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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.

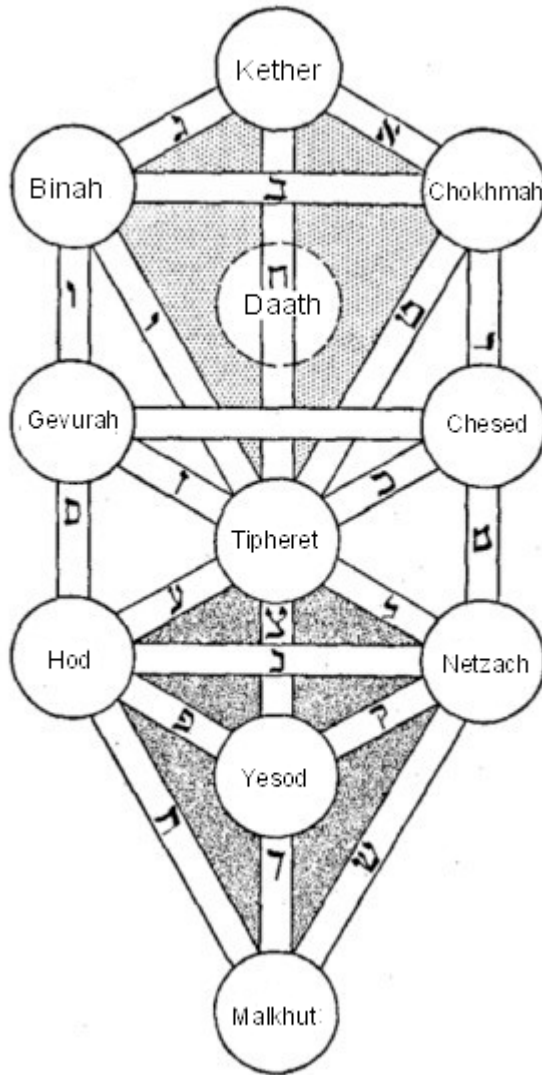
Watch it for few minutes; you will sense an energy influence, and consequently, **an empowerment of your personality and personal energy, feelings of euphoria and expansion.**

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

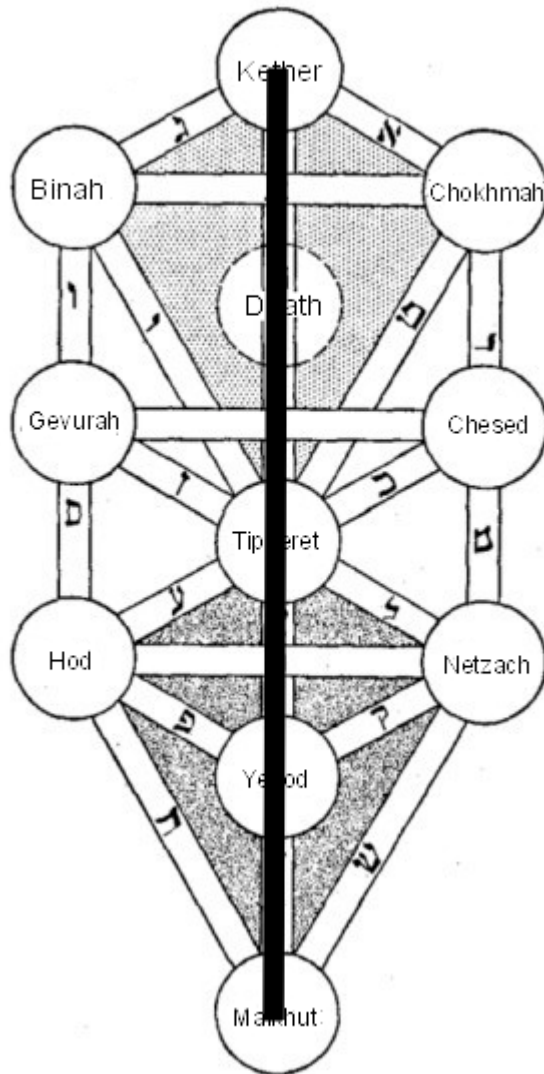
The tenth Sephiroth; Malkuth - neutral sphere (feet)

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

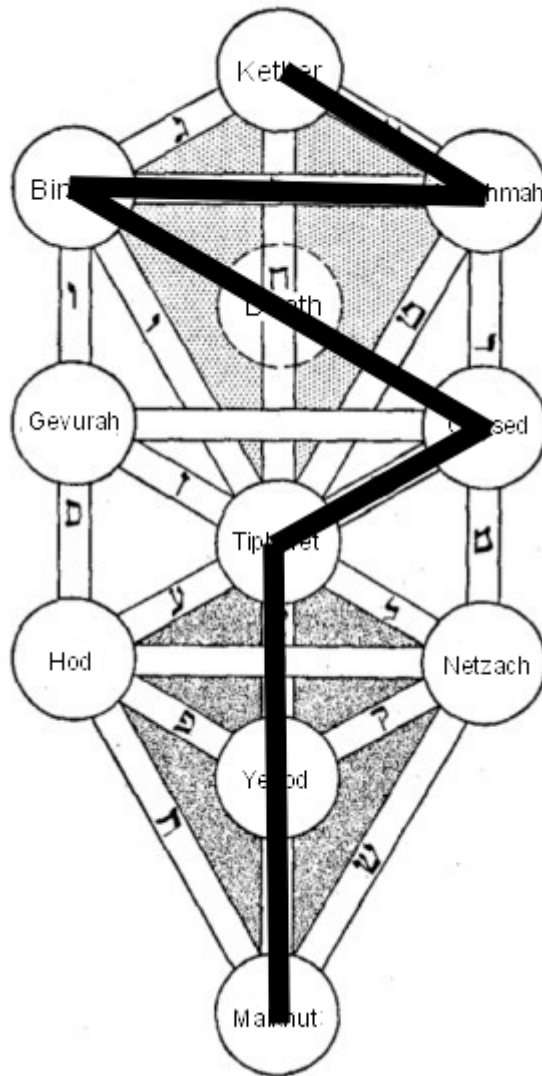
We are used to seeing the world as a sequence of separated objects. A child in the first months of life doesn't perceive its hand as a part of its body, doesn't differentiate its parents as separate persons; gradually, new neurological connections are created in its brain, helping to orient the child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

As you change, the vibratory formula changes; sometimes one way will be appropriate, and sometimes another. With practice you will be intuitively guided in advance to correct pronunciation.

- The Fourth Lesson -

It is time to deeply consider what you want in life!

With the next lesson we'll do practical magick, with the intention of attaining results!

For optimal results you must sincerely understand your psychodynamics, your flaws and advantages, real desires and needs; you must study yourself thoroughly.

There are three important items of personal dynamics:

1. **Sex/Gender** (For woman the basic dynamics is receptive. Results are attained through dynamics of female sexuality; your internal male archetype is very important/what kind of male do you like most/what does the perfectly exciting man look like? For men, the opposite)
2. **Character** (Are you submissive or dominant? Are you introverted or extroverted?)
3. **Dreams and visions** (Think about your past and current dreams and visions of the perfect life - truly, how much of this have you attained?? What do you have to change?).

- The Fifth Lesson -

Worldview as the Basis of Personality

Social worldviews have changed throughout history; from animism, without a strict distinction between the living and the lifeless, material and spiritual; through polytheistic religions, with the plentitude of gods and semi gods; to monotheism; and to the contemporary scientific worldview, which doesn't respect myths and traditions, but uses deduction, induction and measurements, to explain reality.

Of course, personal worldviews differ, too; they are our psychic foundation.

The basis is **identity** (a socially defined pattern explaining origin, citizenship, religion, formal education etc.), **integrity** (our personal relation toward ourselves as worthy or worthless, powerful or powerless, eternal or mortal etc.) and **relation to death**.

Our relation to death as the end of existence, as much as we suppress it during life, is actually a basic determinant, which has created all religions and today motivates science. In fact, our relation to death and our struggle for survival are basic human instinct and motivators of everything...

Psychologists and neurologists have managed to understand the defense mechanism developed to conquer the fear of death, which becomes the basis for development of the human neurological framework. **Man is the only living being** able to determine boundaries of his/her identity and completely **aware of his/her mortality!** The awareness of mortality emerged with the dynamic development of the neocortex, which is developed so only in humans. Other primates don't have such a developed sense of identity, they cannot differentiate as much the boundary between personality and social environment, and they are not so conscious of their mortality. Evolutionary lower mammals are even less aware of death as the end. They don't understand "the tragedy" of dying. It is not only that only humans have rituals of burial, but lower mammals don't understand the idea of death. They understand disappearance from the domain of personal perception, but not the final disappearance, as the eternal reality. Evolutionary lower animals don't have a developed sense of identity, and even less of their mortality; they have only a survival instinct. The relationship to death doesn't exist...

The neocortex was developed as the consequence of the development of the community and of the individual's need to function inside it, beginning first with gesticulation, and then language. Generally, the neocortex gives humans a social determinant, stronger than in other species, and at the same time, a unique personal determinant.

Nevertheless, during evolution, the notion of personality developed, and the **awareness of mortality** developed, so the **anxiety problem** developed...

The human neurological framework had to deal with the problem of mortality, of a "reality" in which we can die at any moment... it had to find some kind of tranquillizer... constant anxiety and stress would be a hindrance to efficient personal functioning and to the efficient functioning of the society as a whole.

