

ב"ה

**SOUTH HAMPSTEAD
SYNAGOGUE**

INTRODUCTION TO KABBALAH

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4th 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)

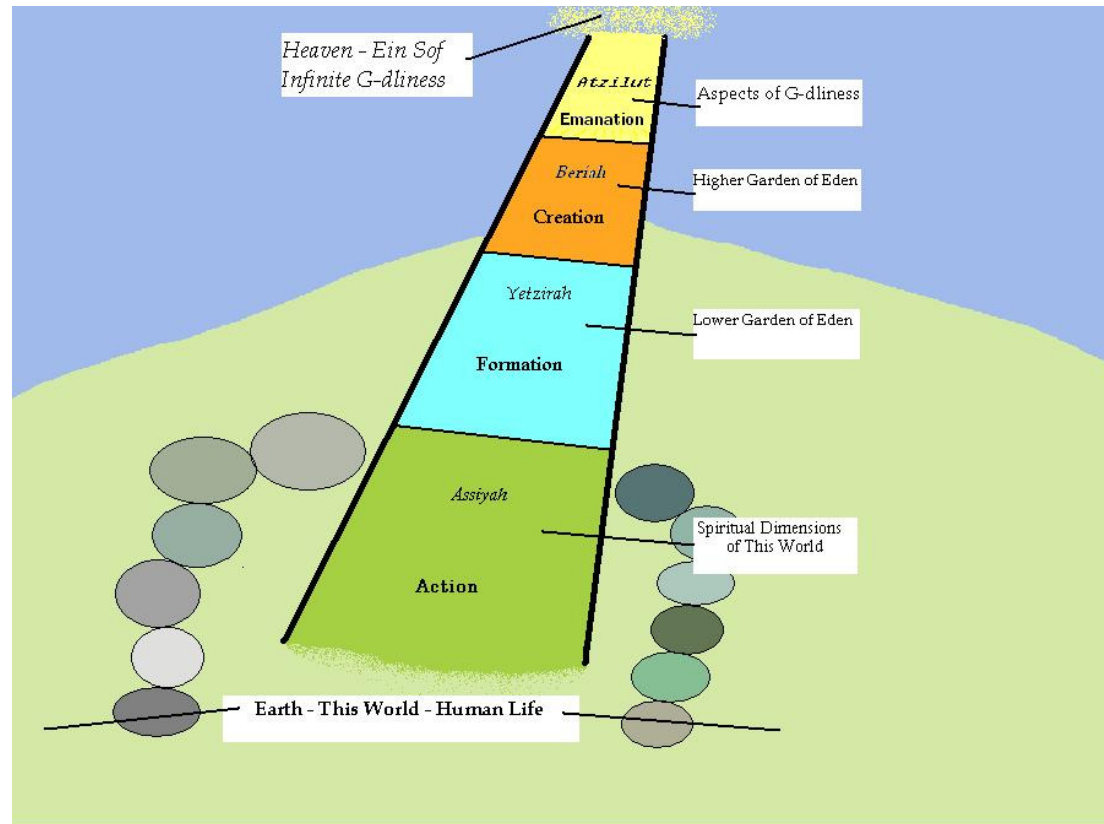
Prayer and Meditation

(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

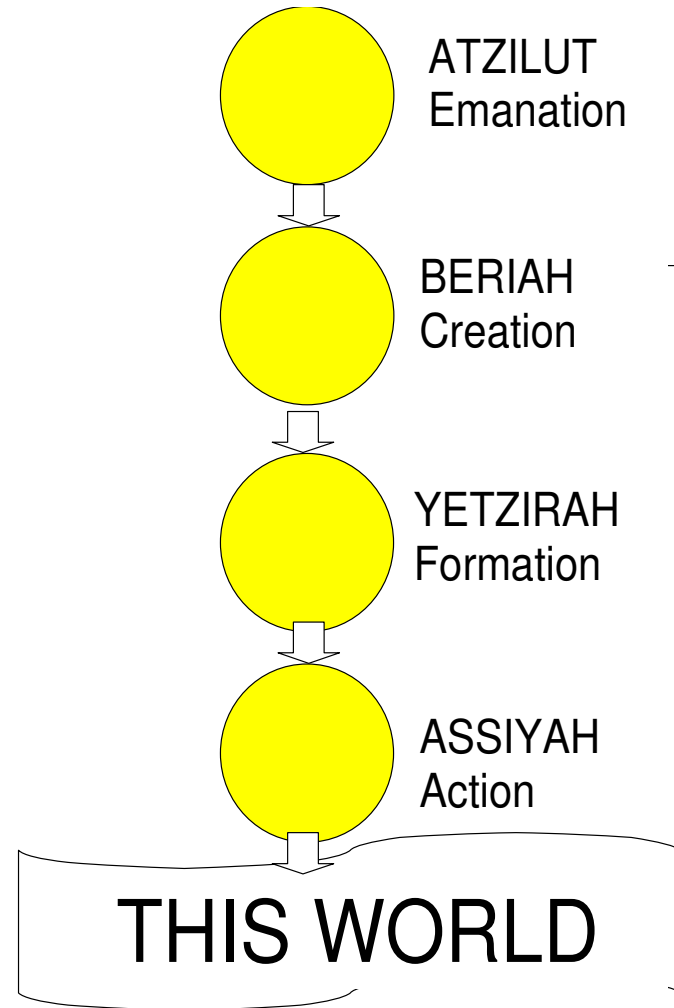
