

Kabbalah La'Am College

Semester 1 - Lesson No 7

The soul of Adam HaRishon

Objective:

- The students will be able to explain the connection between the soul of the Adam HaRishon and the correction they must make
- Students will be able to distinguish between what we need to correct (the connection between us) and what is not necessary to correct
- Students will feel a greater need for connection, as well as a warmer and heartfelt connection between them.

Messages:

- We are all parts of one soul - the soul of Adam HaRishon
- The one soul was broken so that we can achieve bestowal out of free choice
- Our work (the correction we have to make) is the connection of points in the heart
- A soul means the ability to bestow, to move from self-love to the love of others

Concepts:

- **The soul of Adam HaRishon** - A spiritual discernment - A special part of the desire to receive, in which all the parts of the soul are connected by connections of bestowal and love. Adam HaRishon was created in the world of Atzilut.
- **The sin of the Tree of Knowledge** - The breakage of Adam HaRishon. Severing the connections of bestowal that connected all its parts.
- **Six hundred thousand souls** - broken parts of the soul which are in the worlds of Bria, Yetzira, and Asiya.
- **Body** - the desire to receive
- **Soul** - a desire to receive with the intent to bestowal

Lesson Media:

Lesson presentation - [see here](#)

Clip # 1 - [See here](#)

Clip # 2 - [See here](#)

Clip # 3 - [See here](#)

Clip # 4 - [See here](#)

Please note: The workshop in this lesson is longer. Please manage the time so that you it can be done.

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Opening - 10 min

- Clip # 1 - [Rav's Clip](#)

- Preparation for the lesson:
 - Workshop Question: How do I imagine the spiritual pleasure? What is a pleasure from bestowal? What sort of goodness do I expect from studying?

Please note! This time there is no review of the previous lesson, because in the previous lesson we did not make a progress in the study material.
- Reflection on the weekly exercise: During this week, we will try to invest at least once in the connection between us: For example, you can send a happy message in the Whatsapp group, stop for a moment and think about your study friends, prepare refreshments for the next meeting, or anything else that comes to mind. After the action, write down what you felt, whether the action you did enabled you to look at the relationship with your friends to the study group in a different way.

Discussion about the soul - 10 min

Objective: Consent and excitement. Awaken the audience to a lively and emotional discussion on the relevance of the subject to his/her life. As a result, awaken in the audience an attraction to hear and learn the subject of the meeting.

Important points for leading the discussion (please read carefully and apply):

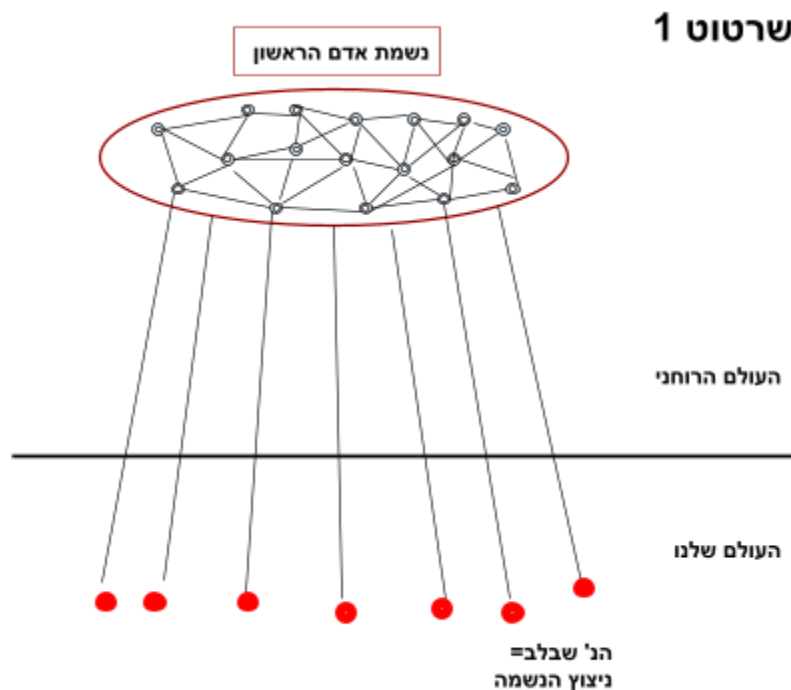
- I want to be their friend, even though I have never not met them - and in a moment they will also know that we are friends.
- I am really interested in getting to know them, really interested in what they have to say
- I want to create an atmosphere of togetherness, interest and attention/listening in the class
- There for I want to show each person who speaks that I listened and that I, and all of us, are with him
- The goal is to create a dialogue full of warmth and closeness between the lecturer and the audience in order to reach an agreement about something which is not related to the wisdom of Kabbalah, rather to the audience's lives
- The lecturer creates a dialogue in the classroom through an atmosphere of sincere listening to the audience and raising questions in order to inspire further participation in the audience and identification with what is said by one of the participants.

