

ב"ה

**SOUTH HAMPSTEAD  
SYNAGOGUE**

**INTRODUCTION TO KABBALAH**

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**2<sup>nd</sup> Lecture**

# OUTLINE OF COURSE

- (21/02) 1 History of the Kabbalistic Tradition:  
a) The Bible, Talmud and Zohar  
b) From 16th Century Tsfat to the modern period

(7/03) **2 Applying Kabbalah in the life of the Individual (1)**  
**Torah Study and Mitzvot**

- (14/03) 3 Applying Kabbalah in the life of the Individual (2)  
Prayer and Meditation

- (21/03) 4 Kabbalah in the Life of a Family:  
Shabbat; Marriage

- (28/03) 5 Kabbalah: the Global Perspective:  
From Creation to Redemption, the Jew and the World

# THE NATURE OF TORAH

## Moses on Sinai:

“Scripture, Mishnah, Talmud, Aggada, even that which a seasoned disciple will ever teach before his teacher, was told to Moses at Sinai”

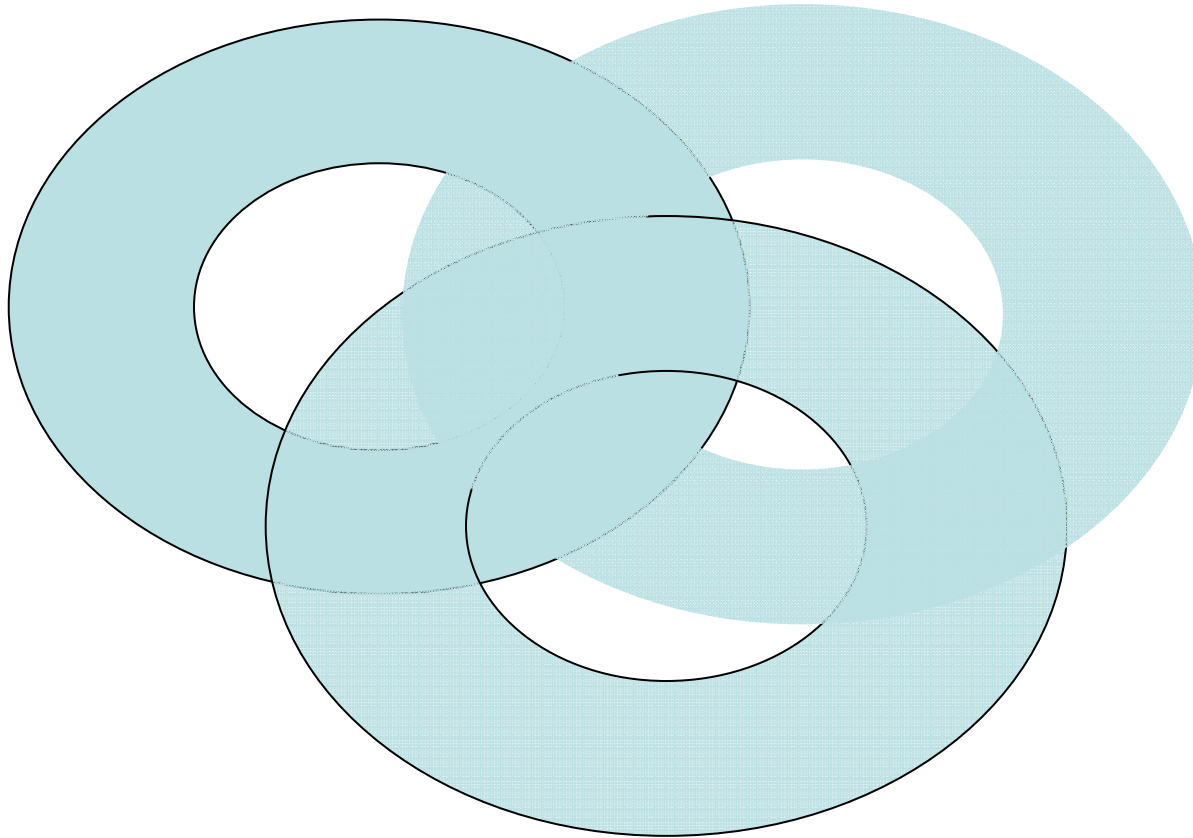
Jerusalem Talmud Peah 2:4

## Nachmanides:

- The Primeval Torah was letters of black fire on a background of white fire
- the Torah is a stream of Divine Names

