistic principals in the education system. Baal HaSulam also stated that in the future, people of all religions would study Kabbalah while maintaining their birth religions, with no collision between the two.

Such statements and the act of disseminating Kabbalah seemed so unorthodox and unacceptable at the time that *The Nation* was shut down after just one issue by the British Mandate in Palestine. In justification, the British Mandate stated that it had been told that Ashlag was promoting Communism.

## KABBALAH—BECAUSE NOW WE NEED IT

Kabbalah has but a single purpose: it offers an approach that helps answer the question, “What is the meaning of my life?”

Now, more than ever before, people are asking about the meaning and the purpose of their lives. With material needs met—and met even beyond imagining, in some cases—people still

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Spiritual Sparks




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At the outset of my words, I find a great need to break an iron wall that has been separating us from the wisdom of Kabbalah since the ruin of the Temple to this generation. It lies heavily on us and arouses fear of being forgotten.

—Rav Yehuda Ashlag,

“Introduction to the Study of the Ten Sefirot”

---

feel emptiness in their lives. Kabbalah is a discipline that invokes insights and new perspectives on life, which in turn provide a spiritual fullness. This is the key to its popularity.

In *The Study of the Ten Sefirot*, an extensive commentary on the writings of the great Ari, Baal HaSulam wrote that you are ready for Kabbalah if you sometimes...

- Question the meaning of your life.
- Wonder why you and all life exist.
- Question why life can sometimes be so difficult.

## THE RIGHT WISDOM FOR IT'S TIME

In the perfect cycle of life, each part has its designated function. No part of creation is free to do as it pleases because the well-being of each part depends on the well-being of all other parts of creation. Nature's law of interdependency guarantees that no creature will overpower other creatures because to destroy other creatures would mean destroying itself.

Human beings are no exception to this rule, but many—if not most—do not appreciate this idea and in one way or another act in ways that hurt others and thus themselves, as well. By controlling others or our environment, we think we can manipulate and shape the world to our liking. But a quick glimpse at the news makes you reflect on the results; all we have achieved is unhappiness for ourselves and for others. Yet, as we will show in Part 3, nothing is created without a reason, not even human destructiveness.

Today, it seems our destructiveness is causing great unhappiness to people and threatening our environment. So it shouldn't come as a surprise that people are beginning to ask questions about life that the wisdom of the Kabbalah can help us if not completely answer, at least explore more deeply.

As more people are beginning to realize that greater wealth, more sex, and additional power do not make them happier, they are no longer asking “How to?” questions, but “What for?” questions. At such a time, any doctrine that can help us answer “What for?” questions has a good chance at popularity.

Because Kabbalah specifically explores questions about the meaning of life, it’s not surprising many people find it appealing. This, coupled with the publicity generated by its celebrity adherents, has brought it to the attention of seekers everywhere.

## KABBALAH WITH ANYTHING

In the “anything goes” spirit of today’s world, everything’s mixed with everything else: science with religion, rock and roll with Beethoven. There is even sushi ice cream (bet you didn’t know that). Following the trend, Kabbalah has been associated with more doctrines and teachings than there are toppings for pizza.

But there is another, more serious reason for the sudden emergence of this ancient discipline. Kabbalah has always had a reputation of possessing insight into the highest forces of nature, of the spiritual worlds, and of the nature of God. As a result, people have always wanted to connect Kabbalistic terms with all kinds of teachings.

The problem with such connections is that they undermine the power of Kabbalah to help us understand our human and spiritual natures. This, after all, is at the heart of today’s interest in this teaching, and the reason Kabbalah was developed in the first place.

So, to clear up any misconceptions, let’s look at what Kabbalah is not. It is not, and has nothing to do with religion, magic, mysticism, divination, cults, holistic medicine, meditation, philosophy, theosophy, psychology or parapsychology, ESP, telepathy, dream interpretation, tarot cards, yoga, red strings,

holy water, blessings, past-life regressions, numerology, reiki, channeling, astrology, astral travels or projection, communicating with the dead, out-of-body experiences, voodoo, freemasonry, reflexology, UFO's, creationism, Sufism or any ism.

