

Rabbi David Ingber - The Way of Kabbalah

What You'll Discover in These 7 Modules

In this 7-part transformational program, David will guide you through the fundamental spiritual skills and competencies that you'll need to successfully understand the 10 energies of the Tree of Life and to see the world through the Kabbalistic prism.

Each contemplation and training session will build harmoniously upon the next so you'll develop a complete holistic understanding of the practices, tools and principles you'll need to sustain your awakened heart and mind and walk in the world with Kabbalistic intention.

Module 1: Origins of Kabbalah



In this first module, you'll discover the hidden sources of the oldest Western mystical tradition. From biblical prophetic schools and the visions of seers like Ezekiel to the Rabbis of the Talmud building Merkavah or Chariots, with Rabbi David's guidance you'll follow the winding wisdom masters path to seeing God.

In this session, you'll:

- Be initiated into the circle of all who have engaged in the art and science of Kabbalah as we align our intention to draw living waters from this deep well of wisdom
- Discover a basic Kabbalistic incantation to be used to unite head and heart, through love and reverence to the Divine Wisdom in Kabbalah
- Explore the roots of Kabbalah, and who, how and why it was created
- Learn the three basic schools of Kabbalah — the meditative, magical and philosophical

Module 2: Tree of Life's 10 Energies of Evolution



This module will introduce you to the Kabbalistic GPS — Guide for Purposeful Spirituality. The 10 Sefirot or Divine Energies are the basic blueprint for understanding our soul. You'll discover the first three of the Sefirot/Divine Energies, known as the Divine Mind or Mochin.

The Upper Triad (Keter, Chokhmah and Binah) or Crown, Wisdom and Understanding are also known as Ayin or No-thingness, Father and Mother.

In this session, you'll:

- Put on the mind of G-d
- Discover how to notice the states of consciousness in your own life
- Develop practices to expand these states of being
- Read the Bible through the eyes of the Kabbalist

Module 3: Living, Loving, Acting

The Lower Triads



Continuing the mapping of the Sefirot/Divine Energies, we will move to Lower two Triads, and the last Sefirah, Malchut (Chesed, Gevurah, Tiferet/Netzach, Hod, Yesod/Malchut). The lower energies, known as Middot (or measures) control, balance and support the full holistic energetic system through emotional calibration and energetic action. Malchut, or Shechinah is the Divine Feminine principle of manifestation and radical Divine Presence.

This module will also introduce you to the Sacred Marriage (hieros gamos) or Tiferest with Shechinah, and how that union, in our hearts, minds and lives brings about Divine Blessing for the entire Cosmos.

In this session, you'll:

- Learn the dance of effective energetic action in the world, based on understanding endurance and surrender, pushing and pulling.
- Discover the formula and form of the sacred marriage of beauty/heart with expression and lived-Divine presence, called the 'union of G-d's name'.
- Come to understand how manifestation is rooted in purpose and action rooted in heart-opening is the promise of the Tree of Life.

Module 4: Tzimtzum or Divine Contraction



This module will introduce the power of Lurianic Kabbalah, based on the system of the great 16th century mystic, Kabbalist Rabbi Isaac Luria, who taught that in order to create the world, God contracted Her essence to make room for the world. Most of us imagine "withdrawal" as the opposite of creative living. Most of us imagine expansion as the core

principle of creation but not so say the Kabbalist. Divine Light needs veils to be seen and so do we.

In this session, you'll:

- Discover the theory known as Tzimtzum (or constriction) which has deep meditative and psychological application
- Explore the power of creative constriction or the mystery of Tzimtzum
- Learn the Tzimtzum meditation — a meditative practice and visualization that births new worlds

Module 5: Worlds & Souls



You will learn the basic structures of the Kabbalistic 'Great Chain of Being', the unfolding of the 5 basic dimensions (or worlds) of reality, starting with Adam Kadmon (Primordial Man) all the way to the dimension of Assiyah (the world of manifestation). Each world correlates to a different energetic body and each world or dimension has its own reality.

In this session, you'll:

- Learn to identify and live appropriately in each dimension
- Explore the inner structure of each dimension and its language
- Discover meditation techniques to help familiarize you with each soul/world combination, using the Kabbalistic map towards achieving self-knowledge

Module 6: Rectifying Reality

Broken Vessels & Tikkun



In the Kabbalah of Rabbi Isaac Luria, the primordial lights of Creation were too intense for the earliest vessels and the vessels broke. This shattering, or "breaking of the vessels" was a cataclysmic event, alluded to in the Bible and hinted at in the Zohar but not fully expressed until the 16th Century. This shattering serves as the background for all human life and specifically, the work of the Kabbalist, whose job it is to discover the light hidden in the broken, material world. Locating sparks of light and releasing them is called Tikkun.