SPIRITUAL REALITIES



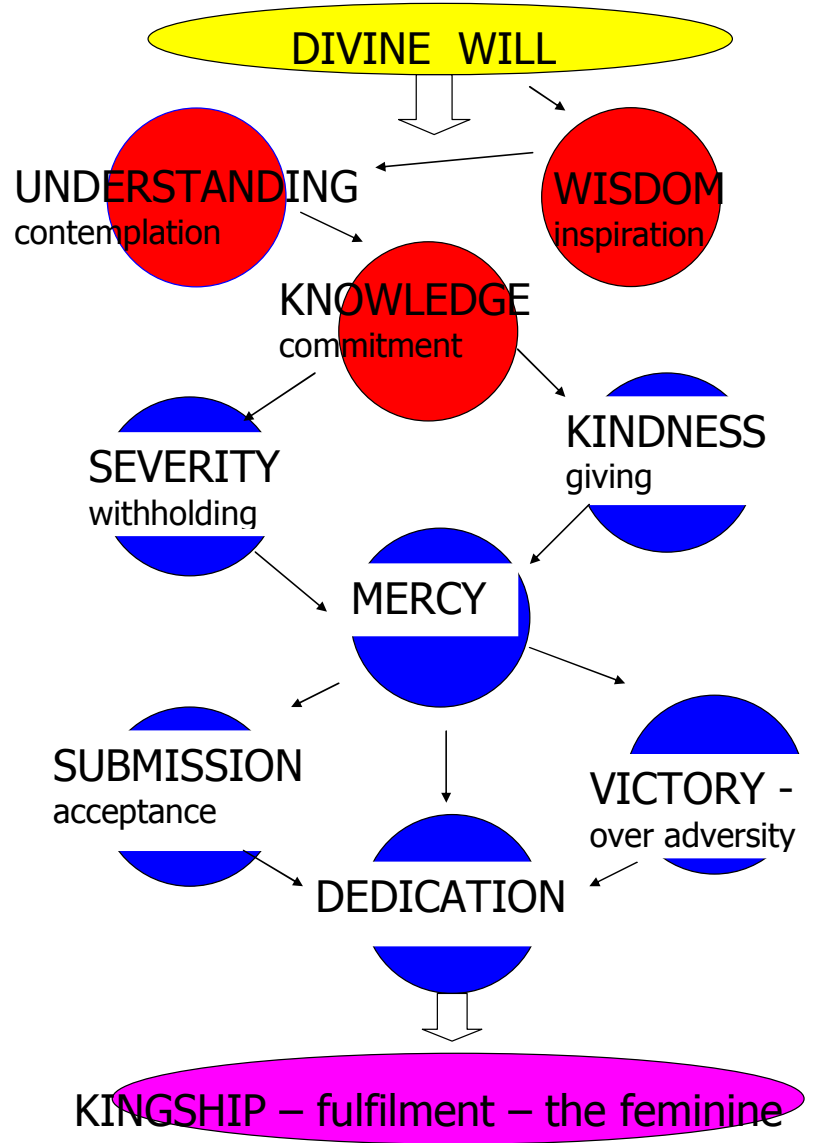
JACOB'S DREAM OF THE LADDER
JOINING HEAVEN AND EARTH

THE FOUR WORLDS

THE INFINITE – EIN SOF



THE INFINITE



SHABBAT

- THE DIVINE SEFIROT: SIX SEFIROT AND MALCHUT, KINGSHIP
- THE TORAH ACCOUNT OF CREATION – SIX DAYS AND SHABBAT
- OUR WEEK: SIX DAYS AND SHABBAT
- HUSBAND AND WIFE

