

Kabbalah Experience Legacy Series:

Space: Tree of Life Student Study & Practice Guide



The purpose of this publication is to support a Kabbalah Experience student's understanding of the teachings in the streaming video series ***SPACE: TREE OF LIFE***, the second of the Legacy Series online courses. Students are encouraged to follow along and take notes while viewing the video. The practices that follow explore ways of applying the teachings to one's personal life.

We also welcome you to join a discussion group with a KE teacher and fellow students on a monthly basis. Please check the schedule for these groups in self-study on our website.

Additional information about Transformational Kabbalah teachings and courses is available at <https://www.kabbalahexperience.com>.

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TABLE OF CONTENTS

Class 1: Introduction to the Tree of Life: Energy Flow from Infinite to Finite.	3
Class 2: The Triads: Intellectual, Emotional, and Instinctual.	5
Class 3: The Vertical Flow from the Three Crowns: Pleasure, Faith, and Will.	7
Class 4: The Flow Down the Tree of Life Toward Manifestation	9
Class 5: The Flow Up the Tree of Life to Story and Source.	12
Course Journal	15

Class 1: Introduction to the Tree of Life

Key Learnings:

- The **source of the Tree of Life** is found in **Sefer Yetzirah**. Titled the Book of Formation, it represents the first introduction to Kabbalah written in Hebrew as early as the first century. It is mentioned but without much explanation. We first learn of names associated with each **Sefirah** energy (branch) from the **Kabbalah School of Isaac the Blind** in southern France in the 12th century.
- The **source** of all that manifests is **above thought**. The *more creative*, the *more one experiences the infinite manifesting in physical reality*. How things come to be is a flow that is **not always linear**.
- The **origin story** of the **Tree of Life** is found in Genesis regarding the *other* Tree in the Garden of Eden—a Tree that *symbolizes our relationship to the Infinite*.

[The **Zohar** is a mystical interpretation of the Torah written in Spain in the late 13th century by the Spanish Kabbalist, **Moses de Leon**].

Independent Study:

There are numerous resources to further your understanding of the Tree of Life, though as much of what is available is as confusing as useful. All teachings on the Tree of Life emphasize what we term the **segmented approach** to indicate that these teachings detail the *meaning* of each **energy (Sefirah)** and the *relationship* between each energy and its companion energies. In **Transformational Kabbalah** we include this standard approach and then emphasize the pragmatic use of the Tree of Life as a *holistic energy flow* from the *infinite* to the *finite*.

For a more traditional approach you can read:

Aaron, David. *Seeing God: Ten Life Changing Lessons of the Kabbalah*, Penguin Putnam, New York, 2001.

Weiss, Abner. *Connecting to God: Ancient Kabbalah and Modern Psychology*, Bell Tower, New York, 2005.

Wolf, Laibl. *Practical Kabbalah*, Three Rivers Press, New York, 1999.

Practice:

Consider the conditions for which anything has to come into existence. Consider the flow of energy that has people, events, ideas, etc. enter your life. Begin to ask yourself the question: “How did this manifest in my life and in a larger context how did this manifest in the world?”

From a building such as the Taj Mahal to a political movement such as the Nazis you will learn how to map their coming into being through the flow system of the Tree of Life.

Class 1 Notes:

Class 2: The Horizontal Triads

Key Learnings:

- There are **3 triads**, all of which flow from *right* to *left* (the orientation of the Tree follows your right-left)—the **Intellectual, Emotional, and Instinctual**.
- The **Intellectual triad** consists of **Chochmah** (חכמה)-*Wisdom* which is the seed of an idea, **Binah** (בינה)-*Understanding*, the development of the idea, and **Da'at** (דעת)-*Knowing*, the full Realization of the idea. Ideas flow from the initial flash of an idea to it being fleshed out in story or metaphor. Later they are fully integrated. At this point in the flow of the Tree of Life it is just an idea—far from manifesting yet these initial stages have an influence and potential imprint on the form it will take.
- The **Emotional triad** consists of **Chesed** (חסד)-*Unbounded Love* which is an expansive energy, **Gevurah** (גבורה)-*Bounded Love* or *Limit setting*, a constricting energy, and **Tiferet** (תפארת)-*Harmonizing* and holding the two elements of expansion and contraction. A plan is now formulated such as a blueprint for a building or an agreement for a partnership.
- The **Instinctual triad** is based on the energy of *trust* and flows through **Netzach** (נצח)-*Victory* which is the trust to overcome obstacles, **Hod** (הוד)-*Accepting and Surrendering* (what can't be changed) and **Yesod** (יסוד)-*Foundation*, the final integration for manifesting In an authentic or distorted way.