Today we call this tranquillizer religiosity. **Religions** emerged as an attempt to give some meaning to human existence in the face of death. Of course, all religions offer eternal life (except Judaism - interesting!), or a sequence of lives, or some transcendent state of existence that provides continuation and preservation of personal identity. In Christianity, for example, we come to God as persons, and even (which is rare in world religions) as physical beings (witness burial rituals, the second coming of Christ, body resurrection). In the oldest - animist - religions, an ancestral spirit perfectly resembles the character of the dead person - identity - with all social characteristics of this identity...

Religions emerged as an attempt to pacify the fear of death and to preserve that identity which existed during life.

Religiosity is expressed through neurological connections in brain. Scientists today can literally manipulate religious feelings by physiologically and chemically influencing parts of the brain, which developed as a need to lessen mortal anxiety.

(It is useful to read the book “God Part Of The Brain”, by M. Alper, regarding the recent research of religiosity).

Religious dogmas are only myths, not truth, but religious inspiration is very important, maybe even crucial, for personal evolution. This book doesn't promote Judaism, doesn't promote any existing religion, but promotes religious trance and enthusiasm - without which there is no personal development, there is only life according to the dictates of the social environment, acceptance of grim reality, weakness and death.

Relation of Identity to Integrity

On this level of cabala study it is important to understand the relation of identity to integrity. **Identity** is socially imposed (some religions “baptize” person in early days of life with eternal identity...); **integrity**, the opposite, is developed by the person. Identity **has socially determined boundaries** (you are not a physician if you are not socially certified; you are not 22 years old, if it is not confirmed in your documents, etc.); **integrity boundaries determine the area wherein a person can consciously act...**

Regularly, the stronger integrity, the weaker the attachment to identity, and vice versa: attachment to identity limits the development of integrity. (I.e. if you are a Jew or a Christian, you are limited to particular religious dogmas and worldviews; other worldviews imply a loss of identity).

On the other hand, an expansion of the ability to act consciously means the weakening of every socially imposed identity...

The stronger the person, the less identified with a collective, be it a nation, religion or family. The weaker the person, the easier is the acceptance of collective “truths” and of finding the meaning of life in obedience.

Development of Personal Integrity

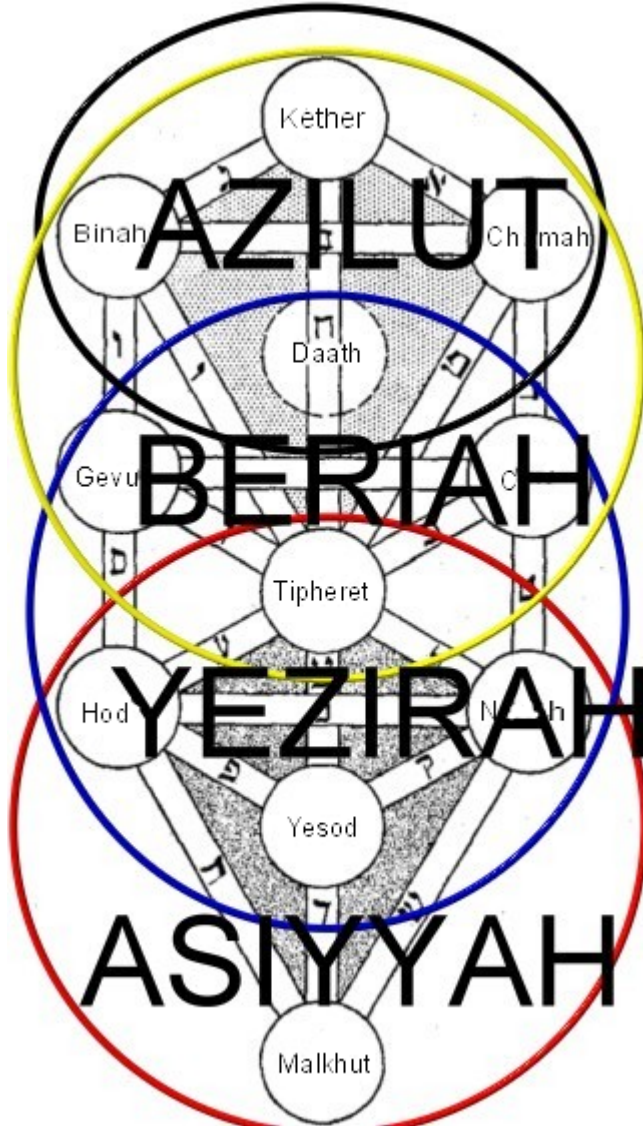
This is what we do in these lessons: we expand and develop our personal integrity.

Development of integrity means transcending boundaries of what we considered our identity; every personal determinant that restricts potential limitlessness of our actions, must be transcended.

There are two important points in this lesson:

1. Humans are not created; they are always developing and creating themselves.
2. Personal integrity is potentially almighty, man can act limitlessly...

AIN SOPH AUR



Kabbalistic Cosmology

- The Sixth Lesson -

Projections

The four worlds are psychic and existential areas defined at the very beginnings of kabbalah. They describe the planes of existence that refer to all creation, from the physical world that is perceived by the senses to the highest transcendent levels. They also describe the creation process from idea to realization.

AIN SOFAUR is the ancient nothingness, the first origin of everything, the first energy that exists only in potential, without frequency, the universe before the Big Bang, beginning before any manifestation.

Azilut; the world of pure ideas, beginning of creation, the very beginning of creation act, level of very high frequency.

Beriah; on this level idea gets its specific form, it is the world of inspiration, intellect, where primal instinct of realization gets its defined form.

Yezirah; it is a world already consisting of forms, but still above the frequency specter that can be perceived by the senses. In other occult traditions it is called the astral level. According to ancient teachings, it is the world experienced after death, full of patterns that once were or become conscious and materialized; the world where subconscious contents can be seen as objective reality.

Asiyyah; the world perceived by the senses.

The meaning of the projections is to understand mental creativity in creating a picture of the world, and how subjective and impermanent it is, subject to psychic changes. It is a very important practice for creativity development; if person cannot alter his/her existential frequency, he/she will be unable to change his/her existence, and every magical operation will be limited and unsuccessful...

If you want to project on Asiyyah; activate all the Sephiroth in the domain of Asiah - visualize a purple circle larger than your body (color of **Yesod**, middle Sephirah in Asiah), and start to vibrate the name of this plane (it is vibrated 'Asiiiiiaaaaah'), vibrate ten times, and then with all of your being (with mind and body) go through the visualized purple circle - you must find yourself on the other side - completely!

With projection on Asiyyah you can experience what occultists call "etheric projection", the so called detachment of the etheric double from the physical. During this projection you experience a picture of the physical world, but it is not "materially impenetrable." It resembles energy vibrations. Etheric projection enables you to go through walls, to fly to other continents.

If you want to project on Briah; everything is the same, the same procedure, you activate all the Sephiroths in the domain of Briah and project through **Daath**.

Daath is a Sephiroth, which according to most kabbalists is still developing at this stage of human evolution.

Color: gray/silver

Vibratory formula: **Jehovah** ('Jeeehooovaaa')

Archetype: **an angel with the spread wings.**

So, project through the gray/silver circle...

Briah is traditionally the world that encompasses the higher aspects of mind (intuition, inspiration). According to the cabalist theology, it is headquarter of the angelic chorus of the Cherubin.

If you want to project on Azilut, everything is the same: activate the Sephiroth in the domain of Acilut, visualize shining white (color of Kether) and go through it...

In Azilut you experience ultimate potential power, not demonstrated in any form, euphoria, drive upward and sparkling energy that refines...

AIN SOFAUR is an ancient void. If you want to experience it, activate all the Sephiroth of the Tree of Life (**from the bottom to the top**), vibrate 'Aiiin Soooof Auuuuur' and with the whole body fly **upward** above the Tree of Life, which corresponds to your body. As you move upward, you completely disappear. There is nothing more except the emptiness (emptiness in the head, no body sensations, no thoughts...).

There is only a hidden will that brings you **downward**, when you feel the urge, back to the domain of the Tree of Life, which again corresponds to your body's organs...

This meditation was developed in the Golden Dawn and used by some theosophists later; the notion of the cabalist planes existed before the symbol of the Tree of Life.

Yetzirah is maybe the most interesting plane. The projection procedure is the same as on the other planes, go through the middle Sephirah (Tiphareth)... Yetzirah is a Wonderland where instincts, suppressed fears and drives acquire form; the journey through Yetzirah is an adventure of psychic cognition on the subconscious level that creates personality (dreaming is a spontaneous projection on Yetzirah...).

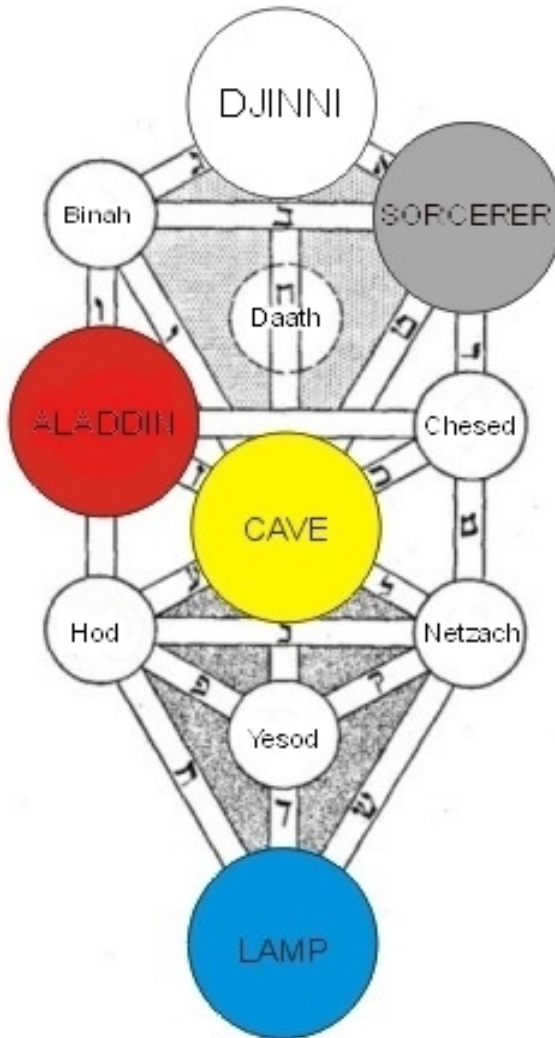
Although existential frequency is always changing, conscious change is not easy for some. This implies blocked creativity, an inability to alter life. If you have this problem, you can

contact me; naturally, existential frequency is transferred. The first time you closely experience a person in projection, his/her existential frequency will influence yours and you will succeed in projection.