SHABBAT CANDLES

Zohar:

Shabbat
candles
bring peace
to the world.
The special
power of
Womanhood



ESHET CHAYIL

An alphabetical
acrostic poem
from the Book of
Proverbs
expressing the
glory of Woman
and also the
Divine Presence,
the Shechinah



KIDDUSH

A goblet from the Lodz home of Esther Eisen (b.1929), a Holocaust survivor, living in Israel



The Goblet represents the Sefirah Malchut, Kingship

The wine is the spiritual flow which fills the Goblet

GOBLET AND WINE

- GOBLET = **ויד** = 20 + 6 + 60 = 86

The *gematria* of Elokim (G-d) **אלקים**

(1+30+5+10+40 = 86) and Nature **הטבע** =
5 + 9 + 2 + 70 = 86

- WINE = **יין** = 10+10+50 = **תיו** (secret) =
60+6+4 = 70

CHALLA LOAVES

Representing the
double portion of
Manna

And also the 12
loaves of the
Showbread in the
Temple

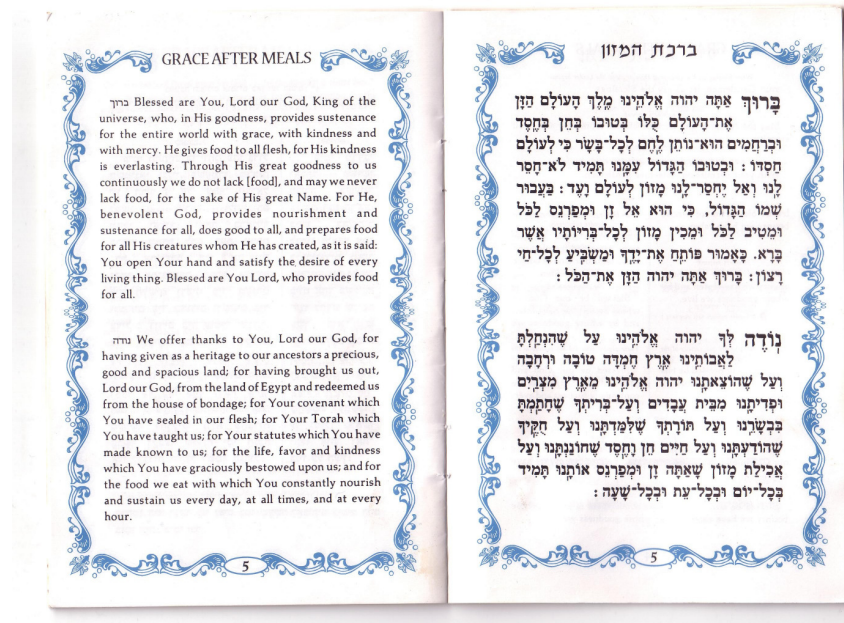


(A secret: baking
one's own Challa
is a form of
Practical
Kabbalah)

THE SHABBAT TABLE

- The Table (at any time, but particularly Shabbat) is compared to the Altar in the Temple
- The salt represents the salt sprinkled on the Temple offerings
- Words of Torah and Shabbat zemirot add to the sacred atmosphere

GRACE AFTER MEALS



- A few minutes in which one speaks directly to G-d, with traditional melodies
- A sense of the holy.....

