

"I want you to PRINT THIS PAGE and so you won't forget to attend our very content-rich teleseminar ... okay?"

Looking forward to seeing you there,
Shifra

Guided Tour Introductory Study Guide

- Date:** First three Tuesdays of each month (usually)
- Time:** 3:00 pm (Eastern)
- Class Page:** www.authentickabbalah.com/class.html for detailed call information
- Topic:** Class based on a sicha (deep mystical discourse) of the Lubavitcher Rebbe.

NOTE: This class assumes at least a basic familiarity with Torah and some of the history of the Jewish people. If you have this familiarity you should be fine. If you don't, feel free to stay on the line and get whatever you can get anyway. The study guide is here to help you fill in the gaps.

There will be people of all different backgrounds and levels joining us in class - Welcome!!

Things You'll Want to Know to Get The Most Out Of This Call

1. What is Torah?

Torah is the Divine mandate given to Moses on Mount Sinai. It is also the Blueprint for Creation and the ultimate “Owner’s Manual” for all human beings. We are taught that “G-d looked into the Torah and created the world”, meaning that everything that exists on both the physical and spiritual planes comes from the Blueprint.

The Written Torah is the five books of Moses, dictated to him word for word by G-d. The Oral Torah includes all of the layers of explanation, elaboration, and deep inner meaning that are part and parcel of the Torah as a whole.

Torah is intended to be understood literally; i.e., real people, real events, just as they’re written. But it must also be understood on deeper and deeper levels, including the most profound, mystical and esoteric - Kabbalah and Chassidus.

At the literal level, the written Torah relates such core events as the creation of the world, the genesis and growth of monotheism, the birth and development of Jewish people, their enslavement and redemption from Egypt, their receiving the Torah on Mount Sinai, their wanderings in the desert in preparation for entering the Land of Israel. It also relates the transmission of the halacha - the Law - G-d’s instructions to the Jewish people for the creation of a perfected world, a dwelling place for the Divine.

2. What are Mitzvos?

Mitzvos (mitzvah, in the singular) are G-d's commandments to us. They are an expression of Divine wisdom, will and purpose and are designed to lead to the perfection of our world.

There are 613 mitzvos given to the Jewish people. There are also seven mitzvos (each of which has many details) given to all of the descendents of Noah - the nations of the world. These are called the Seven Noahide Laws. All of these mitzvos were given by G-d to Moses on Mount Sinai. In addition to being an expression of G-d's wisdom and will, the seven Noahide Laws are designed to create a sustainable, inhabitable world.

Each mitzvah creates an intimate and infinite connection between the doer and G-d Himself. In addition, whenever any mitzvah is performed, it brings a new, infinite Divine light into the world. This light is too bright to be fully experienced by us at this time, but in the future, with the geula* it will be fully revealed. Each mitzvah refines the person who does it and simultaneously makes the world more sensitive to its Source.

The light of mitzvos is cumulative. Once "brought down" to earth, it never goes away.

3. Kabbalah and Chassidus - Spiritual Templates for Creation

Kabbalah is known as the 'secrets of the Torah'. Chassidus is the 'secrets of the secrets'. Both of these represent the mystical level of Torah, the wisdom that explains both the spiritual meaning and purpose, and the core creative principles behind everything in Creation.

In our times, it is not only appropriate but highly advisable for people of all backgrounds - including non-Jews - to study this wisdom. However, it is imperative to always keep in mind that this Divine wisdom is part and parcel of the entire Torah and the

unbroken Jewish tradition. If it is separated from its source, it is no longer infinite and no longer Divine. It becomes simply another new-age self-help technique.

As you study Kabbalah and Chassidus, you will begin to see patterns - templates for how things work on both the spiritual and physical planes. As you uncover these templates, you will gain deep, empowering, often life-changing insights into your own experience and the world at large.

4. About Prophecy

The Torah explains that every positive prophecy must and will be fulfilled in literal actuality. A negative prophecy, however, can take place in other ways. Under certain circumstances a negative prophecy can be fulfilled on a spiritual level, and need never take place on the actual physical plane.

A positive prophecy is G-d's vision for humanity. It speaks of our destiny, the goal and purpose for which we are here. Therefore it must and will come to be.

A negative prophecy, on the other hand, is a warning, a message designed to help us to shift our direction, see a larger truth, to grow and change.

The words of the prophets, whether words of encouragement or words of warning, are designed to help us create the shifts in our consciousness and behavior that are made necessary - and possible - by the spiritual potential of the times.

Today, as global events move forward, it is easy to see that we live in an era of which the prophets speak. We therefore have an unprecedented opportunity to take their words to heart, allow ourselves to see reality in a broader and deeper way, and become partners in the fulfillment of our own destiny.

5. Golus and Geula* (Exile and Redemption)

The word Golus - exile - typically refers to the diaspora, the exile of the Jewish people from the Holy Land. In a larger sense golus also refers to the state of exile and separation that is a core feature of life on earth.

In the larger sense, golus includes:

- The exile of the soul from its source
- The exile of Adam and Eve - and all of their descendents - from Paradise
- The exile of the Jews from the Land of Israel
- The separation of the Land of Israel from its true divine nature and destiny
- The separation between the essential self and the ego-based identity
- Our separation from G-d and from an awareness of G-d
- Our separation from one another
- Our separation from our true purpose

Whenever we see things in terms of separateness, polarity and conflict, and are blind to the inherent oneness, purpose and truth that lies beneath, this is a result of golus.

The word Geula - redemption - refers to the process that will take place at the “end of days” through Moshiach - the wise and holy scholar, leader, sage, prophet and king promised by the Torah.

Moshiach will be a human being, who, like Moses, has a very special relationship with G-d and a unique Divine mission. His job will be to complete the rectification of G-d’s world, return the Jewish people - and all peoples - to the truth of the Torah, return the Jewish people to the Holy Land, rebuild the Temple in Jerusalem and ultimately usher in an end to suffering, poverty, evil and even death. Chassidus also explains that each one of us has within us a

'spark' of Moshiach through which we can add our part to this final transformation process.

The Rebbe said that we are "the last generation of golus and the first generation of geula". That means that within each and every one of us, both golus and geula are present. There is a part of each of us that remains a 'slave in Egypt', and a part that is willing and eager to follow G-d 'into the desert' - toward true freedom and the Promised Land. At every moment we have the power to choose between these two realities.