- The Seventh Lesson -

Creation of the Perfect Frequency

Kabbalists put all personal and collective events on the Tree of Life. Every situation in life can be represented through the Sephiroth, to discover its internal dynamics and perfectly attune meditation or magickal operation. It is an excellent exercise of understanding the Sephiroth domains and dynamics of a particular event.



Aladdin and the Magick Lamp

Fairy tales throughout the world are full of magicians, witches and witchcraft...; it indicates how suppressed human psychic potentials want to be expressed in collective consciousness. In some fairy tales the dynamics of magickal operation are described so well, as if it were written by someone of rich experience, who behind the veil of fiction wanted to deliver a message...

Here is an example how dynamics of a perfect fairy tale can be understood according to the Tree of Life:

Briefly, there is a djinni trapped in a lamp, a sorcerer who knows the secret and a naï ve youngster, Aladdin.

Djinni; goal and meaning of operation; it is almighty, captured, and not manifested; its potential energy desires to free itself and manifest, but it is powerless, ritual is needed - without any doubt, djinni is perfect Kether (not manifested almighty potential).

Sorcerer; perfectly corresponds to Chokmah, ultimate masculine principle (the Chokmah archetype – a mature bearded man of profound knowledge). He knows everything about the lamp and the spirit, he is aware of his power, and knows the magickal formula to liberate the djinni from the lamp (Chokmah is connected with Kether through the path). But, the sorcerer is not perfect; he is not grounded enough, and cannot get the lamp, so he needs help...

Cave; the lamp is in a subterranean cave. The sorcerer knows of course where it is (Chokmah is through the path connected to Tiphareth), but he is literally impotent as a masculine principle. Tiphareth is the crossroad of all forces of the Tree of Life - the cave perfectly corresponds to Tiphareth... it is full of treasure; gold, jewelry, gemstones and a humble lamp hiding ultimate power.

Aladdin; The sorcerer needs someone to go to the cave and bring him the lamp. Aladdin is a young naï ve boy that perfectly corresponds to Gevurah. Gevurah isn't connected to Kether; because Aladdin doesn't know anything... he is also socially deprived, without personal power - Gevurah isn't connected to Malkuth - but he has the perfect masculine potential. The sorcerer recognizes that and sends Aladdin to bring the lamp. Although the cave is full of treasure, he exclusively orders Aladdin not to bring anything except the lamp! (Beautiful metaphor of the magickal power...).

It is interesting to comment on the “strange” arrangement of archetypes on the Tree of Life. Gevurah is a feminine sphere, but with the most powerful warrior archetype (armed warrior on the chariot); beginners regularly cannot understand this division of archetypes. It seems logical that feminine archetypes would be in the feminine column, masculine in the masculine one, and in the middle would be hermaphrodites and angels..., but this kind of Tree of Life would be static, forces wouldn't dynamically permeate...

Lamp; is Malkuth, physical manifestation. Through the third column it is connected to Kether (djinni) and forces are materialized in it... Aladdin (Gevurah), through Tiphareth (cave) and Yesod (Sephioroth that purifies every stream of energy toward materialization), without any problem reaches Malkuth (the lamp).

But on the traditional Tree of Life there is no direct connection between Aladdin and the sorcerer (Chokmah and Gevurah can be connected only through Daath, Sephioroth that is still awakening and has in its domain potential of the desire for power... For this fairy tale the traditional Tree of Life is more suitable, the magician and Aladdin are connected through Tiphareth - the cave; their direct connection isn't completely obvious and strong. Read the fairy tale; how the sorcerer chose Aladdin and forced him to go to the cave?).

And what happens? Aladdin is an excellent choice. He goes into the cave and finds the lamp. But his brief contact with the sorcerer was subconsciously enough that he, in spite of his naiveté, accidentally rubs the lamp (ritual of the spirit liberation) and attains perfect power...

Anyway, when Aladdin and sorcerer become opponents (it is like the metaphor of who will fertilize the lamp... it is a perfect feminine principle that hides perfect power; but it will stay intact through the centuries, it needs a masculine principle...), connection between upper and lower Sephioroth's breaks, and Aladdin slowly encounters chaos of overwhelming power and insufficient awareness.

Finally the whole magickal operation failed, and the djinni returns to the lamp... Everything is returned into the potential, and what manifested provided only temporary benefits, initiated strong changes, with lots of adversities and problems...

This fairy tale is a perfect description of a "semi-successful magickal operation". The forces didn't completely materialize because the connection between upper and lower Sephioroth's broke...

In the fairy tale, there is a very important female character. To which Sephioroth would she belong? What happens when she becomes active, inside the general dynamics of this magickal operation?

This was a demonstration how kabbalists think about a dynamics needed to initiate a change. It is of utmost importance to be aware of your current situation and condition, to choose the optimal combination of the Sephioroth's. If this is not so, there will be "abortion", just like in this fairy tale.

Every ascent and descent of energy through the Tree of Life is a creation of frequency needed to perform the desired change; the most perfect frequency is created when the optimal combination of the Sephioroth's is chosen.

- The Eighth Lesson -

Meditation for Personality Empowerment

- 1. Activate all the Sephiroth's, from the bottom to the top**
- 2. Mentally expand the energy created through the activation (which is inside your personal energy system) for several meters (three-dimensionally to all directions)...**
- 3. Visualize (you can verbally affirm) the goal of improvement of some personal ability - i.e. improvement of your intuition**
- 4. Now expand the energy even more, let it occupy whole city (visualize and verbally affirm ability you want to improve).**
- 5. Expand energy with visualization and verbal affirmation on the whole planet...**
- 6. Expand it on the whole universe....**

This meditation is psychologically very simple: when you activate the Sephiroth's , you activate your current psycho-energy situation (all layers, conscious and subconscious); when you visualize improvement inside existing system a change is created... finally, maximally empower this change...

If you feel overwhelming energy, don't expand any more.

Scanning the Current Situation

- 1. Activate all the again, from the bottom to the top...**
- 2. Visualize a goal you want to attain...**
- 3. Now with the awareness of the goal, activate the Sephiroth's one after another, from the bottom to the top; keep them in your awareness and try to feel "the Sephiroth reaction" (all kinds of psychic and energy sensations are possible).**

This is also a psychologically logical meditation. In every Sephiroth there are contents attached to the domain of its influence, and your current condition in this domain... reaction to the particular goal you want to attain describes the quality of your condition and possible blockages and problems connected with the domain of influence of the particular Sephiroth.

This information is extremely important for self-awareness and is an excellent introduction to a magickal operation. If you start materializing a goal without self-awareness - you are regularly "surprised" with the problems that emerge, when materialization occurs... but in this way you perceive them in advance and can alter some destructive patterns inside your psyche).

Influencing Physical Body

Do you want to change your physical appearance?

Activate the Sephiroth from the bottom to the top; in every Sephiroth visualize (and verbally affirm) the change of some part of your body. Vibrate until you feel a strong energy charge in this part of the body and its change. After that, ascend energy in the upper Sephiroth and do the visualization and affirmation procedure again.

Your psyche influences your physical appearance, and your look is a fruit of your psyche. You can alter it easily in a heightened psycho-energy state of the activated Sephiroth.

If you are not satisfied after the first energy rising, repeat the ritual until you are satisfied.

- The Ninth Lesson -

Beginner's Magick

In a magickal operation it is best to know which Sephiroth to activate to effect changes; in this way the goal is directly approached, and life is not shaken to the ground.

But a beginner can activate . . .softly... all the Sephiroth's and visualize the desired goal in them.

- 1. Start from the top to the bottom, activate the Sephiroth and visualize (verbally affirm) the goal in every one of them, don't create much energy at the beginning (very gently feel that the Sephiroth are activated...).**
- 2. After Malkuth activation gently direct your awareness below it (outside the Tree of Life), let all created energy completely leave your psycho-energy system into the "outside world".**
- 3. The goal is a psychic and energy relaxation... as if nothing happened, beside relaxation...**

Regularly, in beginners, some amount of energy "stuck" when it descends through the Tree of Life. This signifies that Sephiroth that blocks energy contains something unconscious (a psychic blockage) considering the desired goal. Just continue until the end... only after lots of practice you can have system purified enough to be completely energy permeable and flowing.

Of course, everything that symbolically happened during the ritual will materialize in life, which will alter after the ritual; blockages that happened in the Tree of Life will be manifested ... nothing scary, the path to the desired goal is rarely simple, short and smooth... if we want something, the important thing is to realize it, and the problems are only part of it.

Later, through practice, you will become more pure and flowing, and the goals will materialize without problems and turmoil.

Why is it important eventually to know which Sephiroth to activate?

Simply put, there is no need to make unnecessary turmoil. We will talk about the development of perception in next lesson - what to do exactly to achieve a desired goal. It depends on your personal dynamics; when you understand that, everything happens easily...