Kabbalah has been around for a long, long time and is only now taking its place in the general public awareness. Those who embrace it as the latest fad will perhaps move on to something else. But those who dig deeply into its principles are likely to find enough to keep them going for a lifetime.

### IN A NUTSHELL

- Kabbalah is a method that answers life's deepest question: "What is the meaning of my life?"
- Kabbalah has been waiting in hiding until the questions it answers arose.
- Kabbalah has been incorrectly associated with many flavors of spiritual teachings.
- Kabbalah is not a passing fad, but a time-tested, practical method to understanding human nature and the nature of the Creator.



## FURTHER READING

To help you determine which book you would like to read next, we have divided the books into five categories—Beginners, Intermediate, Advanced, Good for All, and Textbooks. The first three categories are divided by the level of prior knowledge readers are required to have. The Beginners Category requires no prior knowledge. The Intermediate Category requires reading one or two beginners' books first; and the Advanced level requires one or two books of each of the previous categories. The fourth category, Good for All, includes books you can always enjoy, whether you are a complete novice or well versed in Kabbalah.

The fifth category—Textbooks—includes translations of authentic source materials from earlier Kabbalists, such as the Ari, Rav Yehuda Ashlag (Baal HaSulam) and his son and successor, Rav Baruch Ashlag (the Rabash).

Additional translated material that has not yet been published can be found at **[www.kabbalah.info](http://www.kabbalah.info)**. All materials on this site, including e-versions of published books, can be downloaded free of charge.

## BEGINNERS

### ***Kabbalah for Beginners***

*Kabbalah for Beginners* is a book for all those seeking answers to life's essential questions. We all want to know why we are here, why there is pain, and how we can make life more enjoyable. The four parts of this book provide us with reliable answers to these questions, as well as clear explanations of the gist of Kabbalah and its practical implementations.

Part One discusses the discovery of the wisdom of Kabbalah, and how it was developed, and finally concealed until our time. Part Two introduces the gist of the wisdom of Kabbalah, using ten easy drawings to help us understand the structure of the spiritual worlds, and how they relate to our world. Part Three reveals Kabbalistic concepts that are largely unknown to the public, and Part Four elaborates on practical means you and I can take, to make our lives better and more enjoyable for us and for our children.

### ***Kabbalah Revealed***

This is the most clearly written, reader-friendly guide to making sense of the surrounding world. Each of its six chapters focuses on a different aspect of the wisdom of Kabbalah, illuminating its teachings and explaining them using various examples from our day-to-day lives.

The first three chapters in *Kabbalah Revealed* explain why the world is in a state of crisis, how our growing desires promote progress as well as alienation, and why the biggest deterrent to achieving positive change is rooted in our own spirits. Chapters Four through Six offer a prescription for positive change. In these chapters, we learn how we can use our spirits to build a personally peaceful life in harmony with all of Creation.



***Wondrous Wisdom***

This book offers an initial course on Kabbalah. Like all the books presented here, *Wondrous Wisdom* is based solely on authentic teachings passed down from Kabbalist teacher to student over thousands of years. At the heart of the book is a sequence of lessons revealing the nature of Kabbalah's wisdom and explaining how to attain it. For every person questioning "Who am I really?" and "Why am I on this planet?" this book is a must.

***Awakening to Kabbalah***

A distinctive, personal, and awe-filled introduction to an ancient wisdom tradition. In this book, Rav Laitman offers a deeper understanding of the fundamental teachings of Kabbalah, and how you can use its wisdom to clarify your relationship with others and the world around you.

Using language both scientific and poetic, he probes the most profound questions of spirituality and existence. This provocative, unique guide will inspire and invigorate you to see beyond the world as it is and the limitations of your everyday life, become closer to the Creator, and reach new depths of the soul.

