

ב"ה

**SOUTH HAMPSTEAD
SYNAGOGUE**

INTRODUCTION TO KABBALAH

Dr Tali Loewenthal

Director, Chabad Research Unit
Lecturer in Jewish Spirituality UCL

3rd 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

MERKAVA MYSTICISM

- Ascent of the Soul
- Letter of the Baal Shem Tov

LURIANIC KAVVANOT

- “Gate of Kavvanot”
- The Siddur of the Arizal

RADIANCE IN THE LETTERS

From the Letter of the Baal Shem Tov:

“...in every letter there are worlds, and souls, and G-dliness, and they rise, and connect, and are unified, and then the letters connect and are unified and become a word, and they join in a true unity with the Divine, and you should include your soul with them at every step..”

DEVEKUT – CLEAVING TO G-D

- Ecstatic Prayer: “All my bones declare: o G-d, Who is like You..?” (Psalms 35:10)
- Yearning Prayer: “My soul thirsts for You, my flesh yearns for You, in a dry and parched land, without water” (Psalms 63:2)

PATHS OF PRAYER

- Inspiration
- Contemplation
- Introspection
- Melody

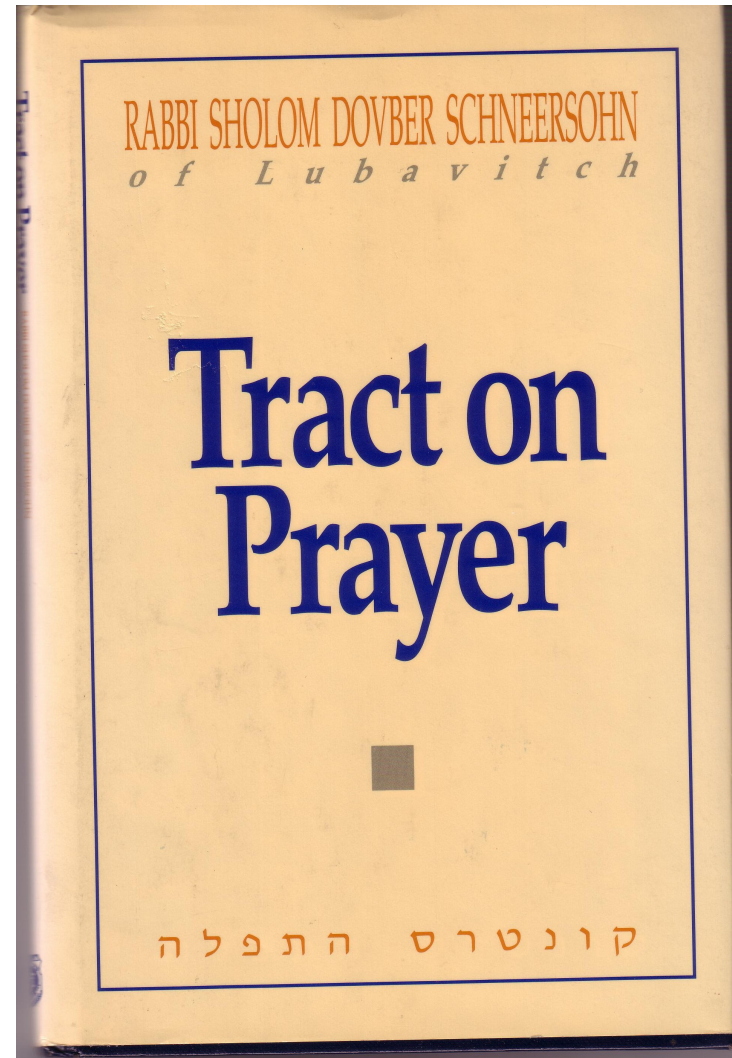
BOOKS ON PRAYER

- Rabbi Shneur Zalman of Liadi's "Gate of Unity and Faith" (Tanya Part 2) (1796)
- Rabbi Dov Ber's "Tract on Ecstasy" (1814)
- Rabbi Dov Ber's "Tract on Contemplation" (c.1820)

Rabbi Shalom
Dovber
Schneersohn's

**“Tract on
Prayer”**

(c.1900)



TWO MODES OF CONTEMPLATION

UPPER UNITY
SHEMA YISRAEL...