At the beginning try some unimportant and easily attainable goal... and watch the ritual (how it happens) and the result...

Ascent of energy through the Tree of Life is definitely more important than descent. You must develop a high quality personality first, and then change the "outside world". Nevertheless, almost always, beginners are seduced by the idea that something will happen "without effort" and bring them what they want. Literally, they consider ascent of the energy and work on internal contents as a hindrance, and descent of the energy as an achieved goal. The simple truth is that all you experience as an outside condition is nothing else than a projection of your internal condition: as it changes, so changes the outside world. Sometimes, psychic contents are suppressed and unconscious, so constructive and destructive events come as a surprise, but mostly it is clear that you defined the environment that offers possibilities and hindrances.

How the Magick Works?

Magick works by changing the basic concepts of who you are and what is the nature of the universe.

Work with the Tree of Life functions according to the same principle as self-suggestion and self-hypnosis, but its influence is stronger, and penetrates into deeper psychic layers, changing your personality.

As you grew up, you created a picture of who and what you were that acts every day on your experience of the world and events in your life. As your basic concepts change, everything changes.

You influence your environment every day, when you are angry, sad, etc. Accordingly, as your internal state changes and you act on other people, they behave differently. Everybody is a magickian, in every second.

What we want to attain is an expansion and empowerment of this influence. For this, the basic concepts must alter. If you consider yourself weak, how you can act powerfully?

What we call magick intended from the ancient times to empower this influence. How to do it?

The Tree of Life is a perfect psychic motivator describing energy movement from the idea (descent), and from the current internal condition, toward change (ascent of the energy). But all of this will produce limited results if you don't create a practical concept to enable you to see (really see!) the world as a sequence of energy oscillations in a constant change, fragile and submissive to all kinds of influence; if you don't see yourself as energy frequency, which is changeable and subtle.

When this becomes your worldview, then ascent and descent of energy through the Tree of Life acts a hundred times more efficiently and strongly than when a naïve beginner tries “through shortcut” to achieve what he/she considers unachievable and what he/she has never managed to attain.

The path of magick isn't scrolling ancient scriptures, “mystification”, accepting ancient worldviews or doing techniques, with the question which technique or approach is better... The true path is to alter your worldview, to change your perception to practically understand that interconnection and nonlocality are the natural basis of all influences in the universe.

So, it is necessary to create new neurological connections in your brain. Your brain must adjust to a new reality; not anymore – ‘I am meaningless, the universe is vast’ but the opposite – ‘I am what I decide to be; my influence is limitless, everything changes and I can alter everything.’

This is the reason why the path of true magick is gradual...

Techniques

Modern kabbalists experiment by changing traditional techniques; and of course techniques have changed throughout history, and are changing, to adjust to a modern worldview and personal psychodynamics. But initially, you should respect verified knowledge, and techniques that were practiced by previous generations and proved successful. Every change of ritual is risky, if the person performing the ritual didn't get to know himself/herself and didn't understand basic meaning of symbols. The most important message of this book is that the essence is not in the rituals, the essence is to expand your consciousness.

If consciousness doesn't develop, practice will stagnate, no matter how and how much you change rituals.

- The Tenth Lesson -

Consciousness Development

Modern kabbalah practice relies on two basic texts that were written in an extremely abstract manner. Over the ages, it was necessary to penetrate behind the literal text and reveal their practical meaning... Of course, you should read them but the *Sefer Yetzirah* and *Zohar* today, after they have been “deciphered” and the symbols as a Tree of Life distilled from them, seem boring and abstract reading, overcrowded with religious dogmas, without the potential for practice. But Hebrew and European occultists gradually explored them, found the essence and developed it. So in this spirit writings on kabbalah have continued... the books of Crowley, Fortune, Halevi, Regardie and other kabbalists transmitted only theory and deliberately distorted practice; they allude to “secret teachings”, that can be understood by only those of sufficiently refined perception... those who are ready to receive the secret lore and understand its meaning and essence.

Today there are authors who reveal even practice (mostly the simple one, introductory); but, actually, they don't understand the essence of the Tree of Life and its real influence on human psyche. They don't understand how to use it...

The problem is undeveloped synthetic cognition (the right brain hemisphere). The culture we are living in, through education and day-to-day living, exaggerates analysis (the left brain hemisphere) and the technical mind that follows clear instruction, step-by-step, without sensing or understanding the deeper essence behind...

So people mostly follow instruction, unable to conclude from the text anything clearly, and unable to explore real possibilities, for which both intuition and logic are necessary. Most of these people are so insecure, that they don't dare to conclude anything beyond the clearly and analytically described techniques...

Consequently, this practice doesn't attain good results. The Tree of Life and other symbols are not objective reality. They are psychic motivators, symbols through which our cognitive process can be advanced and creative aspects of the human mind awakened...

So, really, there are no rules. Or rather the only rule is to use symbols to produce the desired change of consciousness.

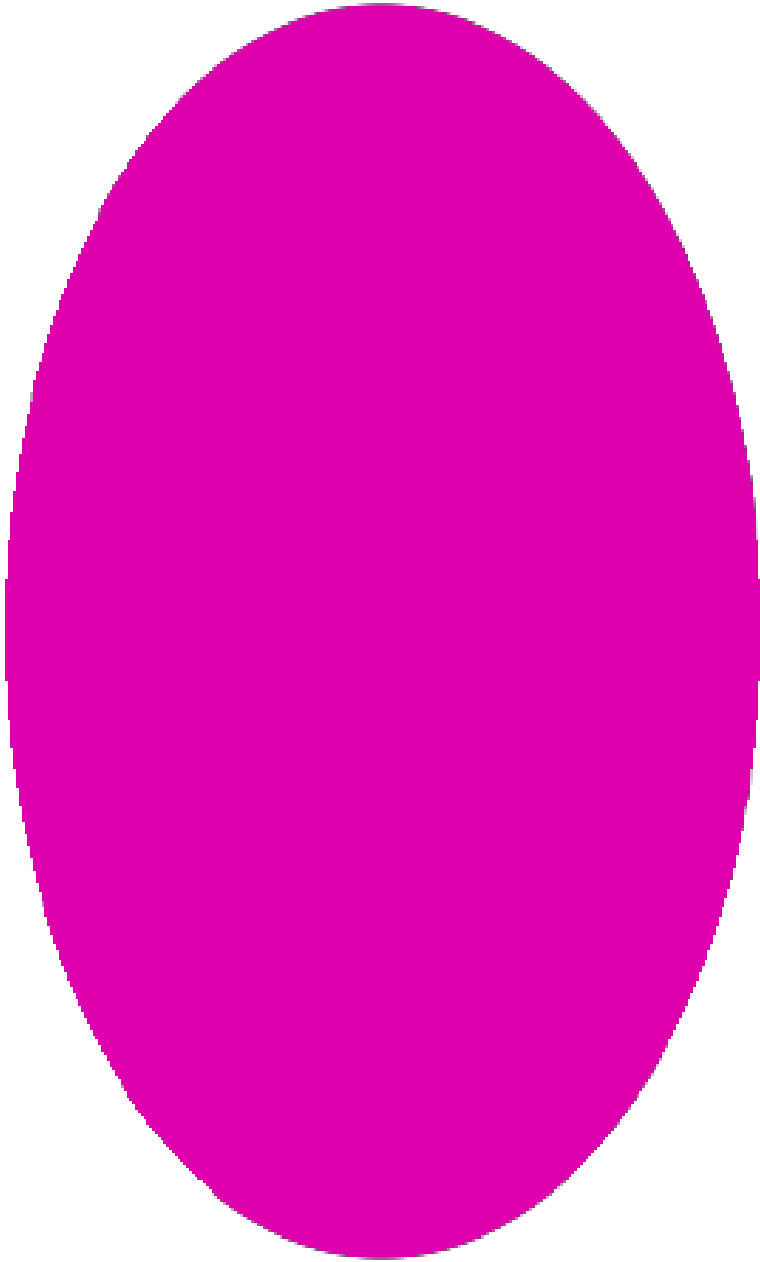
How? In a way that best corresponds to an individual and his/her mental framework.

To develop creative perception, which leads to deeper insight about the world and ourselves, it is important not to focus mind “on ourselves” - we mustn't be bound by understanding of who we are nor concentrate on “our problems”.

The more focused on the illusion of “who we are and what kind of person we are”, the stronger this illusion becomes...

The correct way is to surrender yourself to “receiving”: let the text you read, the person you communicate with, the event in your life, make a change inside you. It is important to perceive every event in your life as a symbol that speaks about yourself and your consciousness. Everything you experience you have created yourself, the unawareness of this creation is only the consequence of the limited focus of consciousness.

Through the meditations in the previous lessons you can develop your perception. All these exercises develop the right brain hemisphere and synchronize both hemispheres. If you work with clear affirmation – ‘I develop perception, clairvoyance, personality,’ ‘I correct my flaws’ etc. - you send the message to your unconscious to alter its structure; as the structure of subconscious patterns changes, your vision of yourself and of the world changes. The person who was powerless becomes God - because he/she is a God.



This graphic is charged with the magickal suggestion that empowers the effects of the previous exercises.

- The Eleventh Lesson -

Sexual Dynamics

Sexuality is the strongest natural drive; dualities interwoven in the unity of creation are the basis of universal and personal dynamics. Sexuality is the basis of all creativity. If it is unconscious and blocked, personal creativity is blocked; life becomes “the marsh” of unused potentials, governed by static patterns of continual repetition, from where there is no escape. As with time sexual drive weakens, life becomes boring... When sexual drive disappears, all physiological functions weaken, consciousness becomes limited and death approaches.

All traditions understand this universal truth - power relates to the domain of feminine polarity.