- We will start with a discussion in the classroom, using the following questions. The goal is to awaken an attraction and interest in learning the subject of the lesson through a lively and emotional discussion, which is run with emphasis on consent and listening
 - What is a soul?
 - Where does it exist?
 - According to Kabbalah, the soul is part of Divinity from above, a part of the Creator - what does that mean?
 - Is the soul eternal?
 - What is the connection between the soul and consciousness?
 - Is there a connection between the souls?

Study - The soul of Adam HaRishon, its breakage and the results from its breakage - 40 min

Important: When it comes to the soul of the Adam HaRishon, be sure to make short focused explanations, do not go into unnecessary places. It's important to say here only what is absolutely needed and no more. The most practical explanation possible. It will also make it easier for the student to understand. Do not complicate, simplify. It is recommended to prepare for this explanation in advance including the drawing.

- Reading excerpt - out of 600 thousand souls (The Writings Baal HaSulam, p. 506) - [click here](#). For additional reading excerpts, [click here](#).
- Briefly explain that the wisdom of Kabbalah distinguishes between two layers of reality, the spiritual and the corporeal. The spiritual world is the reasons and the corporeal is the world of results
- Briefly explain that in the spiritual world, there is the one soul that is shared by all of us, the soul of Adam HaRishon. It's a spiritual state in which we are all connected together in an integral way, like organs in one body.
- Briefly explain that in order to allow us to attain the highest spiritual attainments, this soul gets broken, that is, the bonds of bestowal and love between the parts of that soul are broken.
- As a result of the breakage we are here in our world with a sense of separation, and each one of us has a spark of soul, a point in the heart



- Explain at length that our work is to connect the points in our heart together back to one soul. Place emphasis on the following points
 - Kabbalah deals only with repairing the connection between the people (and not with the problems that we supposedly all have). Everyone received the perfect baggage to exactly suit him/her, we must correct the connections only (not ourselves, and certainly not

others). Here is [an excellent article by Oren Levy](#) and the "New Life" team on the subject - you should read it carefully before class.

- Kabbalah deals only with a desire called a point in the heart, by connecting the points in the heart, all other desires will find their proper balance accordingly
- The ascent in the spiritual ladder is an ever-increasing process of connecting the points
- Definitions - Soul is a connection of bestowal between us. Body = desire, soul = a corrected desire with intention in order to bestow. Reincarnation = the stages of the correction of the soul; Also, our souls reincarnate from one generation to the next and acquire spiritual discernment (Baal HaSulam, The Peace article, "the Mishna commentary ...")

Please note: New content that we would like to emphasize and promote throughout the semester, starting in the **January 2018** course:

Following Rav's recent remarks, we would like to convey the following message throughout the entire semester (and in the future, to a certain extent, both in the marketing publications and in the introductory lecture): In learning the wisdom of Kabbalah we acquire intellect and emotion that is above all that is familiar to us and opposite to all that is familiar to us - [see here](#) a video of Rav on the subject. Only in this intellect and emotion we can attain spirituality.

Actually, it is a very deep message and not easy to process, that with the way of which our desire to receive is we will never achieve spirituality. We will make it accessible to students during the semester in as soft and suitable form for the students as possible.