***Kabbalah, Science, and the Meaning of Life***

Science explains the mechanisms that sustain life; Kabbalah explains why life exists. In *Kabbalah, Science, and the Meaning of Life*, Rav Laitman combines science and spirituality in a captivating dialogue that reveals life's meaning.

For thousands of years Kabbalists have been writing that the world is a single entity divided into separate beings. Today the cutting-edge science of quantum physics states a very similar idea: that at the most fundamental level of matter, we are all literally one.

Science proves that reality is affected by the observer who examines it; and so does Kabbalah. But Kabbalah makes an even bolder statement: even the Creator, the Maker of reality, is within the observer. In other words, God is inside of us; He doesn't exist anywhere else. When we pass away, so does He.

These earthshaking concepts and more are eloquently introduced so that even readers new to Kabbalah or science will easily understand them. Therefore, if you're just a little curious about why you are here, what life means, and what you can do to enjoy it more, this book is for you.

### ***From Chaos to Harmony***

Many researchers and scientists agree that the ego is the reason behind the perilous state our world is in today. Laitman's groundbreaking book not only demonstrates that egoism has been the basis for all suffering throughout human history, but also shows how we can turn our plight to pleasure.

The book contains a clear analysis of the human soul and its problems, and provides a "roadmap" of what we need to do to once again be happy. *From Chaos to Harmony* explains how we can rise to a new level of existence on personal, social, national, and international levels.

## **INTERMEDIATE**

### ***The Kabbalah Experience***

The depth of the wisdom revealed in the questions and answers within this book will inspire readers to reflect and contemplate. This is not a book to race through, but rather one that should be read thoughtfully and carefully. With this approach, readers will begin to experience a growing sense of enlightenment while simply absorbing the answers to the questions every Kabbalah student asks along the way.

*The Kabbalah Experience* is a guide from the past to the future, revealing situations that all students of Kabbalah will experience

at some point along their journeys. For those who cherish every moment in life, this book offers unparalleled insights into the timeless wisdom of Kabbalah.

### ***The Path of Kabbalah***

This unique book combines beginners' material with more advanced concepts and teachings. If you have read a book or two of Laitman's, you will find this book very easy to relate to.

While touching upon basic concepts such as perception of reality and Freedom of Choice, *The Path of Kabbalah* goes deeper and expands beyond the scope of beginners' books. The structure of the worlds, for example, is explained in greater detail here than in the "pure" beginners' books. Also described is the spiritual root of mundane matters such as the Hebrew calendar and the holidays.

## **ADVANCED**

### ***The Science of Kabbalah***

Kabbalist and scientist Rav Michael Laitman, PhD, designed this book to introduce readers to the special language and terminology of the authentic wisdom of Kabbalah. Here, Rav Laitman reveals authentic Kabbalah in a manner both rational and mature. Readers are gradually led to understand the logical design of the Universe and the life that exists in it.

The Science of Kabbalah, a revolutionary work unmatched in its clarity, depth, and appeal to the intellect, will enable readers to approach the more technical works of Baal HaSulam (Rabbi Yehuda Ashlag), such as *The Study of the Ten Sefirot* and *The Book of Zohar*. Readers of this book will enjoy the satisfying answers to the riddles of life that only authentic Kabbalah provides. Travel through the pages and prepare for an astonishing journey into the Upper Worlds.

### ***Introduction to the Book of Zohar***

This volume, along with *The Science of Kabbalah*, is a required preparation for those who wish to understand the hidden message of *The Book of Zohar*. Among the many helpful topics dealt with in this text is an introduction to the “language of roots and branches,” without which the stories in *The Zohar* are mere fable and legend. *Introduction to the Book of Zohar* will provide readers with the necessary tools to understand authentic Kabbalah as it was originally meant to be, as a means to attain the Upper Worlds.

### ***The Book of Zohar: annotations to the Ashlag commentary***

*The Book of Zohar* (*The Book of Radiance*) is an ageless source of wisdom and the basis for all Kabbalistic literature. Since its appearance nearly 2,000 years ago, it has been the primary, and often only, source used by Kabbalists.