The masculine polarity only initiates the potential creative energy of the feminine. On the Tree of Life, the Sephiroth of the feminine column (Binah, Gevurah, Hod) contain power, and the Sephiroth of the masculine initiate it, while the energy created manifests itself in the middle column.

Feminine personal power symbolically manifests through the dynamics of the receptive female sexuality, which naturally aspires to be fertilized by the male energy.

All successful magicians are extremely sexual. Practice itself strongly stimulates sexuality, because, as personal creativity grows, sexual drive empowers, and the opposite is also true - strong sexuality is the sign of creative potentials.

In all magickal traditions sexual ritualism is strongly emphasized and often forms the basis of rituals and ceremonies.

Voodoo practice has in its center a priestess, explicitly manifesting sexuality. Often, rituals include sexual intercourse with spirits, demons or men, who symbolize the transcendent force.

Wicca in its essence empowers feminine self-awareness, and during magickal rituals, with the help of male archetype, creates lots of “fertilized” female energy, which produces the desired goal.

Satanism is legendary because of its sexual explicitness, mostly breaking Christian taboos; from ritual defloration, to regular practice in which the priestess (again the female principle in the center) has sexual intercourse with twenty men during the ceremony. The ultimate goal here is an intercourse with the very entity of Satan, and even more, to conceive a child with Satan.

Kabbalah at first glance looks like a contemplation of God and man, and man as God, but it cannot evade the universal dynamics... symbols such as the Tree of Life are perfect machines for initiation, fertilization and materialization of the polar opposites. The truth is that the Hebrews were traditionally a very patriarchal society (inside the Hebrew community women have never learnt kabbalah).

All practitioners are also practically bisexual or completely conscious of their internal male/female polarity. It is a consequence of maturation through the awakening of personal creativity.

Irritant “dualism” (she/he etc.) in this book, which simultaneously communicates with both genders, has as its goal an empowerment of the energy flow between internal psychic polarities of the readers...

If a person wants to be really happy and fulfilled, mind and body, transcendent and material, sexual and the spiritual, male and female must be perfectly integrated. All psychic polarities must be integrated into the unified whole, any escape from one polarity is paralysis...

Creation of an Entity

Creation of an entity —an intelligent independent being created through the magickal ritual—is the practice of many magickal traditions. In kabbalah, the most famous entity is **Golem**, created allegedly by the Prague kabbalah school (in the XVII century). According to them, Golem was a physical person with all attributes of personal integrity created through successful ritual.. The goal of the Prague school was to complete the evolutionary path, from the kabbalists to God the Creator.

You can decide how much of these stories from history are myth, but here is an exercise that creates a very intense entity, with which you can form an “objective” relationship.

Creation of Sexual Entities (for Women)

The first phase:

Get naked and revel in yourself, in your appearance and your sense of freedom

Fantasize and masturbate, awaken your sexual desire

Activate Kether; (during masturbation, activate the color, archetype; vibrate the formula)

Activate Chokmah; (feel how all created energy goes to Chokmah)

Activate Binah; (feel how all created energy goes to Binah)

Activate Tiphareth; here visualize the archetype of a king on the throne, with erect penis; vibrate the formula of Tiphareth, until your vagina becomes very wet... (the energy in your energy field will be extremely strong)

Activate Yesod; in detail visualize your perfect lover; you must feel his attractiveness and his attraction to you (the more masculine attributes, the better - penis must be erect and big/don't be afraid of the male sexual power...)

Activate Malkuth; in Malkuth visualize the lover on yourself; the more vivid, the better, in natural size and as physical as possible... feel his energy; the more he turns you on, the better...

And now, simply, receptively, let go....

If you had performed all the steps correctly, the entity created would act independently of your will. It wants you, it wants satisfaction and it will satisfy itself... For you it is important to enjoy this as much as possible and experience intense pleasure. Masturbate in the beginning. Later the relationship will be more intense than physical intercourse with a physical partner (the created partner is more perfect and intense than any earthly man - it emerges directly from your subconscious...); masturbation won't be necessary.

The relationship lasts until your partner comes... then dissolve him mentally, and inhale his energy in yourself (through Malkuth towards upper sephiroth's to the Kether); you will feel empowered.

He must completely disappear, as if he never had existed.

The second phase:

All is the same, but this time try to dive into the dark part of subconscious. Visualize a repulsive partner (but "attractive in a dark way", with emphasized features of male energy and sexuality).

Give him as much energy as possible, until you find yourself in a state between desire and fear... you have to be a little afraid, but surrender to him...

Surrender to your "dark partner"; correct his behavior, according to your condition, to experience more pleasure than fear and pain... The further inside the darkness of your subconscious, the better; when suppressed contents materialize as a sexual pleasure, they don't materialize in your life as dissatisfaction...

This relationship has to finish with pleasure, orgasm and fulfillment. When your partner cum - take all his energy... let him completely disappear...

The third phase:

In the third phase, when you master the first two, you can play with scenarios you are attracted to: you can try lesbian relationships, more men, pregnancy etc... etc...

Be a man for a moment! Create an attractive female entity!

The fourth phase:

All of this can (and should) be done with a real partner. Believe it or not, he will change his personal characteristics according to your desires and visualizations...

Everything must finish with inhaling the created energy, which formed a partner...

Creation of Sexual Entities (for Men)

The first phase:

Get naked and revel in yourself, in your appearance and your sense of freedom

Fantasize and masturbate, awake your sexual desire

Activate Kether; (during the masturbation, activate the color, archetype; vibrate the formula)

Activate Chokmah; (feel how all created energy goes to Chokmah)

Activate Binah; (feel how all created energy goes to Binah)

Activate Tiphareth; here visualize yourself as the archetype of the king on a throne, with erect penis; vibrate the formula of Tiphareth (the energy in you energy field will be extremely strong)

Activate Yesod; in detail visualize your perfect lover; you must feel attraction to her and her strong attraction to you (the more feminine attributes she has, the better)

Activate Malkuth; in Malkuth visualize the lover beneath yourself; the more vivid, the better, in natural size and as physical as possible... feel her energy; the more she turns you on, the better...

And now behave instinctively and enjoy...

If you had performed all the steps correctly, the entity created would act independently of your will. It wants you, it wants satisfaction and it will satisfy itself... For you it is important to enjoy this as much as possible and experience intense pleasure. Masturbate in the beginning. Later the relationship will be more intense than physical intercourse with a physical partner (the created partner is more perfect and intense than any earthy woman - it emerges directly from your subconscious...).

Relationship lasts until you come... then mentally dissolve her, and inhale her energy (through Malkuth towards upper Sephiroth and to Kether) in yourself; you will feel empowerment.

She must completely disappear, as if she never had existed.

The second phase:

All is the same, but this time try to dive into the dark part of subconscious; visualize a repulsive partner (but “attractive in a dark way”, with emphasized features of female energy and sexuality).

Give her as much energy as possible, until her power becomes much stronger than yours... you have to be a little afraid, but surrender to her...

Surrender to your “dark partner”; correct her behavior, according to your condition, to experience more pleasure than fear and pain...

The further you enter the darkness of your subconscious, the better; when suppressed contents materialize as a sexual pleasure, they don't materialize in your life as dissatisfaction...

This relationship has to finish with pleasure, orgasm and fulfillment. When your partner cum - take all of her energy... let her completely disappear...

The third phase:

In the third phase, when you master the first two, you can play with background you are attracted to; you can try homosexual relationships, more women etc... etc...

Be a woman for a moment! Create attractive male entity!

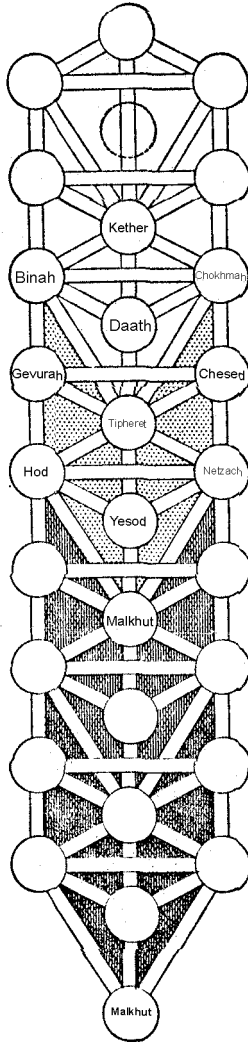
Everything must finish with inhaling created energy, which formed a partner...

The fourth phase:

All of this can (and should) be done with a real partner. Believe it or not, she will change her personal characteristics according to your desires and visualizations.

What is the meaning of these “obscene masturbations”?

First, exploration of your current sexual dynamics (you will be surprised by the entity's behavior toward you, regularly beyond anything expected and experienced); second, mind and body integration (mental creation of something physically stimulating and desirable is a perfect exercise of creation of “objective” reality); third, and the most important, training of personal power... when you can swim without fear and prejudice in the waters of your subconscious and watch everything “from above”, being completely in control, you become a strong person... Personal dynamics changes; what creates your personality is transitory; it can be altered, if you master your psyche and create new subconscious patterns.



Jacob's Ladder

- The Twelfth Lesson -

Consciousness after the Physical Death

Through history, the concept of transcendence has been the focus of personal and social events.

Life, according to many beliefs, was only a transitory station on the path to eternal existence, or just one of the many lives on the road to freedom.

All activities had a goal of ensuring existence in an afterlife. Today, in a time when science dominates and when reality is that which has been empirically proven, the concept of transcendence is marginalized.

Science cannot answer if human consciousness is sustainable after the physical death, and religions offer different answers (anthropologists have encountered thousands of various concepts of afterlife existence...).