In this session, you'll:

- Study the underlying mythological background of this profound Kabbalistic assertion

- Learn the practices used by centuries of Kabbalists to “release sparks of Divine Light”
- Explore the implications of this mystical approach on our everyday life

Module 7: Divine Eyes & Messianic Consciousness



In classical Jewish thought, the Messiah (or Mashiach), is seen as a redemptive figure, a person who will herald a new world, a utopian reality of peace, safety, abundance and the absence of discord. For the Kabbalist, this prophetic vision is seen as a realized internal awareness of the Divine Reality, the ever-present possibility of Presence, of Divine Fullness and Radiance. The Kabbalist seeks to see with G-d's Eyes, to hear with G-d's Ears and to love with G-d's Heart. This Messianic Consciousness, known as Mochin d'Gadlut (or Big Mind) is not something found outside of the awakened individual but rather is the complete and profound actualization of the Tree of Life herself and is known as shalom, or complete and perfect wholeness. We will study and practice this Kabbalistic teaching.

In this session, you'll:

- Discover a deeper understanding of non-dual consciousness
- Explore the profound insights into Feminine and Masculine psychology, that integrates line (kav) and circle (igul)
- Learn the mystical chants of Messianic Meditations
- We will wrap up the course and prepare to live the Way of Kabbalah in the world

The Way of Kabbalah Bonus Collection

In addition to David's transformative 7-part virtual course, you'll receive these powerful training sessions with leading visionaries and teachers. These bonus sessions complement the course — and promise to take your understanding and practice to an even deeper level.

The God of No-thing

Audio Dialogue With Rabbi David Ingber and Daniel Matt



In this audio dialogue, David Ingber asks Daniel Matt his perspective on harmonizing science and Kabbalah. Daniel Matt is gifted at describing in understandable terms the parallels between science and mysticism and how they can together enrich our spiritual awareness and help us recover a sense of wonder and find our place in the universe. As Matt has written in *God & the Big Bang: Discovering Harmony Between Science & Spirituality*, “God is not somewhere else, hidden from us. God is right here hidden from us.”

Daniel Chanan Matt is a Kabbalah scholar and professor at the Graduate Theological Union in Berkeley. He received PhD from the Brandeis University and taught at Stanford University and the Hebrew University of Jerusalem. Matt is best known for his work translating the book of *Zohar* into English. By 2016, 10 volumes of the 12 volume set have been completed.

The God of Love

Audio Dialogue David Ingber With Mirabai Starr



In this conversation, Rabbi David and Mirabai explore, express and engage each other in a discussion about the relationship to a God of Love in the Jewish tradition. In a world where

God is often used to rationalize unloving acts, they'll talk about invoking a God of Love to transform our view of what's possible.

Mirabai Starr is a critically acclaimed author and translator of sacred literature. She teaches and speaks widely on contemplative practice, interspiritual experience, and the transformational power of loss. Her works include *Dark Night of the Soul* by John of the Cross, *The Interior Castle* and *The Book of My Life* by Teresa of Avila and *The Showings of Julian of Norwich*, *Mother of God Similar to Fire* (in collaboration with iconographer, William Hart McNichols) and *Contemplations and Living Wisdom* (Sounds True). *God OF Love: A Guide to the Heart of Judaism, Christianity and Islam*, winner of the New Mexico/Arizona Book Award, positions her at the forefront of the emerging Interspiritual Movement.

Mazal Tov: Introduction to Kabbalistic Astrology

Video Teaching With Rabbi David Ingber



Astrology and Judaism have a long history. The phrase, “mazal tov” or congratulations, literally means “a good constellation!” According to the Jewish tradition, Abraham, the first Jew or Hebrew, was a very accomplished astrologer. According to folklore, Abraham arrived at his belief in one God after mastering the various ancient schools of astrology. In Kabbalah, or Jewish mysticism, astrology is seen as part of the Divine Mind, and correlations are made between the sefirot or Divine Energies, the Hebrew alphabet and the planets/signs.

This one-hour lecture will offer students an overview of Kabbalistic Astrology, how it aligns and differs from Western Astrology, its impact on biblical interpretations and what it says about the soul's journey.