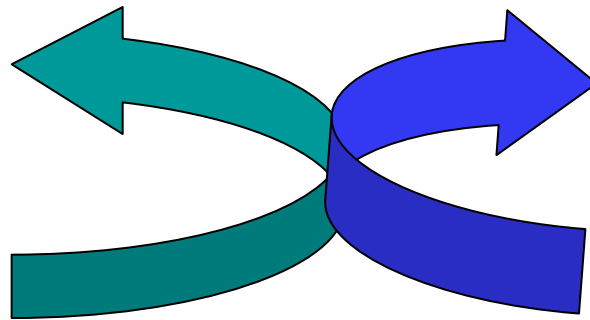
SHABBAT AND... MARRIAGE

- Shabbat expresses the union of the Sefirot, and the bond of the spiritual with the physical. It is a taste of the World to Come in this world.
- From the Kabbalistic perspective, Marriage also has these qualities, and many more...

ADAM AND EVE

according to Rashi (11th century France)

ADAM AND EVE WERE CREATED AS ONE
BEING, BACK TO BACK



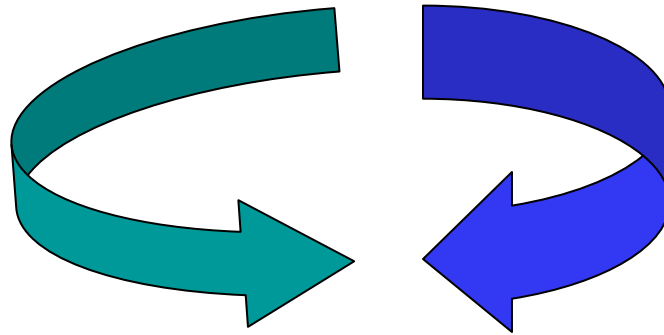
ADAM AND EVE (continued)

THEN THEY WERE SEPARATED....



...SO THEY ALWAYS WANT TO
COME BACK TOGETHER

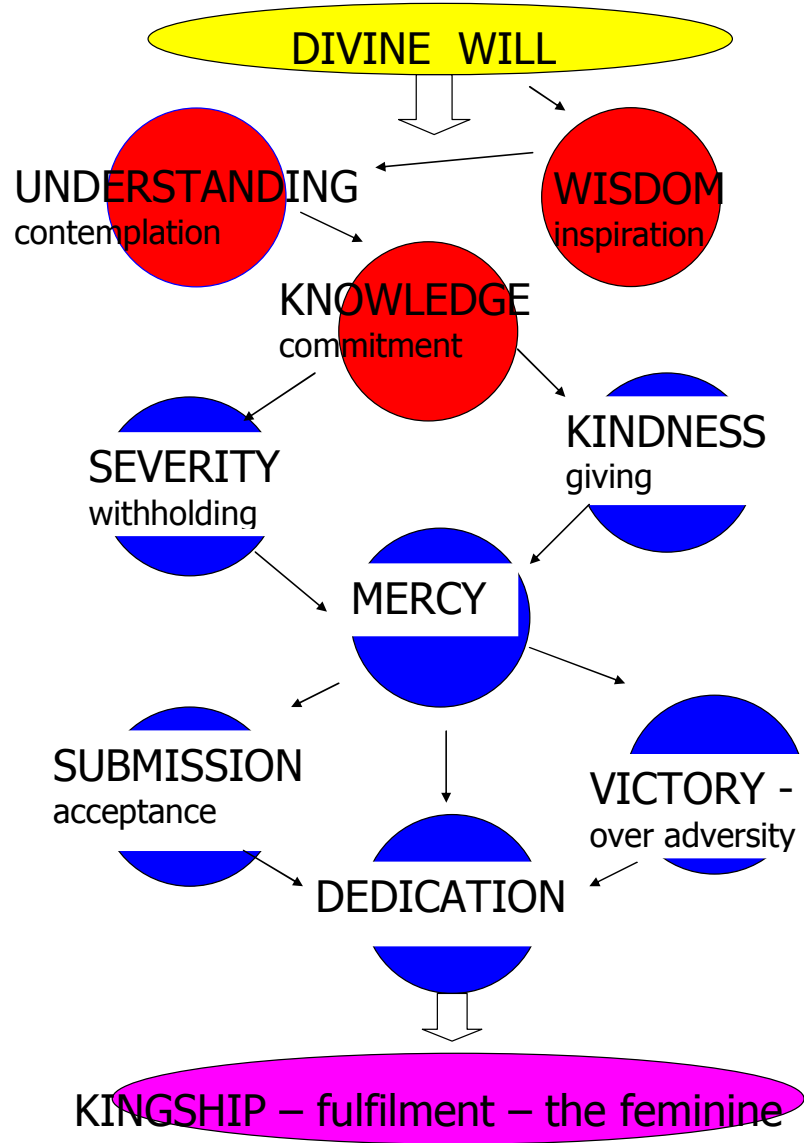
AS THE TORAH SAYS...