Independent Study:

We are learning a new language in labeling these **Sefirot energies** as distinct parts of a larger flow system. If you are familiar with the **Chakra system** from the East, it would be a useful parallel to note the similarities and difference to the **Tree of Life**. There is a good deal of misinformation. Consult a teacher if you have questions about the connections of these energy flow systems. For an interesting resource by a medical intuitive, read the following:

Myss, Carolyn. *Anatomy of the Spirit*, Penguin Books, 1996.

Practice:

Develop an awareness of how the ideas you have evolve from an initial insight or inspiration.

Develop an awareness of how you express your love—through saying yes or no to ideas or to people—and how this expression impacts what manifests in your life.

Develop an awareness of the balance or imbalance in your life between control, power, giving up and letting go. How does that impact what manifests in your life?

What does acting with authenticity and integrity mean to you? Use your journal to reflect.

Class 2 Notes:

Class 3: The Vertical Flow from the Three Crowns

Key Learnings:

- **Keter** (כתר)-*Crown*, the **superconscious** above the intellectual triad, beyond thought, splits into **3 crowns**. Each of these crowns heads the *vertical flows* of the Tree of Life—center, right and left.
- The **3 crowns** are **Ta'anug** (תענוג)-*Pleasure* which is explained as play or flow, **Emunah** (אמונה)-*Faith*, which is by its definition is beyond thought, and **Ratzon** (רצון)-*Will*, as aligning with a *will* that is greater than our own.
- These **crowns intersect** with each of the **Sefirot** in the corresponding triads to form the *flow* of the **Tree of Life**.
- Finally, if an idea will manifest, it will then enter the **Sefirah** of **Malchut** (מלכות)-*Sovereignty*, which is its expression in this physical world.

Independent Study:

To fully appreciate the **center vertical flow** it is helpful to appreciate the idea of flow as put forward by a person with the least flowing name possible, **Mihaly Csikszentmihalyi**:

https://www.ted.com/talks/mihaly_csikszentmihalyi_on_flow?language=en

From the Kabbalah perspective flow is experienced as pure being, exemplified in the play of a child who has no other outcome in mind other than the reverie of the play itself.

Practice:

When do you experience flow? There is an aspect of flow that connects with being fully present in that one is not using this moment for a future calculus, even if there is a goal in mind. The test of this is to remove the outcome and still be engaged.

How much of your life is lived with this superconsciousness? Reflect and use your journal.

Class 3 Notes:

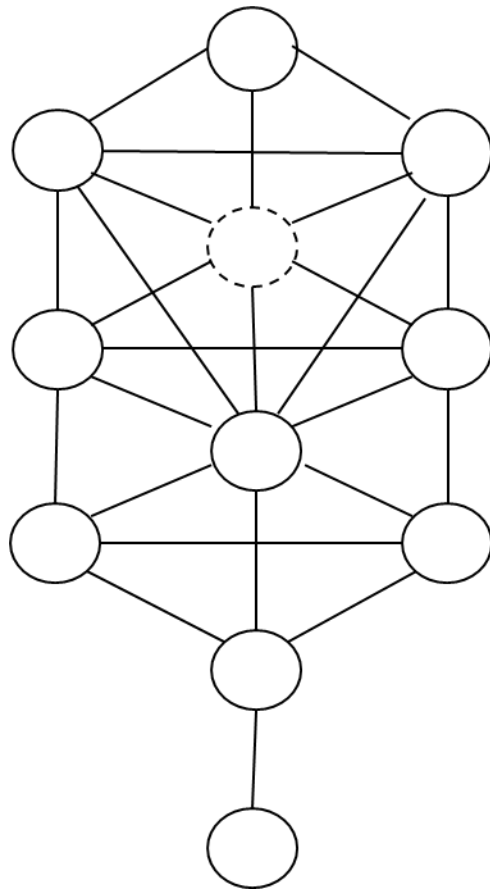
Class 4: The Flow Down the Tree of Life Toward Manifestation