For centuries, Kabbalah was hidden from the public, which was deemed not yet ready to receive it. However, our generation has been designated by Kabbalists as the first generation that is ready to grasp the concepts in *The Zohar*. Now we can put these principles into practice in our lives.

Written in a unique and metaphorical language, *The Book of Zohar* enriches our understanding of reality and widens our worldview. Although the text deals with one subject only—how to relate to the Creator—it approaches it from different angles. This allows each of us to find the particular phrase or word that will carry us into the depths of this profound and timeless wisdom.

## **GOOD FOR ALL**

### ***Attaining the Worlds Beyond***

From the introduction to *Attaining the Worlds Beyond*: “...Not feeling well on the Jewish New Year’s Eve of September 1991, my

teacher called me to his bedside and handed me his notebook, saying, 'Take it and learn from it.' The following morning, my teacher perished in my arms, leaving me and many of his other disciples without guidance in this world.

"He used to say, 'I want to teach you to turn to the Creator, rather than to me, because He is the only strength, the only Source of all that exists, the only one who can really help you, and He awaits your prayers for help. When you seek help in your search for freedom from the bondage of this world, help in elevating yourself above this world, help in finding the self, and help in determining your purpose in life, you must turn to the Creator, who sends you all those aspirations in order to compel you to turn to Him.'"

*Attaining the Worlds Beyond* holds within it the content of that notebook, as well as other inspiring texts. This book reaches out to all those seekers who want to find a logical, reliable way to understand the world's phenomena. This fascinating introduction to the wisdom of Kabbalah will enlighten the mind, invigorate the heart, and move readers to the depths of their souls.

### ***Basic Concepts in Kabbalah***

This is a book to help readers cultivate an approach to the concepts of Kabbalah, to spiritual objects, and to spiritual terms. By reading and re-reading in this book, one develops internal observations, senses, and approaches that did not previously exist within. These newly acquired observations are like sensors that "feel" the space around us that is hidden from our ordinary senses.

Hence, *Basic Concepts in Kabbalah* is intended to foster the contemplation of spiritual terms. Once we are integrated with these terms, we can begin to see, with our inner vision, the unveiling of the spiritual structure that surrounds us, almost as if a mist has been lifted.

Again, this book is not aimed at the study of facts. Instead, it is a book for those who wish to awaken the deepest and subtlest sensations they can possess.

### ***Together Forever***

On the surface, *Together Forever* is a children's story. But like all good children's stories, it transcends boundaries of age, culture, and upbringing.

In *Together Forever*, the author tells us that if we are patient and endure the trials we encounter along our life's path, we will become stronger, braver, and wiser. Instead of growing weaker, we will learn to create our own magic and our own wonders as only a magician can.

In this warm, tender tale, Michael Laitman shares with children and parents alike some of the gems and charms of the spiritual world. The wisdom of Kabbalah is filled with spellbinding stories. *The Magician* is yet another gift from this ageless source of wisdom, whose lessons make our lives richer, easier, and far more fulfilling.

## TEXTBOOKS

### ***Shamati***

Rav Michael Laitman's words on the book: Among all the texts and notes that were used by my teacher, Rav Baruch Shalom Halevi Ashlag (the Rabash), there was one special notebook he always carried. This notebook contained the transcripts of his conversations with his father, Rav Yehuda Leib Halevi Ashlag (Baal HaSulam), author of the *Sulam* (Ladder) commentary on *The Book of Zohar*, *The Study of the Ten Sefirot* (a commentary on the texts of the Kabbalist, Ari), and of many other works on Kabbalah.

Not feeling well on the Jewish New Year's Eve of September 1991, the Rabash summoned me to his bedside and handed

me a notebook, whose cover contained only one word, *Shamati* (I Heard). As he handed the notebook, he said, “Take it and learn from it.” The following morning, my teacher perished in my arms, leaving me and many of his other disciples without guidance in this world.