יְחֻדָּא עֵילָאָה
*there is **only** the
Divine*

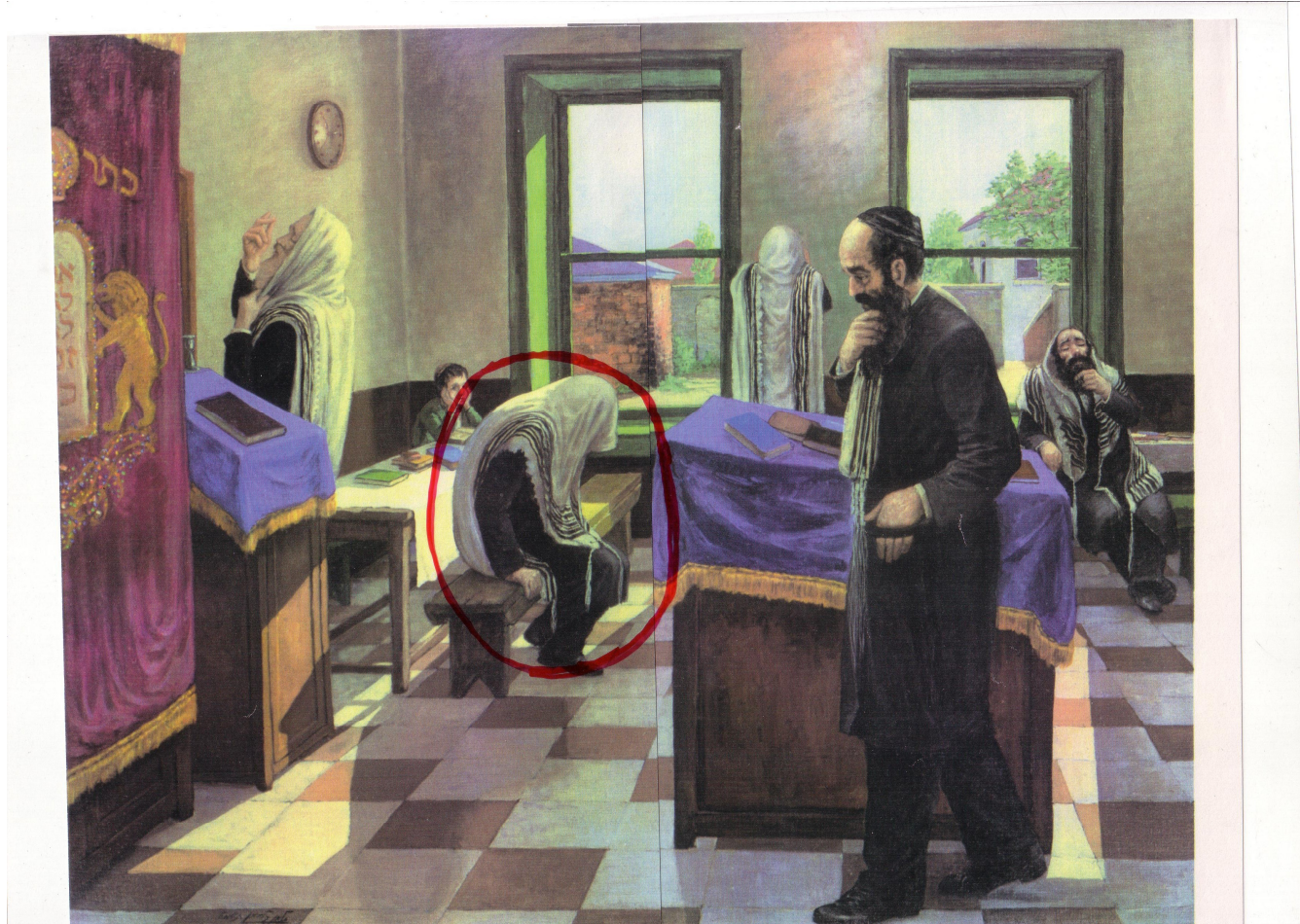
LOWER UNITY
BARUKH SHEM...
(second line of the Shema)