# FROM THE ZOHAR

- “There are three links – G-d, the Jewish People, and the Torah are all One”



אנוכי ANOCHI

G-D GIVES HIMSELF IN THE TORAH

א

אנוא

MYSELF

נפשי

HAVE WRITTEN DOWN

כתבתי

HAVE GIVEN

הבית

“G-d contracted His infinite Will and Wisdom into the 613 Mitzvot and their details, and into the combinations of the letters of Tanach, and their explanations by the Sages... so that each person can grasp them and keep them. Hence the Torah is compared to water, which flows from above to below”

Tanya ch.4

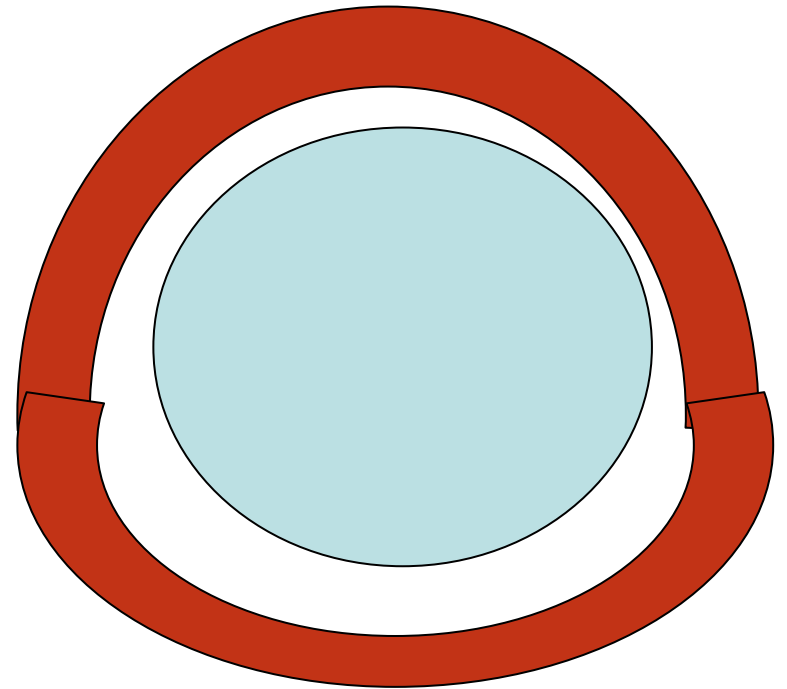
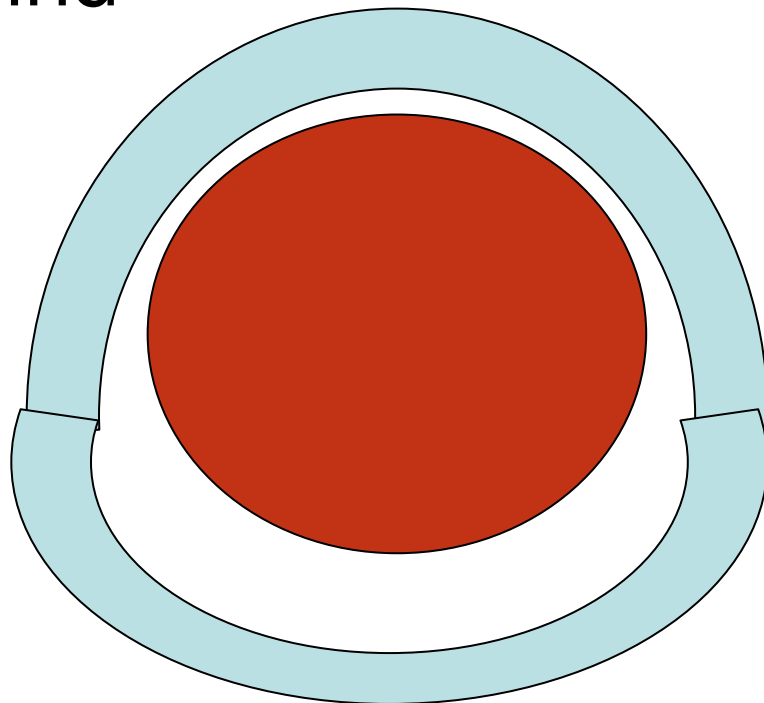
# BEYOND THOUGHT

- “Thought does not grasp G-d at all.. Except when it grasps and is clothed in the Torah and its Mitzvot. Then it is clothed in G-d, for Torah and G-d are one.
- Even though Torah is enclothed in worldly things, this is like embracing the King, even though the King is wearing clothes...