Key Learnings:

- There is a **bi-directional** use of the **energy flow** of the Tree of Life. We will discuss the more usual way we relate to the flow from *below to above* in the final class as we typically engage with reality as it presents itself. We are often not aware of the *how*, let alone the *why*, of what we encounter daily.
- As the **architect of your life** you can begin to use the energy flow of the Tree of Life to be aware of where you are in your **creative process** and when that process is in the penultimate **Sefirah** to choose whether you continue or withdraw. Is the *original vision* present enough? Is the *foundation* dug out with the depth of authenticity and integrity that it is worthy, in your estimation, of coming to fruition?
- While **Kabbalah** asserts that the flow is in an invariable sequence, we observe that the traverse is *rarely linear* (go back to the drawing board: a new obstacle emerges or a new idea, product, or unanticipated relationship emerges).
- While most examples given for **the Tree of Life flow** are about a physical *manifestation*, the system equally applies to the expression of a process as illustrated by the *resolution* of grief or a person forgiving someone. There may be markers we look for, but it is less concrete than holding a published book in your hand, or walking into a home that has been built.

Independent Study and Practice:

Diagram out a creative process you are currently in or would like to be in using the TOL diagram on the following page. See where you get stuck in the process of diagramming the flow of the Tree of Life. If you are unsure how to begin, consider what it is that you want to manifest and what the story is you wish to convey by manifesting such and such.



Class 4 Notes:

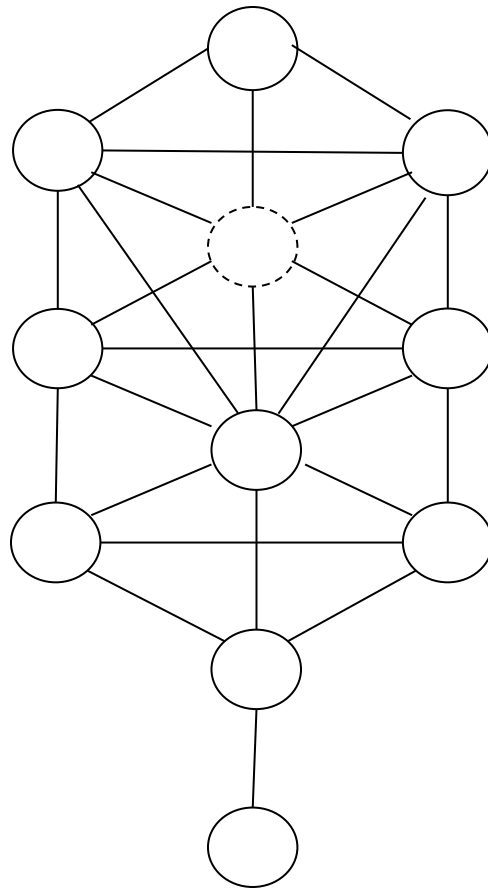
Class 5: The Flow Up the Tree of Life to Story and Source

Key Learnings:

- What manifests always has a *story* behind and within it and so we traverse the Tree of Life *upward* from **Malchut-Sovereignty** to **Binah-Understanding** to discover the metaphor level of what is being expressed.
- There is more to discover about **source** in continuing up the Tree of Life to **Chochmah-Wisdom** and finally to **Keter-Crown**. There we see the **ultimate Source of infinity** within the crowns of **Faith, Pleasure** and **Will**.
- The **Tree of Life** is the **lens** through which an adept at Kabbalah perceives *reality* and appreciates how *metaphors* and *stories* manifest

Independent Study and Practice:

Choose an example of something, someone, or some process which is manifesting in your life. How did this come about? Retrace the steps through the flow of the Tree of Life on the diagram on the following page to gain a greater understanding of the energy of Binah-Understanding. Binah is called the *mother* who gives birth after fleshing out and nourishing the seed of the idea.



Class 5 Notes:

Course Journal

