

## **Syllabus: Fundamentals of Kabbalah**

### **Course Description:**

This course provides an in-depth introduction to the fundamental principles of Kabbalah, focusing on the spiritual structure of creation, humanity's purpose, and its role in the world. Through theoretical study and practical application, participants will explore key concepts that guide the Kabbalistic spiritual journey and learn to apply them in daily life.

### **Course Objectives:**

1. Acquire a foundational understanding of Kabbalah and its relevance to humanity.
2. Explore essential concepts such as the upper worlds, the sefirot, light, and vessels.
3. Develop spiritual awareness and practical tools for integrating Kabbalistic wisdom into everyday life.

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## **Course Outline**

### **Lesson 1:**

*The Principles of Divine Unity:*

- "There is none else besides Him" as the foundation of spiritual growth.
- Recognizing spiritual challenges as tools for drawing closer to the Creator.

### **Lesson 2:**

*Overcoming Spiritual Downfalls:*

- Embracing divine guidance as a path to inner correction.
- Experiencing spiritual distance as motivation to seek higher assistance.

### **Lesson 3:**

*The Essence of Freedom in Kabbalah:*

- Differentiating between physical and spiritual freedom.
- Understanding how pleasure and pain influence human choices.

### **Lesson 4:**

*Spiritual Laws Governing Creation:*

- The law of causality and the impact of external forces.
- Free will in the context of environmental and hereditary influences.

**Lesson 5:***The Role of Personal Choice:*

- Internal spiritual work versus the illusion of autonomy.
- Transforming challenges into opportunities for spiritual ascent.

**Lesson 6:***The Structure of Spiritual Worlds:*

- An overview of the upper worlds: Atzilut, Beria, Yetzira, Assiya.
- The role of light and vessels in the process of creation.

**Lesson 7:***The Four Phases of Creation:*

- A detailed study of the sefirot and the cascading of spiritual light.
- How spiritual forms evolve into corporeal existence.

**Lesson 8:***Correction and Adhesion:*

- The will to receive as the essence of creation.
- Methods of refining vessels to align with the Creator's will.

**Lesson 9:***Divine Guidance and Human Effort:*

- Exploring the balance between divine providence and human effort.
- Uniting spiritual and physical realities through intentional actions.

**Lesson 10:***The Prophecy of Baal HaSulam:*

- The vision of Baal HaSulam for humanity's spiritual evolution.
- The role of Kabbalistic wisdom in addressing global and personal challenges.

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**Teaching Methods:**

- Lectures are online.
- Group text analysis (shared learning within the group).
- Group discussions and practical exercises.

**Target Audience:**

Individuals interested in exploring Kabbalah. No prior knowledge is required.

**Course Duration:**

10 sessions, once a week, 1½ hours per session.

**Expected Outcomes:**

By the end of the course, participants will gain a solid understanding of Kabbalistic principles and acquire practical tools to empower their ongoing spiritual journey.

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For inquiries, please contact: [1@thecreatorandus.com](mailto:1@thecreatorandus.com)