My opinion is that preservation of consciousness after physical death has to be earned during life - it is not anything to “take for granted”, it must be attained.

Surely, something that is not part of the practical consciousness here and now won't manifest later...

Jacob's Ladder

Jacob's ladder is the symbol that can develop consciousness to transcend the physical world.

It implies repeating the symbol of the Tree of Life, building one upon another, several times (the most often three times). Thus Kether becomes Malkuth of the new (evolutionary higher) Tree of Life; then Kether again becomes Malkuth, and so on with the ladders we develop to the higher and higher levels of consciousness.

According to tradition, Jacob's ladder is the symbolic path of the angels' “rise and fall” on the Earth and to the Heaven, the symbolic path of the human soul's ascent toward God...

For now just meditate on this symbol.

- The Thirteenth Lesson -

Angels and Demons

Ancient kabbalists lived in a society determined by rigid moral rules, where the ultimate moral instructions were God's ten commands, and all events in life were interpreted as a God's will. But in humans there was always something that didn't honour their parents and didn't feel obligated to follow the God's commands...

To attain goals opposite to the God's commands and overcome personal "destiny", it was necessary to invoke the forces opposite to God:



Sigil of the Haures

Demon who foresees the future and ensures victory



Sigil of the Asmodai

Demon who enables fortune and prosperity

The demon's invocation was a widely known practice; there are hundreds of sigils, symbolic seals that help invocation of a particular demon. This elaborated demonology developed during kabbalah history probably under Persian influence. When kabbalah spread outside the Hebrew community, occultists didn't know how to use the sigils. At first they tried to embody demons invoking their name and concentrating on the sigils: that didn't succeed. After that, they tried wearing sigils as talismans, in the hope demons would provide protection and help to achieve desired goals, but that wasn't successful either. Finally, they understood that it was necessary to somehow approach demons on the level of their existence; in other words, to alter existential frequency.

The Technique of the Demon's Invocation

- 1. Choose one of these two demons**
- 2. Study the sigil and try to remember its tiniest details**
- 3. Close your eyes and visualize the sigil that you remembered**
- 4. When its picture shows in your mind, vibrate the demon's name several times**
- 5. When you feel attraction, go through the sigil with all of your being; mentally and physically go through the sigil to the other side...**

and you will encounter the demon...

(the technique is the same as the projection on the kabbalist planes, it just uses the sigil as the object of visualization and vibrates the demon's name).

The demon isn't interested in your personality, potentials, what good you've done in your life, and what bad. He doesn't care why you need his help. The relationship with a demon is in the nature of a bargain, he "does his job" and is interested only in his personal gain (isn't it similar to morality of consumerist society we are living in?!...)

Tradition says that you have to approach a demon with cool respect, and he will respond the same. Say directly and clearly what you need, and demon will reply what he wants from you. Of course, you have to fulfill your obligation first (demons, like banks, must be sure that you will comply and fulfill your duty before sharing part of their power with you ...).

If you are not ready to do what you are asked to do, simply turn and go out through the sigil to "your world". Some demons will offer then some more humble service and ask for more humble counter service; if it is fine with you accept it, if not, it is time to find some other demon...

Be sure that demon will fulfill his part of the deal (they are very proud of their reputation...). And sometimes it is even possible that a demon will fulfill his part of the bargain first; but be aware that he will haunt you until you pay with interest.

Nevertheless, some people have cheated a demon for their whole life, left their properties to their descendents, and passed to higher existential reality, where the demon didn't have any power over them! You can try that...

If you feel repulsed by this exercise, just skip it.

- The Fourteenth Lesson -

It would be logical now to do an exercise invoking an angel, but if you invoked a demon, it is not necessary. You encounter angels every day, because you are one glittering angel...

If you felt reluctant toward the last lesson, then, for you, angels are too far away; no technique can help. Only the demons from the last lesson are still hunting you...

To really develop psychic creativity, you must accept every aspect of your personality without hesitation, escape from "evil" is a sign of weakness and fear; the only true evil is weakness, the only real demon is an inability to change...

Advanced Magick

Until now, you probably visualized the Sephiroth's two-dimensionally. Now try to understand them three-dimensionally, as the balls of energy; try to merge completely with the archetype during the visualization (as if you were king, angel or hermaphrodite etc.), in other words, try to feel the archetype's features in yourself, as your own personality.

When you visualize the goal, see the whole scenario: yourself, your surrounding, a perfect conviction that the goal is already an accomplished reality...

Before this ritual meditate on the goal, activating one Sephiroth after another; where you sense an energy blockage - project into Sephiroth... activate it, visualize the goal, its archetype, color and enter it... In this way you will become aware why this energy is stuck... what inside you is still not perfect enough to attain the goal.

Of course, the goal is to empower energy flow; the stronger it is, the stronger are the changes...

Advanced Meditations

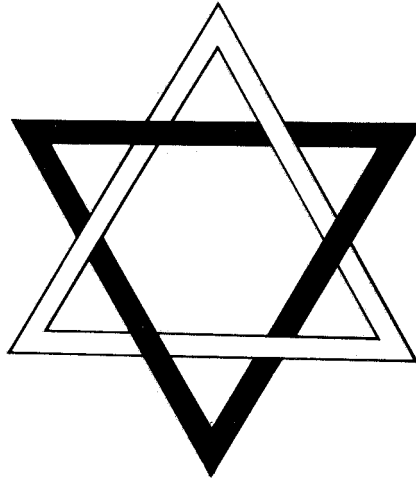
As in every meditation, activate the Sephiroth's from the bottom to the top; but now be aware of the paths connecting them; slowly go through the paths, as if through a pipe larger than your body. Understand the Sephiroth as large ball you enter in, where you transform...

So, in magick, your goal is to be "as big and powerful" as possible, your personal energy must grow... in meditations, the Tree of Life is a "huge" transforming system, which changes you dramatically.

This kind of meditation on the paths can last for several hours, until you come to the top of the Tree of Life.

- The Fifteenth Lesson -

The Transcendence



Life is a short and not always pleasant experience...

The eternal human question is the question of a possible existence after life. Various religions throughout history have created numerous concepts. Science is without an answer...

Is there self-awareness after death?

The symbol of the hexagram (Star of David/Solomon's seal) tells the simple truth - **as above, so below!** Our senses perceive the world through the limited span of their possibilities, but even in that perception - a simple truth is revealed: Man is a part of universal harmony, in which there is nothing unchangeable, nothing is completely lost and nothing vanishes. In nature, matter and energy are always creating and dissolving, but there is always the same quantity of water on earth to evaporate, condensate and evaporate again ... in the same manner all chemical compounds and energies circulate.

When it comes to humans, we must be aware that "a person" is only an illusionary integrated system, just an illusionary whole. All cells in the organism completely change over several years, sophysically we are not dealing with the same person we were before. There only remains the pattern of existence, copied less and less perfectly through time, until its integrity eventually dissolves...

This reality created a need to preserve one's identity through religion; myths of soul and reincarnation emerged. Of course, they are all only myths created in response to our fear of death and disappearance; there is no permanent essence in humans (there is nothing unchangeable and eternal); merciless statistics of progressive growth of human population destroys the hope in reincarnation (the sum total of all humans from the first Homo Sapiens till the XX century is less than number of humans today... so we haven't reincarnated one time, and even less thousands of times... ancient Hindus easily adopted "logic of reincarnation", because their sacred scriptures described eternally long history of humankind, several billions of years). Attempts to believe in human permanence always finish with defeat.

Does this imply that physical death is end of self-consciousness? The answer is in harmony with natural laws: if the person's awareness is bound to physical identity, if the person cannot practically transcend the physical existence, then the mental framework existing during life will destruct in a very short time. Naturally, after the physical death, the energy system (patterns of psycho-energy system) destructs, and then after that, those patterns that created self-awareness.

If consciousness during life was attached to body as personal identity, then patterns of self-awareness disappear with the body; but if self-awareness practically encompassed a broader reality, the possibility of transcendence, then these patterns continue to exist...

It is similar to the metaphor of so-called "spiritual immortality". Individuals who during life created intellectual work worthy of next generations' admiration, continue to exist as patterns in the collective consciousness... those who were attached only to survival disappear and fall in oblivion...

The same thing happens with the preservation of consciousness after death. If consciousness was attached only to physical existence, – it disappears; if the person practically mastered projections on kabbalists planes, consciousness is no longer attached to the physical concept.

Is it possible to maintain consciousness of physical existence after physical functions stop working?

It is.

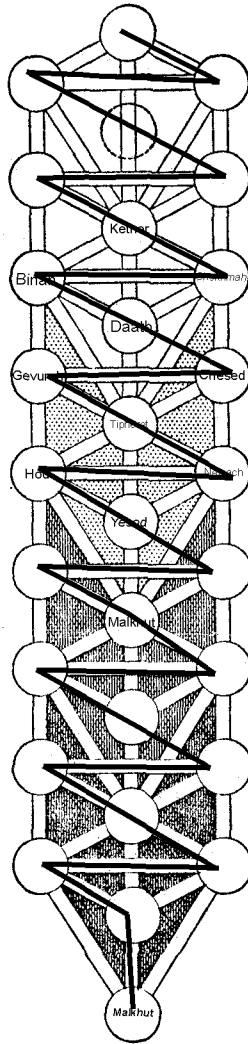
Is it possible to "incarnate" concepts inside the consciousness into new physical life?

It is.

But none of this can be "taken for granted." This ability must be developed during life... Religions create the opposite effect — the repetition of religious rituals empowers blind faith, without developing a practical ability to transcend.