Throughout the course, the message will be explained from different directions and will be understood more and more in depth during the study. In this lesson, we will remind this message in relation to the soul of Adam HaRishon. Learning about the soul of the Adam HaRishon in our connected state in spirituality, and the separation as a result of the breakage, makes it possible to emphasize the point that spirituality is achieved through connection, and in our own intellect and emotion, we can never achieve it.

Break - 15 minutes

Active break - exercise in observation, we will try to identify and focus on my point in the heart and my classmates'.

Class exercise - 45 minutes

- Clip # 2 - [The Souls' fulfilment](#).

Notice that the clip is a little long, that requires a short preparation before watching it, but worth the effort. Before the screening, explain to the students that the Kabbalists differentiate between the "vessels" of the soul and the light that is revealed in the soul. Just as in our world, where everything has the proper vessel to contain it (we will not keep oil in the sacks), in spirituality there is also a suitable vessel that is suitable to hold the spiritual fulfilment. The vessel of the soul is the

connection we build between us, and light is the spiritual attainment that is felt in the connection between us.

- A connection workshop on the study material + summary of the benefits from the lesson [see here](#)
- A reading excerpt from the Zohar - There is no need to understand, try to feel:

A person who is in the dark and has always been in the dark. When you want to give him light, you first need to light a small light, like the eye of a needle, and then a little bigger. Thus, every time some more until all the light properly shines for him. Such are Israel. And also, one who is healed is not healed at once. Rather, it comes bit by bit until he is healed.

Zohar. VaYishlach 91

- Clip # 4 - [Clip to finish](#) - What is the point in the heart

Summary in points, what we have learned today:

- The spiritual system of which we are all a part of is called the soul of Adam HaRishon
- In order to allow us freedom of choice, this system was broken, meaning that the spiritual connection between the parts of the one soul was severed
- We are all broken parts of the broken soul of Adam HaRishon, each of us has a spark of that soul
- Our spiritual work is to reconnect the broken parts of the soul of Adam HaRishon
- In the connection of the parts, we will discover the one spiritual system that we are all parts of.

An exercise for the coming week

Today we learned about the spiritual root of the point in the heart, the special desire for spirituality that has awakened in us. We have learned that we must focus on working with this desire, on connecting the points in our heart (all other desires will find their proper balance accordingly).

During the week we will try to pay attention to the "point in the heart". We will try to discern when this desire for spirituality arises in us and when it turns off. In what form we can awaken it. We will try to get in touch with our friends during the week (in whatsapp or any other way) and see how this connection affects the point in the heart.

Reading from the book "Preface to the Wisdom of Kabbalah" (lesson review): page 139-157

1st reading excerpt - The writings of Baal HaSulam page 506

“It is said that there are 600,000 souls, and each soul divides into several sparks. We must understand how it is possible for the spiritual to divide, since initially, only one soul was created, the soul of *Adam Ha Rishon*.

In my opinion, there is indeed only one soul in the world, as it is written (Genesis, 2:7), “and breathed into his nostrils the breath of life.” [1] The same soul exists in all the children of Israel, complete in each and every one, as in *Adam Ha Rishon*, since the spiritual is indivisible and cannot be cut—which is rather a trait of corporeal things.

Yet, saying that there are 600,000 souls and sparks of souls appears as though it is divided by the force of the body of each person. In other words, first, the body divides and completely denies him of the radiance of the soul, and by the force of the Torah and the *Mitzva*, the body is cleansed, and to the extent of its cleansing, the common soul shines upon him.”

“A person who is in the dark and has always been in the dark. When you want to give him light, you first need to light a small light, like the eye of a needle, and then a little bigger. Thus, every time some more until all the light properly shines for him. Such are Israel. And also, one who is healed is not healed at once. Rather, it comes bit by bit until he is healed.”

Zohar. VaYishlach 91

“Our soul is great and strong, braving iron walls, shattering mountains and valleys, wide without end. It is impossible for it to contract, rather it must expand... through all their ranks, all of them. Our soul will spread through everything and embrace all, reviving and encouraging all.”