יְחֻדָּא תַתָּאָה
*the **world** expresses
the Divine*

“Shabbos Afternoon” by Zalman Kleiman Habad Contemplative Prayer



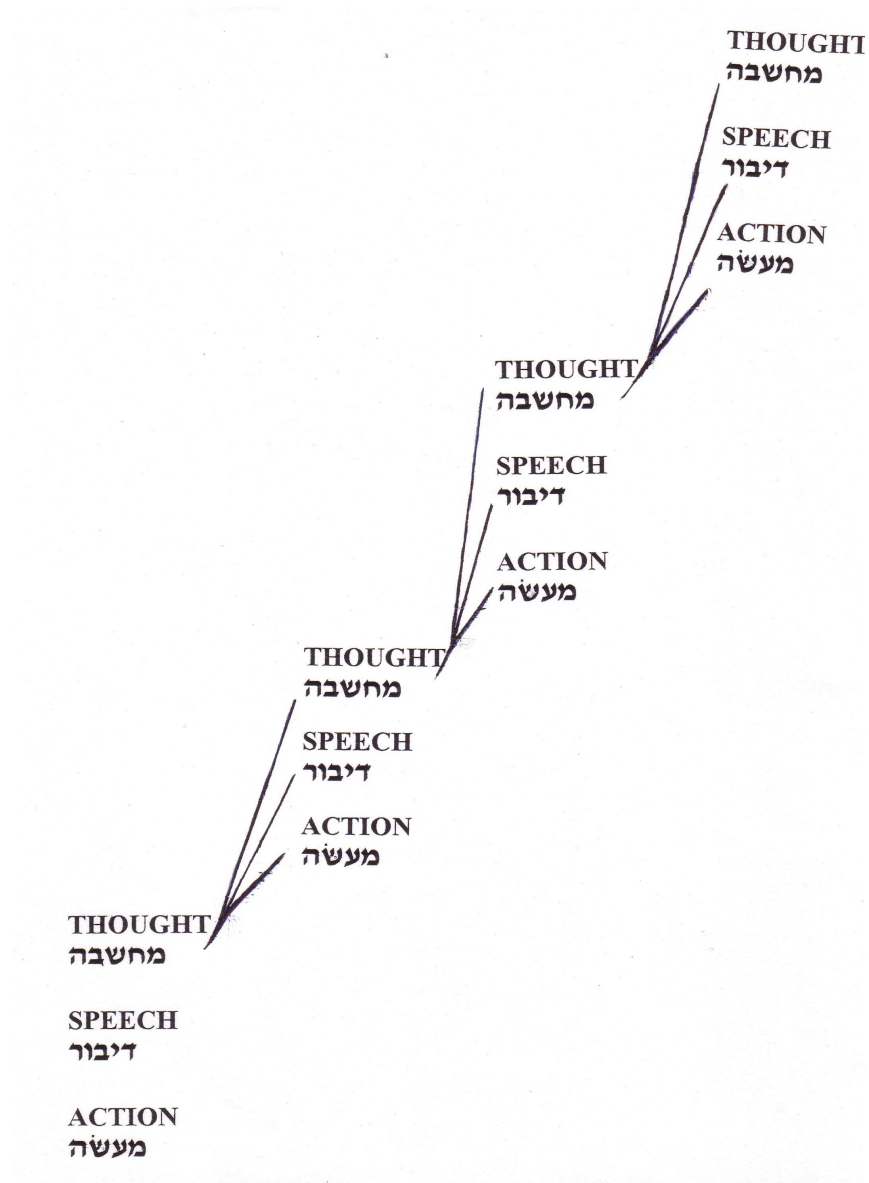
Upper Unity Contemplation?



Chaya Sima Michaelover



The Meditation system sent to Chaya Sima by R. Yosef Yitzhak



Spiritual Prayer in a Modern Context

- Preparation
- “A few words said sincerely..”
- Melody
- Love