Myths of soul, heaven and hell became super powerful archetypes, in spite of the fact that they emerged based on very scarce information from sacred scripts. The notion of an immortal soul dates to Plato, and before him, the notion of a soul didn't exist in ancient Greece. In the Old Testament, there is no afterlife punishment for villains, there is no reward for the righteous... The need for reward and punishment emerged many centuries later, as a part of religious lore. The dispute between Pharisees and Sadducees is well known: The Sadducees didn't believe in the afterlife existence, while the Pharisees did. Jesus obviously accepted the Pharisees' concept, but his description of the "Kingdom of Heaven" is also brief. He mentions paradise only at the end of his martyrdom, when he says to the thief who is nailed to the cross beside him: "Today you will be with me in paradise" (Luke 23,23). The word "today" was interpreted by Christians as the condition of the soul between physical death and resurrection, which is according to Christianity, the exit from the grave and the appearance of all believers in front of God, in their physical form. This silly concept was not part of Jesus' words. It was deduced in later centuries under the apostles' influence, especially St Paul's, who created the myth of a divine Jesus, and transformed his martyr death and social defeat into transcendental victory...

So, the concept of an afterlife was transformed through the centuries and became stronger with the development of Christian and Hebrew sacred scripts. The peaks of imagination are artistic interpretations. Although in reality there are few believers who really adhere to the notion of soul and resurrection as interpreted in modern Christianity, the archetypal power of these myths has become part of our collective consciousness, and still provokes strong impressions. These impressions and reactions are a primary obstacle to real transcendence.



Ascent through Jacob's Ladder

- The Sixteenth Lesson -

Ascent through Jacob's Ladder

The Tree of Life represents human psychodynamics on our current evolutionary level; Jacob's ladder enables transcendence, through the development of self-awareness not bound to physical existence.

Introductory Exercise

There are several models of the Sephiroth's arrangement on Jacob's ladder. The most simple is the upbiding of Malkuth and Kether.

Activate the Sephiroth's from Malkuth to Kether; then activate the activated Kether (top of the head) with the color, archetype and formula of Malkuth. Go above your physical system, activating one Sephiroth after another, until you come again to new Kether (which is now on your double height); activate it as Malkuth and activate one more whole Tree of Life, one Sephiroth after another, to Kether (which is on your triple height)...

This way you create a completely new relationship towards yourself; you are developing an active psychoenergy system, independent of physical existence.

There are similar exercises in other spiritual traditions. Taoism creates "causal bodies" above the physical, to achieve perfect health and physical immortality. Books such as the "Tibetan Book of the Dead" and "Egyptian Book of the Dead" are practical handbooks of consciousness development to continue existence after physical death, or - according to Tibetan teaching - to attain new incarnation as painlessly as possible.

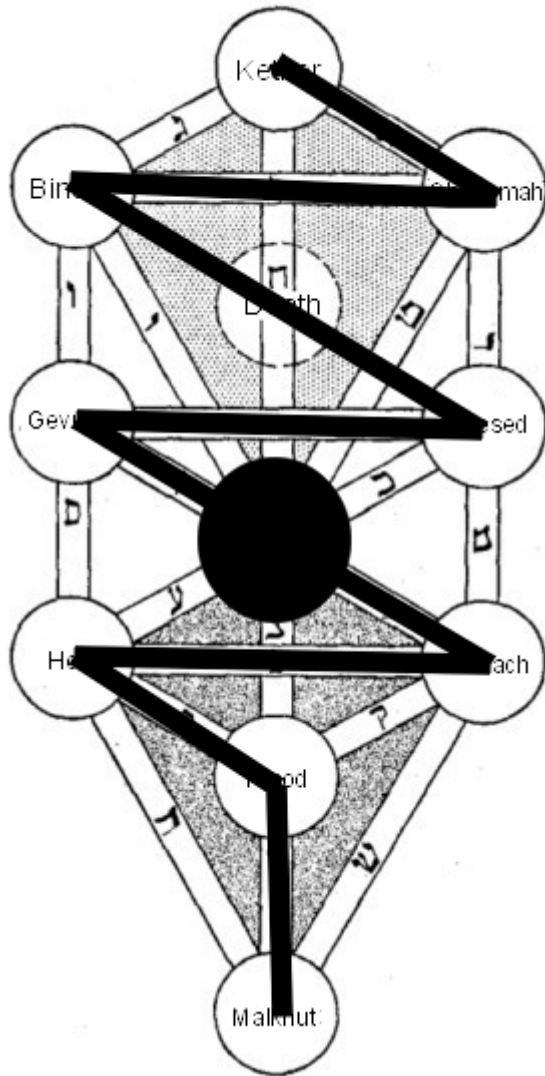
Perform several times this ascent through Jacob's ladder, activating the Sephiroth's without inputting content, starting practically to develop the transcendent concept. Later on we will go further and deeper...

Further Ascent through Jacob's Ladder

To maintain consciousness after the physical death, you should visualize your desired goal (reincarnation, some transcendent concept or what suits you/attracts you). In this way you ascend through Jacob's ladder as in the previous lesson and create a new reality...

But you should do it carefully. At the beginning it is better only to contemplate this possibility; more maturity is needed than you have now, to use these powerful transforming techniques.

The human mind creates personal reality. It is the only truth and the ultimate rule. The power of will is potentially absolute: acceptance of any imposed picture of our personality and environment is a sign of weak character and will.



- The Seventeenth Lesson -

Collective Consciousness

The influence of society upon an individual is immense and often crucial. Most of us never overcome current social trends and established morality. In healthy and advanced societies the individual's benefit is the goal and meaning of society; in retrograde societies, state and political imperatives are superior to the individuals' and limit their personal development and self-expression. Advanced societies offer a whole spectrum of possibilities to actualize an individual's potentials, as well as a supporting environment; in retrograde societies the possibilities of personal prosperity are small, and motivated, high-quality individuals are treated as a threat to society.

Until this point, we have been working on an empowered personality. Now it is time to overcome the duality of personal and social, individual and collective. The goal is to become a constructive part of society and provoke high quality changes; at the same time, to recognize constructive social forces and become a part of constructive social movements.

Exercises for Consciousness Raising and Activity Inside Community

Collective consciousness is the sum of mental contents of all individuals in the community (family, state or the world), an entity that is always creating and dissolving. We should perceive it this way, take from it what is necessary for our individual development, and change it according to collective evolution. The more creative the individual's activity toward collective consciousness, the more valuable his/her life will be.

Permeation with Social Environment

Activate the Sephiroth's from the bottom to the top, to Tiphareth; here stop the energy movement and activate the Sephiroth's from the top to the bottom, to Tiphareth; Tiphareth in this way becomes full of energy. Spread the Tiphareth color through the community whose contents you want to make conscious, and inhale (inhale energy with the breath intake) in Tiphareth. In Tiphareth visualize the desired change inside the community (it can be some goal for the common benefit, or it can be the "imprint" of your personality on the consciousness of community) and now descend energy to the Malkuth, to completely leave your psychoenergy system...

Why does the ritual look like this?

When the energy descends through the Tree of Life, your personality influences the “external world”; when it is rising, the “external” world acts on your personality. Tiphareth is the center of the Tree of Life and the Sephirah in which domain lies your social standing; when inhaling energy in Tiphareth, you input contents of the community you are conscious of, but also unconscious contents; when you put into them desired change and descent energy, you act on the community in the desired direction. Generally, we experience the “external world” in a very limited way – the conscious part of our personality cannot accept such a huge quantity of information from the social environment; but subconsciously, because of energy pervasion, we perceive much more... With this ritual your influence becomes much stronger than your influence on the community from the context of your conscious knowledge. In this way you become a creator of collective consciousness and imprint new contents in it, while not being overwhelmed with information and paralyzed with still existing dualism – “I am only part, the whole is greater than me”.

- The Eighteenth Lesson -

Exercise as a Couple

To transcend duality in practice as much as possible, it is good to understand how “completely unknown” persons offer an important message, leading to your self-development. (I put “completely unknown” in quotes because if they were not a little bit related to you, you would never meet them...).

Two persons sit one toward the other. It is better if you have just met each other, but you can nevertheless try this with a person close to you. Both activate all the Sephiroth from the bottom to the top. One person talks free association on a given subject, and the other just listens with eyes closed and without reaction. In this condition of the heightened energy level, the story of “completely unknown” person reveals strong messages; details from the story are useful information, revealing a hidden side of the personality of the listener.

- The Nineteenth Lesson -

Scanning your Psychodynamics

Here is a simple and efficient technique that enables understanding and improvement of the goal attainment process.

Activate all the Sephiroth's on the Tree of Life; in every Sephiroth, from Kether downward, visualize the goal you want to attain. As soon as you visualize it, some association will emerge in your mind, some image describing your relation to the goal.

This image explains the readiness of the particular Sephiroth (the part of your psyche it represents) to attain the goal.

Remember the first picture that emerges associated with the goal.

This readiness can be divided into three levels:

1. You see yourself in the situation of the goal attained
2. The only association is the goal, you don't exist in it, or you are just a witness
3. Complete emptiness, without association

The more you are involved in the association, the better, it implies the Sephiroth perfectly conducts energy.

If you are disconnected or a witness, there are blockages to be removed.

If there is no association related to the goal, this Sephiroth is completely closed; energy can only find some another way to be materialized.

This is a perfect technique to understand the reason why you may be stuck in your quest for goal attainment; limited day-to-day consciousness repeats already established patterns, unable to understand what is wrong and why.

How to remove the blockages, once they are recognized?

Visualize the goal in the blocked Sephiroth, clearly and strongly, as if it were already accomplished, and leave this energy inside the psychoenergy system for a short time. Then repeat the scanning, until in all the Sephiroth a clear and strong picture emerges of you in the situation of the goal attained.

