



2019 SYLLABUS

Your journey starts here. The spiritual laws of this universe were written at the dawn of civilization and protected inside of many faiths and practices. Kabbalah 1 is an interactive class that provides seekers with a set of tools for understanding these laws, identifying their purpose in life, and igniting transformation.

Whether you have been studying Kabbalah for ten minutes, ten months, or ten years, Kabbalah 1 is your foundation for understanding and applying kabbalistic wisdom in your everyday life. Join us for a systematic and in-depth approach to becoming the cause and creator of the life you want.

CLASS 1 – TAKING CONTROL: HOW TO TURN CHALLENGES INTO ADVANTAGES

- Learn how to create order in your life through simple, conscious shifts in perspective.
- Transform negativity and invite peace and harmony into your interactions.
- Discover the concealed purpose behind seemingly chaotic circumstances.
- Gain the elementary tools necessary to bring joy and fulfillment into your life.

CLASS 2 – MEET ME AT THE MOVIES: REWRITE YOUR STORY

- Learn to identify limiting behavioral patterns in your life and the stories you tell about them.
- Enhance your understanding of how the Law of Attraction operates.
- Harness the power of objectivity so you can step back and see the big picture.
- Begin to discover your true purpose and how to manifest it.

CLASS 3 – OPPOSING FORCES: REACTIVE BEHAVIOR AND THE ROLE OF RESTRICTION

- Gain the tools to identify and overcome self-destructive tendencies.
- Tap into the powerful Light within so you can harness your positive personal resource to live your best life.
- Learn the often-elusive ways in which the ego obscures reality and blocks our spiritual growth.

CLASS 4 – THE PROACTIVE FORMULA: HOW TO EMBRACE AND PERSEVERE ON THE PATH TO LASTING FULFILLMENT

- Choose to be the cause, not the effect of positive change on an individual and collective level.
- Launch real transformation in your life.
- Change yourself and experience the change in those around you.
- The process is the purpose; discover how to use every situation as a catalyst for growth.

CLASS 5 – THE ART OF CIRCUITRY: HOW TO IMPROVE ANY RELATIONSHIP

- Discover the kabbalistic tools needed to create a balance between giving and sharing.
- Unlock the secret to cultivating and maintaining meaningful relationships in every area of your life.
- Learn how to dramatically shift the flow of abundance in your life.

CLASS 6 – BACK TO THE BEGINNING: HOW TO EMBRACE THE THOUGHT OF CREATION, THE PURPOSE OF LIFE

- Examine the the Golden Rule from a metaphysical perspective.
- There are no coincidences. Discover the cosmic order that governs the universe.
- Learn how to tap into the flow of energy that bonds each of us.

CLASS 7 – REVIEW: Q & A

- Review, re-think, process, and share what you've learned so far.

CLASS 8 – THE POWER OF CHOICE: HOW TO MOVE BEYOND THE CHALLENGE

- Identify trigger patterns in your life and break down the effects they set in motion, while gaining the tools for navigating these difficult situations.
- Differentiate between what's worth your time and what's not.
- Use the ancient wisdom of Kabbalah to shift your patterns and belief systems to best serve your growth.

CLASS 9 – SIMPLE TRUST VS. BLIND FAITH: HOW TO USE CERTAINTY FOR ALL-AROUND SUCCESS

- Discover how your *tikkune*, or soul correction, plays a part in your life experience.
- Learn how to build and strengthen personal resilience.
- Explore meditations and exercises to help attain internal trust and peace in the presence of external chaos.

CLASS 10 – THE BIG PICTURE: HOW THE PIECES ALL FIT TOGETHER

- Apply ancient secrets for world peace to your everyday life.
- Transform feelings of hopelessness into actions of empowerment.
- Identify your gifts and the unique impact you are meant to have in the world.