Tanya ch.4

# EMBRACING G-D

- The mind “grasps” the Torah concept, within which is the Divine
- At the same time, the Torah “grasps” the mind





# BONDING WITH THE DIVINE

- ZOHAR IMAGERY OF THE SHAVUOT FESTIVAL
- THE TORAH AS THE KETUBAH BETWEEN G-D AND THE JEWISH PEOPLE
- TIKKUN LEYL SHAVUOT ARRANGED BY RABBI YITZHAK LURIA

# WRITTEN AND ORAL TORAH

WRITTEN TORAH – MALE

ORAL TORAH – FEMALE

- The brief, obscure but seminal few words of the Written Torah are expanded by the Oral Torah into a teaching which can be applied in daily life, as the child which is formed in the womb of the mother

# NIGLEH AND NISTAR

- Nigleh, the Revealed Torah, tells the *how*. It is called the body of the Torah.
- Nistar, the Inner dimension of Torah, communicates the *why*. This is called the soul of the Torah.

Scripture, Talmudic Aggada, Midrash, Zohar, Kabbalah, Tanya, Chassidic teachings all communicate the inner dimension of the Torah.

# MITZVAH

- MITZVA = COMMAND (Tziva)

The Command links the limb to the brain

248 limbs (Positive Miztvot) and  
365 sinews (Negative Mitzvot) = 613

- MITZVA = CONNECTION (Tzavta)

The Mitzva connects the person to G-d

The Mitzva is an intense bond with G-d but it is veiled in order to protect the person

# MITZVOT AND THE WORLD

Our possible activities in the world around us divide into three categories:

- A DUTY – sanctifies us and the world
- PERMITTED ACTION – potentially sanctifies us and the world
- FORBIDDEN ACTION – drains sanctity and defiles

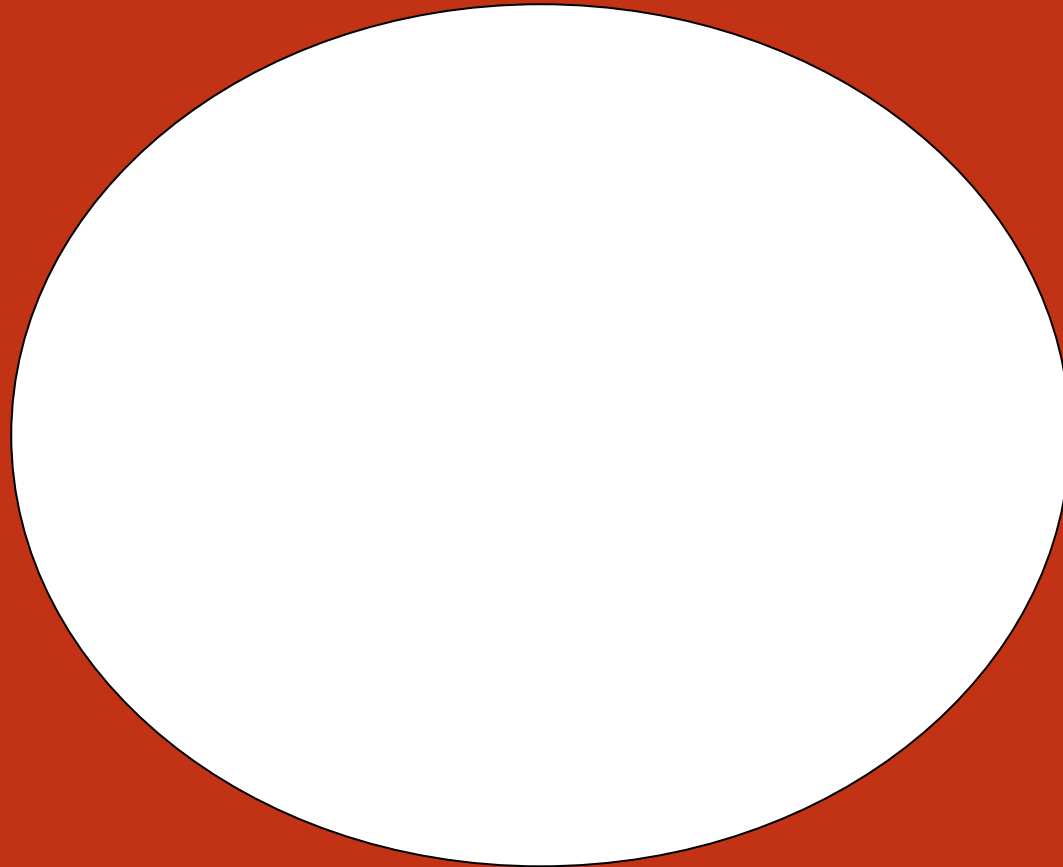
The CODE OF LAW helps us distinguish between these three categories in daily life