“Therefore a man leaves his father and his mother and joins with his wife, and they become one flesh”

(Genesis 2:24)

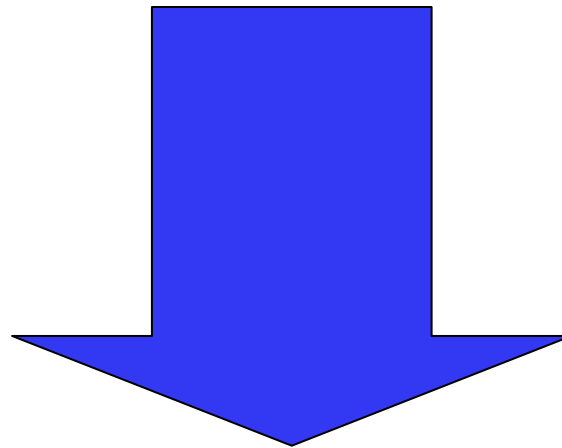
THE INFINITE



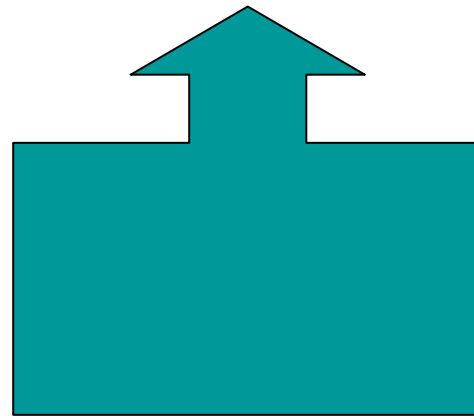
TWO KINDS OF RADIANCE

FROM ABOVE TO BELOW

AND FROM BELOW TO ABOVE

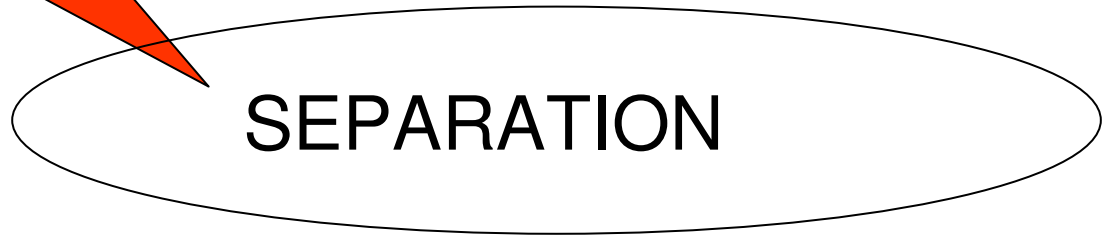
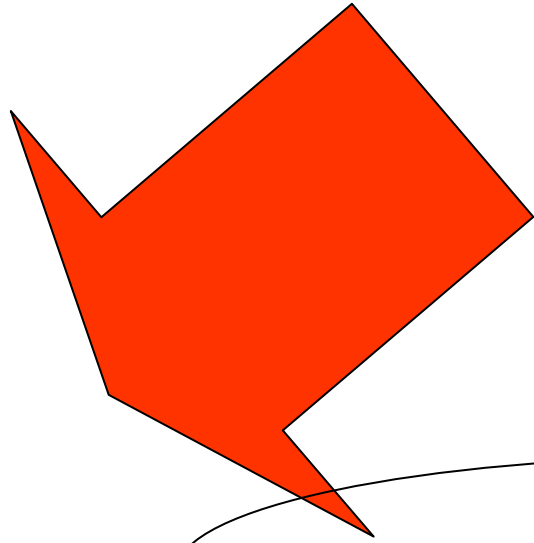


RADIANCE FROM
ABOVE TO BELOW
(‘male’)

