

# KABBALAH EXPERIENCE CURRICULUM

## UNSEEN REALITY Level I

**SOUL: Core Concepts**  
**SPACE: Tree of Life**  
**TIME: Present Moment**

The dimensions of reality are defined in Kabbalah as Soul, Space and Time—entry ways into appreciating that life is more than meets the eye. Each class explores a different approach to unseen reality to open perception into the reality that encompasses and transcends our sensing of the physical. As core foundation classes you can take these classes in any sequence though Time is offered only in the spring.

## INNER TRANSFORMATION Level II

**WHO ARE YOU?**  
**WHY ARE YOU?**  
**WHEN ARE YOU?**

Starting with Who Are You? The Kabbalah teaching of masks and essence (soul) helps you peel away your understanding around the layers of identity, roles, and selves. Why Are You explores the stories behind the masks, the metaphor level of our lives with the practical work of transforming those stories to ones that serve us best for our life work and relationships. It is recommended to take these classes in sequence.

## PATH OF AWARENESS Level III

**BASE: Consciously Manifesting**  
**CORE: Holding Opposites**  
**SUBTLE: Beyond Identifications**

The Tree of Life serves as a map for the daily practice of the 11 Kabbalah awarenesses, which interconnect and build on each other as anchoring principles for living a more authentic, realized life. These awarenesses include living with gratitude and intention, setting limits and expanding one's concern to others and not being attached to any particular outcome of identity. It is recommended to take these classes in sequence.

## CONSCIOUSNESS EVOLVING Level IV

**PAST: The Old Human Narrative**  
**FUTURE: A New Human Narrative**  
**PRESENT: Actualizing Social Change**

Awareness has a purpose beyond personal enlightenment - it leads to greater concern for others and to be engaged in the political and moral-ethical affairs of the world. Uncovering the big picture stories of humanity and what maintains them offers insight into creating new narratives for the evolution of consciousness and a call to action for small and large change on a personal and communal level. It is recommended to take these classes in sequence.