# BEFORE CREATION

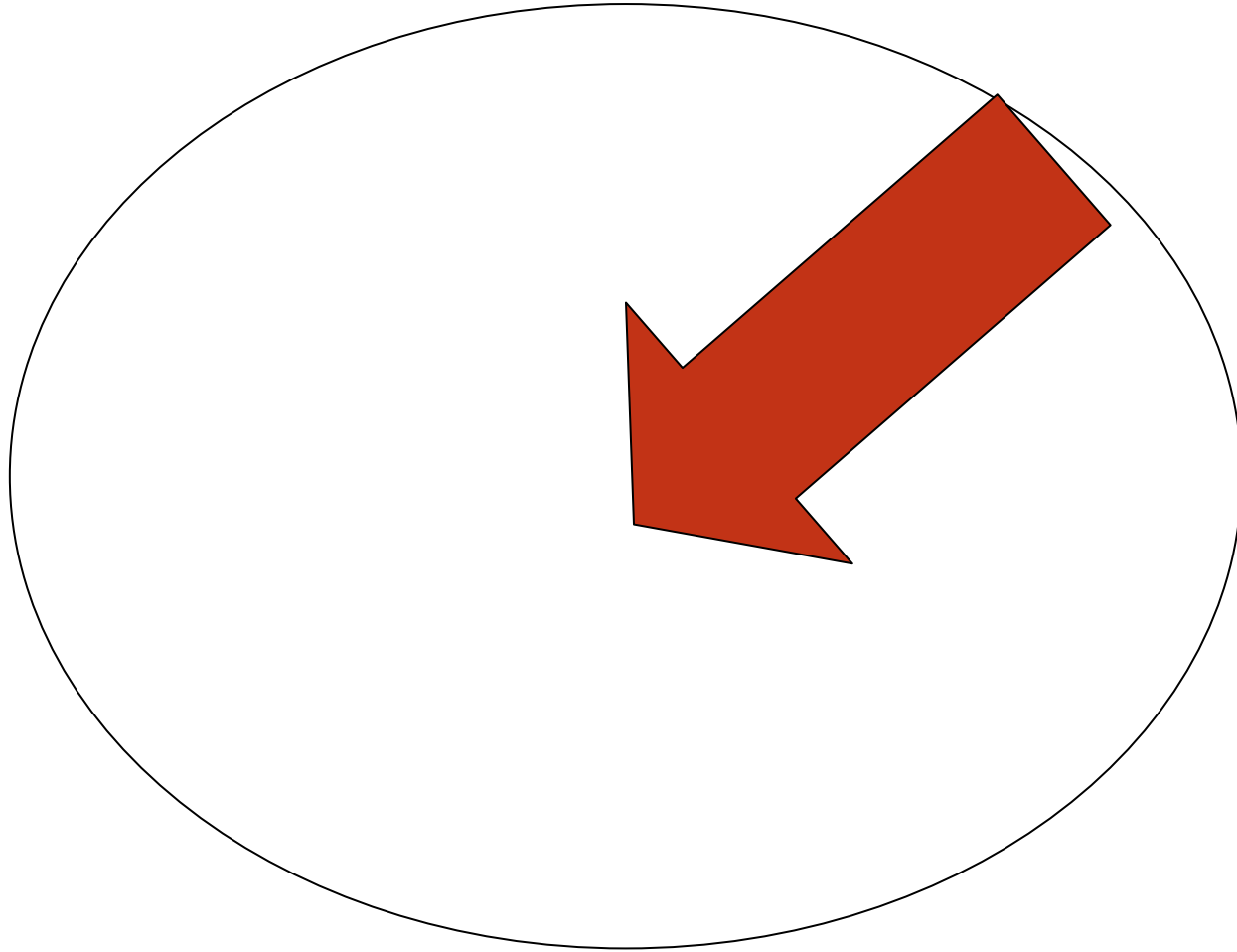
INFINITE DIVINE

# CREATION - TZIMTZUM

INFINITE DIVINE

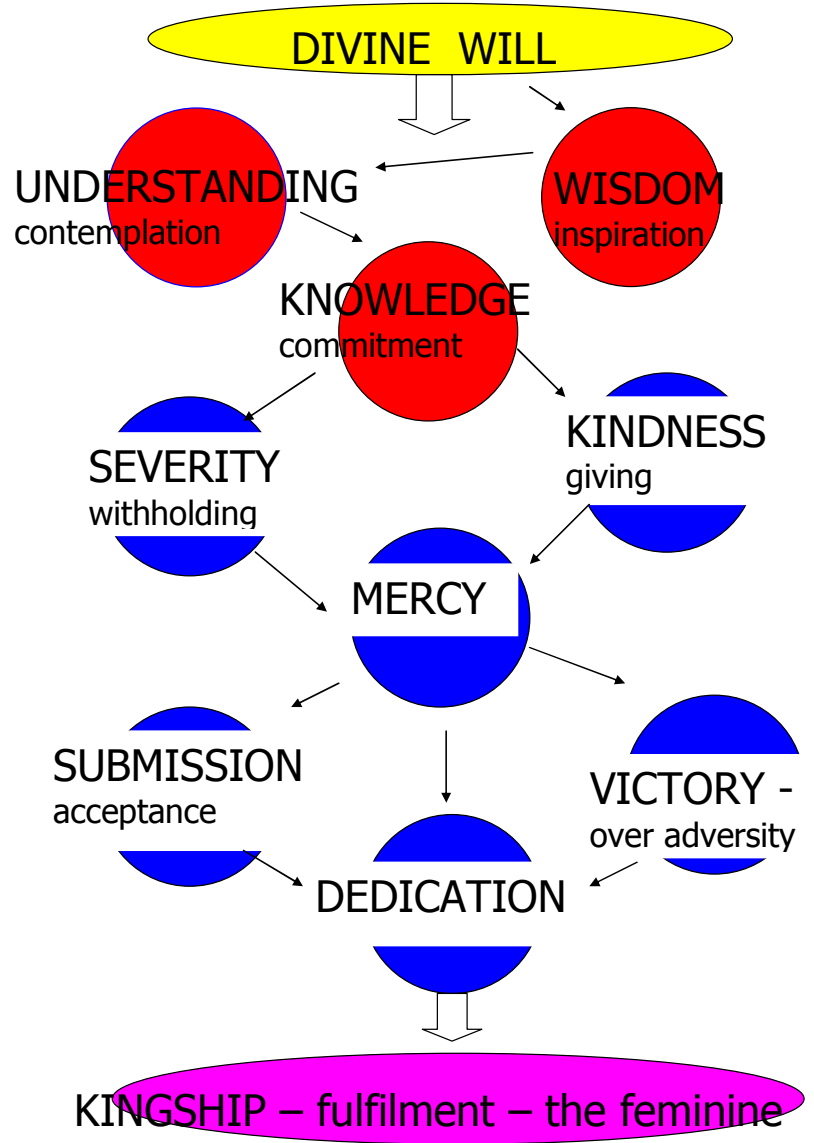


# THE BEGINNING OF EXISTENCE



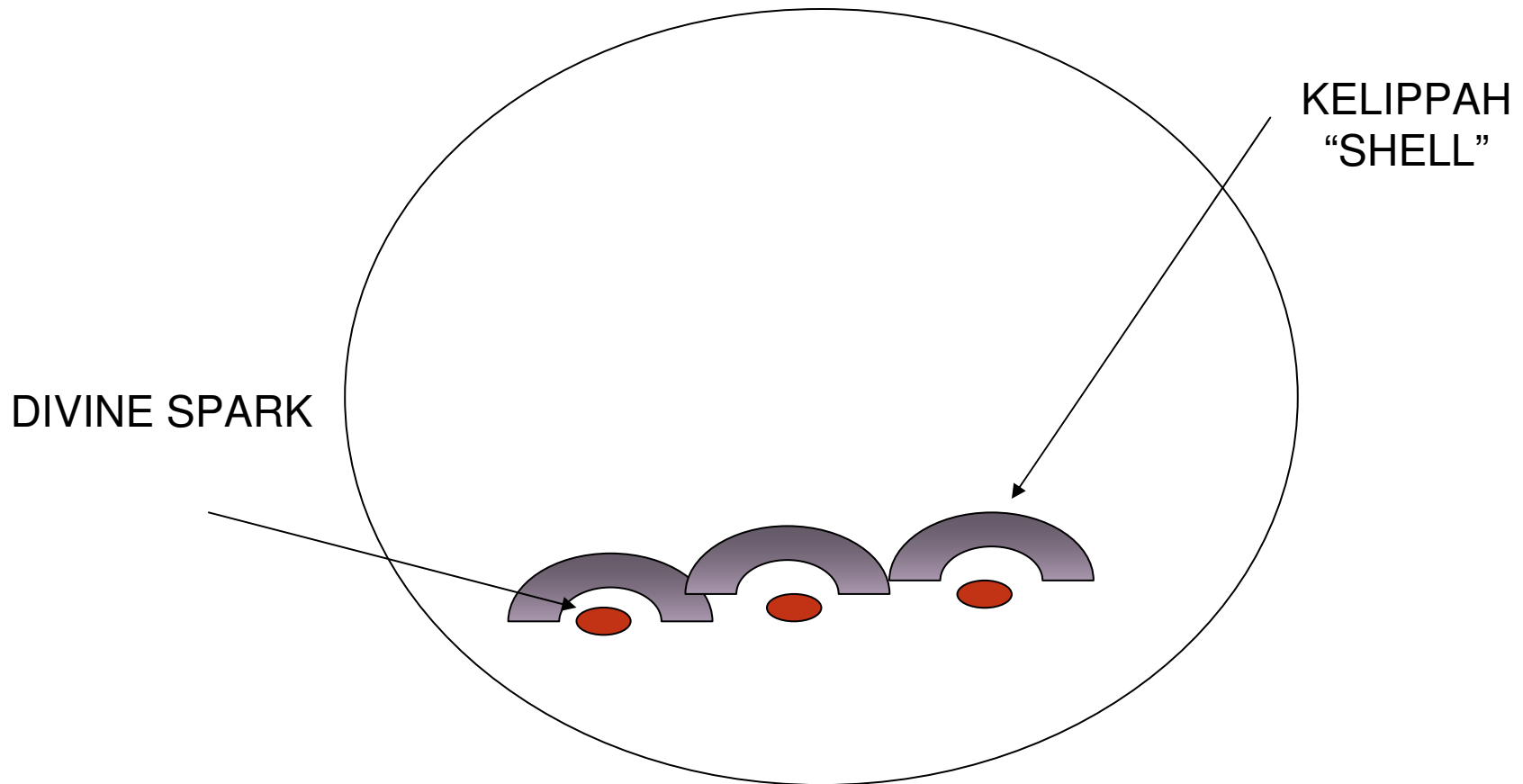


# THE INFINITE



# THE BREAKING OF THE VESSELS

THE “KELIPPOT” – THE SOURCE OF EVIL



# TIKKUN - REPAIR

Tikkun is the task to elevate the Divine Sparks which are trapped in existence

- Some sparks can easily be elevated. They are in the 'permitted' aspects of life. They are *mutar*, unbound (permitted) , they can rise
- Other sparks cannot easily be raised. They are in the forbidden aspects of life. They are *asur*, bound (forbidden). They cannot rise in the ordinary way, only through avoidance - or repentance!