Committed to Rabash’s legacy to disseminate the wisdom of Kabbalah, I published the notebook just as it was written, thus retaining the text’s transforming powers. Among all the books of Kabbalah, *Shamati* is a unique and compelling creation.

### ***Kabbalah for the Student***

*Kabbalah for the Student* offers authentic texts by Rav Yehuda Ashlag, author of the *Sulam* (Ladder) commentary on *The Book of Zohar*, his son and successor, Rav Baruch Ashlag, as well as other great Kabbalists. It also offers illustrations that accurately depict the evolution of the Upper Worlds as Kabbalists experience them. The book also contains several explanatory essays that help us understand the texts within.

In *Kabbalah for the Student*, Rav Michael Laitman, PhD, Rav Baruch Ashlag’s personal assistant and prime student, compiled all the texts a Kabbalah student would need in order to attain the spiritual worlds. In his daily lessons, Rav Laitman bases his teaching on these inspiring texts, thus helping novices and veterans alike to better understand the spiritual path we undertake on our fascinating journey to the Higher Realms.

## ABOUT BNEI BARUCH

**B**nei Baruch is a group of Kabbalists in Israel, sharing the wisdom of Kabbalah with the entire world. Study materials in over 30 languages are based on authentic Kabbalah texts that were passed down from generation to generation.

### HISTORY AND ORIGIN

In 1991, following the passing of his teacher, Rav Baruch Shalom HaLevi Ashlag (The Rabash), Rav Michael Laitman, Professor of Ontology and the Theory of Knowledge, PhD in Philosophy and Kabbalah, and MSc in Medical Bio-Cybernetics, established a Kabbalah study group called “Bnei Baruch.” He called it Bnei Baruch (Sons of Baruch) to commemorate his mentor, whose side he never left in the final twelve years of his life, from 1979 to 1991. Rav Laitman had been Ashlag’s prime student and personal assistant, and is recognized as the successor of Rabash’s teaching method.

The Rabash was the firstborn son and successor of Rav Yehuda Leib HaLevi Ashlag, the greatest Kabbalist of the 20<sup>th</sup> century. Rabbi Ashlag authored the most authoritative and comprehensive commentary on *The Book of Zohar*, titled *The Sulam* (Ladder) *Commentary*. He was the first to reveal the complete method for spiritual ascent, and thus was known as Baal HaSulam (Owner of the Ladder).

Today, Bnei Baruch bases its entire study method on the path paved by these two great spiritual leaders.



## THE STUDY METHOD

The unique study method developed by Baal HaSulam and his son, the Rabash, is taught and applied on a daily basis by Bnei Baruch. This method relies on authentic Kabbalah sources such as *The Book of Zohar*, by Rabbi Shimon Bar-Yochai, *The Tree of Life*, by the Holy Ari, and *The Study of the Ten Sefirot*, by Baal HaSulam.

While the study relies on authentic Kabbalah sources, it is carried out in simple language and uses a scientific, contemporary approach. Developing this approach has made Bnei Baruch an internationally respected organization, both in Israel and in the world at large.

The unique combination of an academic study method and personal experiences broadens the students' perspective and awards them a new perception of the reality they live in. Those on the spiritual path are thus given the necessary tools to study themselves and their surrounding reality.

## THE MESSAGE

Bnei Baruch is a diverse movement of tens of thousands of students worldwide. Students can choose their own paths and the personal intensity of their studies, according to their unique conditions and abilities. The essence of the message disseminated by Bnei Baruch is universal: unity of the people, unity of nations and love of man.

For millennia, Kabbalists have been teaching that love of man should be the foundation of all human relations. This love prevailed in the days of Abraham, Moses, and the group of Kabbalists that they established. If we make room for these seasoned, yet contemporary values, we will discover that we possess the power to put differences aside and unite.