It is impossible to achieve something if the Sephiroth are not open to flow; small blockages create small problems, strong blockages create big problems, and emptiness completely blocks manifestation. Blockages in the Sephiroth's will be corrected this way; but if you do this technique in advance - everything will go smoothly and easily.

- The Twentieth Lesson -

Superconscious Mind

Activate Jacob's ladder, four Trees of Life above the physical Kether.

Project into Kether, seeing your physical body in front of "you", and project into Kether being completely penetrated and overwhelmed by its vibration.

Stay in this condition for few minutes, then leave the physical Kether and project into the higher Kether of the following Tree of Life above your head; stay in this frequency for few minutes.

Then project into the following Kether, and then into the even higher one, until you project into the highest — the fourth above the physical body (the fifth you are projecting in); stay here longer, if possible half an hour daily (in this frequency time doesn't exist, it is not easy to determine half an hour, but usually it seems very short).

At the beginning, your attachment to your old identity will "pull backward", you will project waiting to come back. But after several meditations the frequencies of higher Kethers become "the goal and meaning", and your identity expands its form. Actually, it changes, from limited physical identity attached to time and space into unlimited one that transcends time and space.

In the fourth Kether above the physical body abides "superconscious", "divine consciousness", etc.

When being projected into the fourth Kether you can ask any question (philosophical, metaphysical, practical) and get the correct answer! Try this!

If you regularly practice this meditation your consciousness will be perfectly clear and all-knowing, your existence, previously deluded, now perfectly guided...

It is what we really want; to replace the lower identity with the higher one; to achieve what mystics call enlightenment; to have the perfectly open mind that doesn't repeat old patterns. but always creates the new ones, guided with new insights; to literally live guided with higher intelligence.

Here is another exercise :

Try this after you practice projections into Kethers.

Activate Jacob's Ladder with the three-dimensional Sephiroth's: four Trees of Life above, four beneath the physical Tree of Life (so, with the physical Tree, nine); you can do it now with affirmation, not Sephiroth after Sephiroth, just affirm the activation of these Jacob's Ladders...

After activation, affirm visually and verbally the eternal energy flow that surrounds you (you receive energy from all directions); it influences some internal or external change, it alters everything to attain the particular goal.

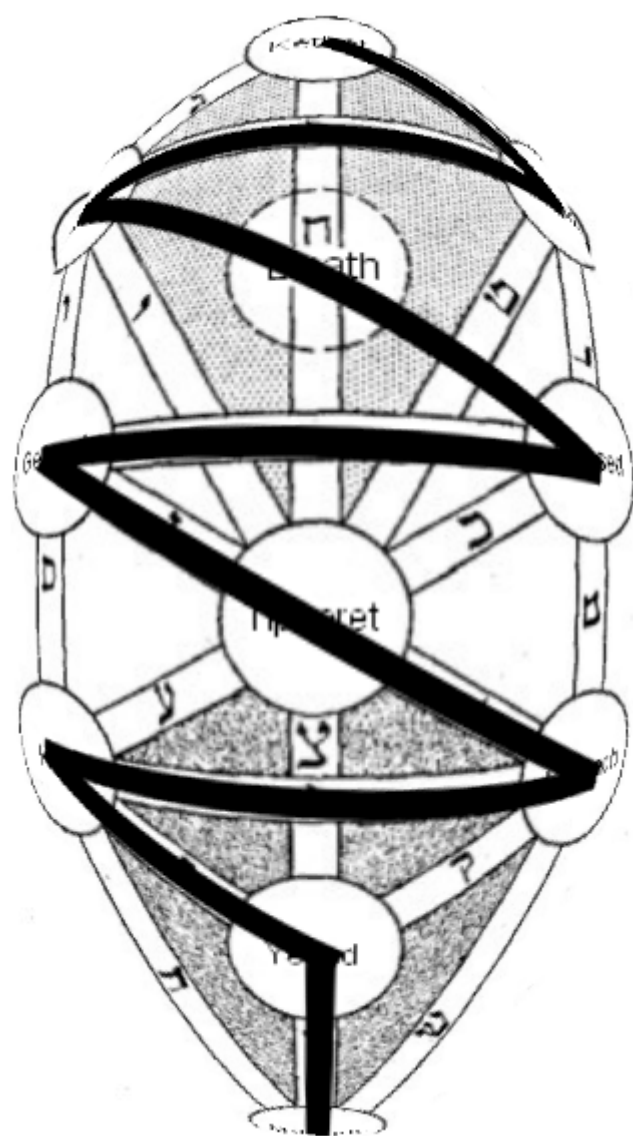
After affirmation feel how all the Sephiroth's are shaken and you are receiving tingling, transforming, pleasant energy influencing your body and mind.

In this way you are always in optimal frequency for the desired goal. When you create this receiving it opens all internal and external doors.

This is also the first step for your acting through the universal process, not from the limited identity. The identity must be mature to become the part of the process; the universal process acts on the identity.

Radical change happens; the ego doesn't try to do something inside the wider reality any more, this wider reality acts through the ego...Our goal is not to act from ego (closed system), but to perceive **the process** and act with it.

Soon you will start to perceive processes (universal energy flow) and act inside the process, not from the closed system. This is the goal of these exercises.



- The Twenty First Lesson -

Introduction to High Magick

The mind is accustomed to observe the world as a sequence of separated objects and events and it seems difficult to change this worldview. The truth, however, is just the opposite: a huge effort is necessary to maintain this illusion of duality. Literally, our brain needs deep sleep to continue processing this vision of the world; if the sleep is not good enough, our brain ceases acting in a subject/object context and cannot effectively process any further impressions.

The short period of the deepest sleep, that lasts some twenty minutes, is important. Then our brain rests, and our heart stops for a second or two. It is a necessary rest for these restless organs; if it doesn't occur (if sleep is superficial or too short) the next day we are tired and our thinking is not acute. After fifty hours without sleep, hallucinations emerge and retreat; our brain rejects processing of external information, because it becomes overwhelming. Sleep is the time when impressions of the previous day are rearranged in consciousness. (Dreams are part of this process. Our brain has to structure impressions according to the concept of "objective" reality).

So, it is enough to alter our concepts, first intellectually (to enable our brain to have a new basis for rearranging impressions), and then practically, to start efficiently functioning with the new perception of reality.

States of consciousness that overcome duality are regularly euphoric and refreshing (as deep meditations); the enforced view of the world as the sequence of separated objects is immensely exhausting and requires a constant rearrangement of impressions.

High Magick

High magick is based on the consciousness of unity. Until now you have used the Tree of Life in the dual context of **you** and your abilities you want to improve, and of the **external world** you want to alter. High magick relies on the consciousness of unity. All you see is part of yourself, you are the universe...

When subject/object division is dissolved (I hope the exercises we have done to this point have at least had shaken that division) magick becomes very simple and efficient. On the highest level, it isn't even necessary to use "crutches" such as kabbalist symbols. All that the mind wants becomes manifested... How?

Simply put, concepts forming our perception of the world are the basis for the mind's operation. When mind receives more efficient concepts, it accepts them and acts accordingly. In its potential, the human mind is almighty and its action can be stopped only by limited concepts.

These concepts are deeply ingrained in our subconscious, therefore symbols are excellent "crutches", gradually giving our consciousness a broader concept of reality and the possibility to act. They penetrate deeply into subconscious and change it according to the concept of unity, which is in practice almighty...

To realize the consciousness of unity at your state of evolution, you need a "crutch", a symbolic concept that expands consciousness and changes subconscious patterns. Jacob's ladder expands the concept of the Tree of Life. The Sephiroth's follow one after another, in the height (above the concept of physical existence), and to the bottom (in the depth of the subconscious).

Practice

Now try to go a little bit below the physical concept; activate the Sephiroth's in a way that Malkuth (feet) becomes Kether, and then, gradually (activating Sephiroth after Sephiroth), from the top to the bottom, create a new Tree of Life, below your body. Then from Malkuth of this "grounded" Tree of Life activate the Sephiroth's on the body, and then once above the body; in this way you activate three Trees of Life, one above the other.

The one is below the physical system, the other is the physical system, and the third is above the body (transcendent concept).

This way you change the patterns of your consciousness; it is not any more attached to the body as the focus of I, but becomes broader - physical is only a part of your conscious domain of influence.

- The Twenty Second Lesson -

Further Practice

In short, in further development practically expand the concept of yourself even more. The whole universe must become the Tree of Life - I become the universe and mind can manipulate with all energies in the universe.

Duality can be completely overcome. As consciousness of unity practically grows, so awareness grows that every object is only a psychic projection. On this level you can alter every object you perceive in such a way that everybody sharing a similar existential frequency perceives it the same (as the graphics in this book). Not only can you realize what you want, you can alter the experience of reality of other people; influence on the universal forces gradually becomes stronger and stronger.

These are advanced exercises, producing a strong empowerment of your personal system. It is still too early for them...

You should continue step-by-step, and experience the effects of these first exercises. You should first perform successful practices and those personal transformations brought about by meditations. You should watch the changes in yourself and in the world to assure your mind that unity is reality, and that mind can create changes inside the universal harmony.

All this until your psyche becomes completely integrated and your power becomes absolute; until the myth of God becomes personal reality.

Epilogue

This book contains the exercises of the first module of my kabbalah teaching. (I divided the teaching into three modules).

The book offers basic kabbalah knowledge to empower your personality, but it is only the beginning. What cannot be transferred through the book is the understanding of your personal dynamics, crucial for your magickal practice, and personal contact with the author, on whom you project your future power.

I want to encourage you to develop yourself further and through personal contact continue to learn magick.



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