Rav Kook, Letter #1

Additional reading excerpts on the lessons’ topic, use as needed, not compulsory to read them

- One who truly wants to serve the Creator must include himself with all creations, connect himself with all the souls, include himself with them, and they with him. That is, you should leave for yourself only what is needed for connecting the *Shechina* [Divinity], so to speak. This requires closeness and many people, for the more people serve the Creator, the more the light of the *Shechina* appears to them. For this reason, one must include himself with all the people and with all creations, and raise everything to their root, to the correction of the *Shechina*.
Degel Machaneh Ephraim, BeShalach [When Jacob Sent]
- Therefore, let me remind you the validity of love of friends in spite of everything at this time, for it is upon that that our right to exist depends, and upon that our near-to-come success is measured. Hence, turn away from all the imaginary engagements and set your hearts on thinking thoughts and devising proper tactics to truly connect your hearts as one, so the words, “Love your friends as yourself,” will literally come true in you (Baal HaSulam, Letter 47)

- You lack nothing except to go out to a field that the Lord has blessed, and collect all those flaccid organs that have drooped from your soul, and join them into a single body. In that complete body, the Creator will instill His Divinity incessantly, and the high streams of light will be as a never ending fountain.” (Baal HaSulam, Letter 4)

Workshop 40 minutes

1. The wisdom of Kabbalah speaks of a connection between us as a condition for achieving spirituality. The connection between us is our soul, in which spiritual abundance is revealed. The workshop is a tool for building the connection between us. Remind the workshop rules, and ask ...

Question: How do the rules of the workshop help us to build the connection between us? What rule is most important for me?

2. In the beginning, we were all connected together in one spiritual structure called the soul of Adam HaRishon. Then came the breakage, which made each of us see himself as a separate entity from others, and the sense of separation that had formed between us for the first time grew to the level of separation that we feel today in every area of our lives.

Question: Where in our lives do we see the results of this breakage? Give concrete examples

3. Clip # 3 - Screen the [clip](#) from "Family on the Path" with Rabbi Kook's quote about our One Great Soul. After the clip, screen again in the quote from Rabbi Kook (appearing in the presentation): “Our soul is great and strong, braking iron walls, shattering mountains and valleys, wide without end. It is impossible for it to contract, rather it must expand... through all their ranks, all of them. Our soul will spread through everything and embrace all, reviving and encouraging all.” (Rav Kook, Letter #1) Emphasize the issue of the spreadness of the soul over all of Israel. Explain that according to the Wisdom of Kabbalah we are all parts of one great soul.

Question: Everyone will describe in the circle how he feels about the Kabbalists' assertion that we are all parts of one great soul.

4. Emphasise on the "corporeal" benefits of having quality connections with others. A comprehensive study on happiness that took place at the Harvard University, which lasted for three generations and was attended by hundreds of people, found that good social connections are the most important component of a person's happiness, and that they significantly improve one's health (see here a great [Ted lecture](#) on the research - It is recommended to watch this as a preparation for the lesson - It is NOT for screening in the classroom). Further studies have found that good social connections significantly improve a person's psychological security and even cognitive abilities.

Question: How high-quality social relationships can improve our quality of life and enable us to lead life to a desired good place. Give examples of this from life.

IMPORTANT: Summarize the benefits of the meeting: Today we learned about the soul of Adam HaRishon, the breaking of it and the results of the breakage. How does it all define the spiritual work that we must do

- We have learned that we have no reason to change ourselves and others, each of us is exactly what he/she should be, all that needs correction is the connection between us.
- We learned that we must focus on connecting the points in the heart and all other desires will find the right balance accordingly
- In addition we realized how good human connection and in high quality can improve our quality of life in every aspect. Many studies indicate that high-quality relationships are the most important component of a person's happiness, and accordingly make us healthier, smarter, more confident, etc....

Question: What is the new thing that I come out of this meeting with, what did I feel and what did I understand?