# MITZVA AS REVELATION

מצוה

א - ת

ב - ש

ג - ר

ד - ק

ה - צ

ו - פ

ז - ע

ח - 0

ט - נ

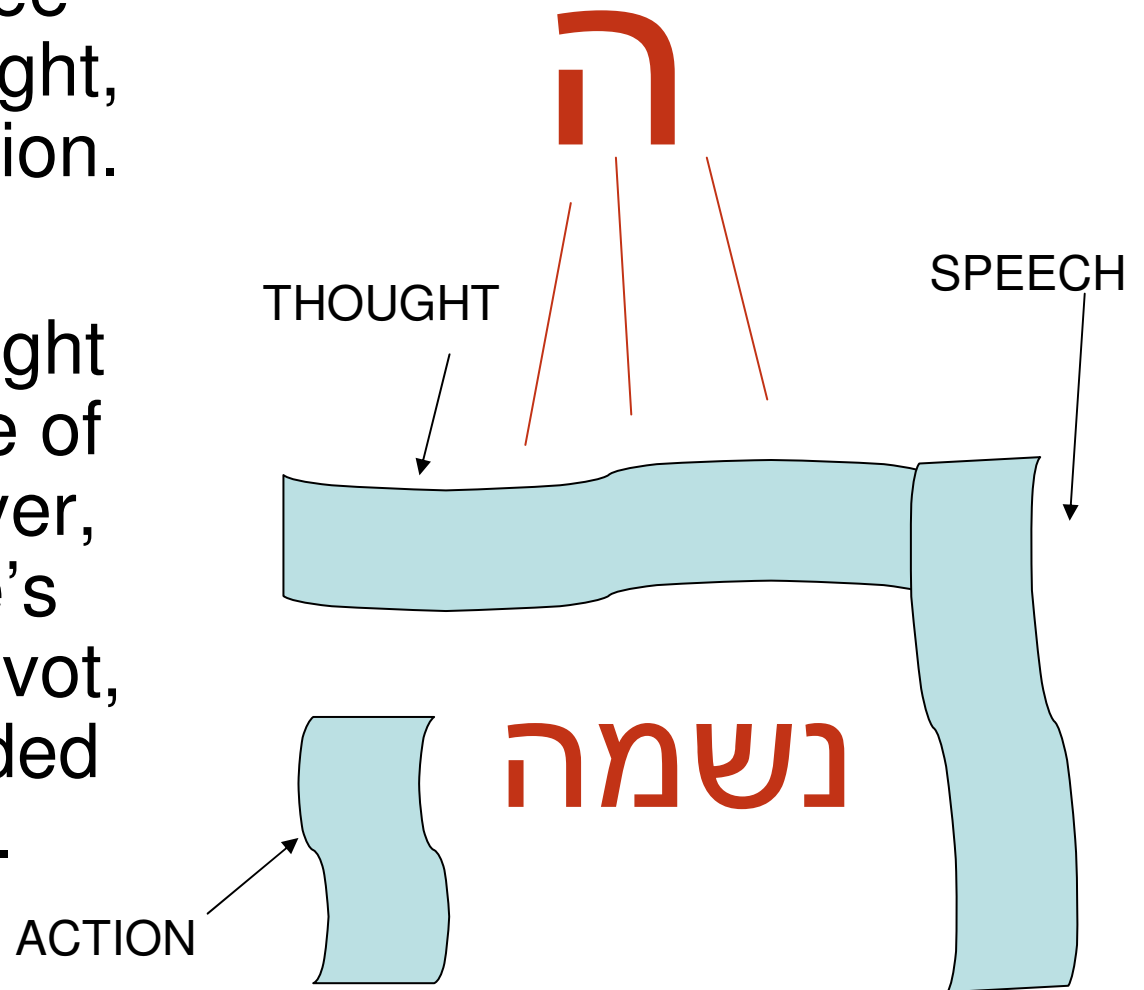
י - מ

כ - ל

# GARMENTS OF THE SOUL

The soul has three garments: Thought, Speech and Action.

When one's Thought and Speech are of Torah and Prayer, and when one's Actions are Mitzvot, the soul is bonded to the Divine.



# BASIC MITZVOT

- AHAVAT YISRAEL
- EDUCATING ONESELF AND OTHERS
- TORAH STUDY
- TEFILIN
- MEZUZAH
- CHARITY
- HAVING JEWISH BOOKS
- KASHRUT
- SHABBAT CANDLES
- FAMILY PURITY (MIKVEH)
- HAVING A LETTER IN A SEFER TORAH