The wisdom of Kabbalah, hidden for millennia, has been waiting for the time when we would be sufficiently developed and ready to implement its message. Now, it is emerging as a

solution that can unite diverse factions everywhere, enabling us, as individuals and as a society, to meet today's challenges.

## ACTIVITIES

Bnei Baruch was established on the premise that “only by expansion of the wisdom of Kabbalah to the public can we be awarded complete redemption” (Baal HaSulam).

Therefore, Bnei Baruch offers a variety of ways for people to explore and discover the purpose of their lives, providing careful guidance for beginners and advanced students alike.

## KABBALAH TELEVISION

Bnei Baruch established a production company, ARI Films ([www.arifilms.tv](http://www.arifilms.tv)) specializing in production of educational TV programs throughout the world, and in many languages.

In Israel, Bnei Baruch established its own channel, aired through cable and satellite 24/7. The channel is also aired on the Internet at [www.kab.tv](http://www.kab.tv). All broadcasts on the channel are free of charge. Programs are adapted for all levels, from complete beginners to the most advanced.

Additionally, ARI Films produces educational series and documentaries.

## INTERNET WEBSITE

Bnei Baruch's international website, [www.kab.info](http://www.kab.info), presents the authentic wisdom of Kabbalah using essays, books, and original texts. It is by far the most expansive source of authentic Kabbalah material on the net, containing a unique, extensive library for readers to thoroughly explore the wisdom of Kabbalah. Additionally, the media archive, [www.kabbalahmedia.info](http://www.kabbalahmedia.info), contains more than 5,000 media items, downloadable books, and a vast reservoir of texts, video and audio files in many languages.

Bnei Baruch's online Learning Center offers unique, free Kabbalah lessons for beginners, initiating students into this profound body of knowledge in the comfort of their own homes.

Rav Laitman's daily lessons are also aired live on **www.kab.tv**, along with complementary texts and diagrams.

*All these services are provided free of charge.*

## PAPER

*Kabbalah Today* is a free monthly paper produced and disseminated by Bnei Baruch in many languages, including English, Hebrew, Spanish, and Russian. It is apolitical, non-commercial, and written in a clear, contemporary style. The purpose of *Kabbalah Today* is to expose the vast knowledge hidden in the wisdom of Kabbalah at no cost and in a clear, engaging format and style for readers everywhere.

*Kabbalah Today* is distributed free in every major U.S. city, as well as in Toronto, Canada, London, England, and Sydney, Australia. It is printed in English, Hebrew, and Russian, and is also available on the Internet, at **www.kabtoday.com**.

Additionally, a hard copy of the paper is sent to subscribers at delivery cost only.

## KABBALAH BOOKS

Bnei Baruch publishes authentic books, written by Rav Yehuda Ashlag (Baal HaSulam), his son, Rav Baruch Ashlag (the Rabash), and Rav Michael Laitman. The books of Rav Ashlag and Rabash are essential for complete understanding of the teachings of authentic Kabbalah, explained in Rav Laitman's lessons.

Rav Laitman writes his books in a clear, contemporary style based on the key concepts of Baal HaSulam. These books are a

vital link between today's readers and the original texts. All the books are available for sale, as well as for free download.

### KABBALAH LESSONS

As Kabbalists have been doing for centuries, Rav Laitman gives a daily lesson at the Bnei Baruch center in Israel between 3:00-6:00 a.m. Israel time. The lessons are given in Hebrew and are simultaneously translated into seven languages: English, Russian, Spanish, French, German, Italian, and Turkish. As with everything else, the live broadcast is provided gratis to thousands of students worldwide.

### FUNDING

Bnei Baruch is a non-profit organization for teaching and sharing the wisdom of Kabbalah. To maintain its independence and purity of intentions, Bnei Baruch is not supported, funded, or otherwise tied to any government or political organization.

Since the bulk of its activity is provided free of charge, the prime sources of funding for the group's activities are donations and tithing—contributed by students on a voluntary basis—and Rav Laitman's books, which are sold at cost.

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