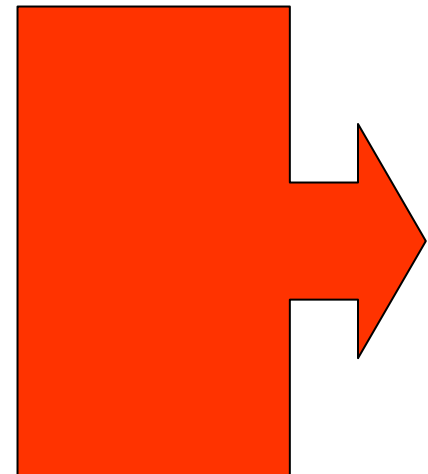


RADIANCE FROM
BELOW TO ABOVE
(‘female’)

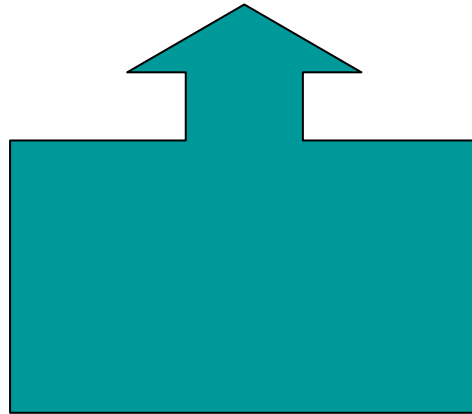
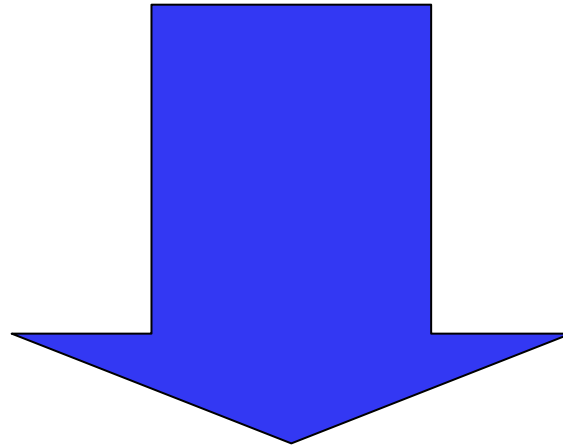
EXILE



SEPARATION



REDEMPTION



UNITY

THE MIKVEH (Ritual Pool)



THE TEMPLE IN JERUSALEM

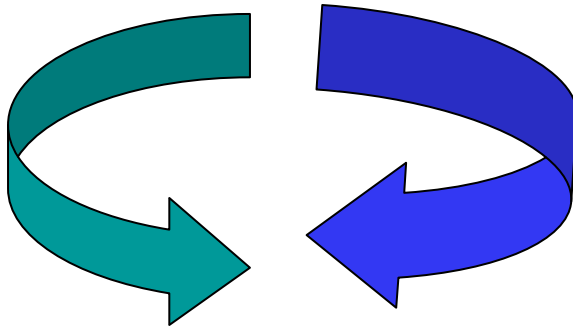


THE MODEL OF THE TEMPLE IN THE
HOLYLAND HOTEL, JERUSALEM

TOWARDS THE HOLY OF HOLIES



TWO HALF-SOULS JOINING...



...IN A JEWISH WEDDING



THE DIVINE
PRESENCE
TOGETHER
WITH
HUSBAND
AND WIFE

MAN
WOMAN

איש
שאה

IYSH
ISHAH

DIVINE
PRESENCE

THE DANGER OF FIRE

MAN
WOMAN

איש

אשה

IYSH
ISHAH

ESH - FIRE

JOY AT A WEDDING BECAUSE THE DIVINE PRESENCE IS REVEALED



JOY AT A WEDDING (2)



THE FAMILY

- HUSBAND - YUD
- WIFE – HEH
- and
- SON - VAV
- DAUGHTER – HEH

TOGETHER THEY FORM

THE DIVINE NAME

THE HOME

HUSBAND AND WIFE TOGETHER MAKE
THE DIVINE PRESENCE
DWELL IN THEIR HOME, THEIR
PERSONAL TEMPLE



FRIDAY NIGHT

AT THE FRIDAY NIGHT
SHABBAT MEAL, THE
FAMILY COME
TOGETHER.

WIFE AND DAUGHTERS
LIGHT CANDLES, THE
HUSBAND MAKES
KIDDUSH. TOGETHER
THEY ARE JOINING
SOULS, BRINGING A
TASTE OF
REDEMPTION

