



The Power of Kabbalah Technology for the Soul

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Introduction

- Kabbalah is an ancient wisdom that reveals and unifies the spiritual and physical laws of life.
- This wisdom was the true source of all spiritual teachings and religions on this planet, predating Jesus, Muhammad, Moses, Adam and Eve and even the Creation of the world itself.
- Kabbalah, and the visionaries who dared to contemplate and expound upon its mysteries are known as Kabbalists.
- The major text of the Kabbalah is called the *Zohar*, and its powerful teachings have influenced the world's most brilliant spiritual, philosophical, religious, and scientific minds – while remaining unknown to humanity at large.
- There remains in effect a single warning, a strict prohibition concerning the wisdom and the lessons of the Kabbalah. This warning dates from the second century, and it's the first of 13 Kabbalistic Principles of Life that are presented in this book:
 - *Don't Believe a Word of What You Read! Belief Won't Cut It!*
- Kabbalah tells us many things: How and why the world began; why we keep reverting back to our old negative habits; why we keep avoiding activities we know are good and beneficial to our lives; why chaos bothers to exist and how to instill meaning and spiritual power into every waking moment.
- The purpose of this book is to teach. Do not accept these lessons blindly – experience tangible results from your direct experience. When that happens, you will feel the truth of Kabbalah in your body and soul, and you will come to know the wisdom of the Kabbalistic sages in your heart.
- When striving to understand the mysteries of our universe and the ultimate truths of our existence, the litmus test is simplicity. Authentic truth is always comprehensible to everyone.
- Kabbalah was and continues to be the original technology of life. It's the science of the soul and the physics (and metaphysics) of fulfillment. And because it was an innovative wisdom that appeared on the scene thousands of years before its time, it was engulfed in misunderstanding.

Part One: Who are we?

- Kabbalah defines us in one simple word: *Desire*
- Desire is our true essential quality. Our individual human desires give us our separate identities.
- According to Kabbalah, human desires basically operate on three levels:
 - These Desires are rooted in animal lust. A person's needs, wants, and learned behaviors exist only to gratify these primal urges.
 - These desires are directed toward fulfilling drives not found in the animal kingdom, such as honor, power, prestige, fame, and dominion over others.
 - The desires of level three are directed mainly toward rational matters. This includes the yearning for wisdom, knowledge, and answers
- In the language of Kabbalah, desire is referred to as a *Vessel*.
- The primary objective of our desire is uninterrupted happiness.
- The term *Light* is a code word, a metaphor offered by the ancient Kabbalists to convey the broad spectrum of fulfillment for which human beings long.
- Light also consists of the force we call *intuition*. The magic that attracts the right people and right opportunities to our lives. The inner spirit that arouses hope and optimism within us each morning we wake. The fuel that generates our self-motivation to seek more and more out of life.
- Kabbalistically, Light denotes unending happiness, constant joy. It's the difference between momentary pleasure and lasting fulfillment.
- We want our desires to be constantly fulfilled. This constant, continuous, nonstop flow of fulfillment is what Kabbalah defines as Light.
- The instant we begin to worry about how long our happiness will last, we run out of light. We lose the connection. When we are connected to the Light, we have no fear, anxiety, or insecurity about the future.
- The light is infinite and always ready to fulfill what we can imagine.
- While people are the essence of desire, and the universe is flooded with Light, what stands in the way of our everlasting happiness is a *curtain*.
- According to Kabbalah, there is a curtain that divides our reality into two realms, which Kabbalah identifies as the 1 percent and the 99 percent. The second Kabbalistic Principle states;
 - *Two Basic Realities Exist: Our 1 Percent World of Darkness and the 99 Percent Realm of Light!*
- The 1 percent reality is the world of our five senses. It is a realm of spiritual darkness and chaos in which:
 - We react to external events
 - Fulfillment is temporary and happiness is fleeting
 - Effects, symptoms, and reactions preoccupy us
 - We are victims who apparently suffer because of other people's actions and random external circumstances
 - There seems to be no hope for bringing about permanent, positive change because any change that occurs is temporary and therefore illusory
 - The majority of our desires remain unfulfilled

- When we live our lives solely in the 1 percent, life hurts and the world appears dark and disordered.
- The 99 percent reality lies beyond human perception. It is:
 - A world of absolute order, perfection, and infinite spiritual Light
 - A realm of action rather than reaction to external events
 - The source, the seed, and the hidden origin of the physical world
 - A world of total fulfillment, infinite knowledge, and endless joy
 - A dimension in which we can initiate positive, lasting change, permanent change that also manifests in our 1 percent world
- While Murphy's Law governs the realm of the 1 percent, there is no trace of it in the 99 percent. When we live our lives connecting to the 99 percent level, life is fulfilling, energy flows, and the world appears bright and beautiful.
- Imagine if we could access the 99 percent realm at will; we would gain the ability to control all the events in our lives. We would have the power to create order out of chaos. According to the Kabbalah this is the only way to effect genuine change.
- The realm of the 99 percent is the DNA level of reality: the seed. The root. The cause of all causes.
- We've been conditioned to focus our awareness on the 1 percent realm of existence, which the Kabbalah says is an exercise in futility, like chasing our own shadow.
- What people truly desire from life is:
 - Personal fulfillment
 - Peace of Mind
 - Relief from fear and anxiety
 - Financial security
 - Contentment
 - Love
 - Freedom
 - Control
 - Wisdom
 - Happiness
 - Health
- None of the things that we most want to receive from life is of a physical nature. None of these are found in the material 1 percent. Everything we genuinely desire is of an ethereal nature found only in the 99 percent.
- The Third Kabbalistic principle States:
 - *Everything That a Human Being Truly Desires from Life is Spiritual Light*
- We are discontent because we have disconnected ourselves knowingly, or unknowingly, from the 99 percent realm. When we learn how to connect to this realm, we can control the events in our lives.

Part Two: Creation, the Big Bang, and the Nature of God

- Today, the scientific establishment largely agrees that some 15 billion years ago, the physical universe exploded in to existence in what is now called the Big Bang. Only the Kabbalah dared

to answer the fundamental questions of existence – Why did the Big Bang occur in the first place?

- There is a mystical dimension attached to understanding the root of our existence. This long-hidden wisdom, according to Kabbalists, is also the substance of spiritual Light itself.
- Learning Kabbalah unleashes hidden potential, allowing us to see and perceive things we never saw before.
- The goal in studying Kabbalah and the mysteries of our origins is not just to become more knowledgeable, but also purer, more enlightened, and more fulfilled.
- Before time even began, there was an infinite force of Energy.
- In Kabbalah, this ever-expanding energy of giving is also known as the *First Cause*.
- There must be a recipient, a willing receiver, an actual desire to take possession of the offering, for sharing or giving to take place.
- To fulfill its giving nature, the infinite force of Energy created a receiver- in Kabbalah its called a *Vessel* – with which to share its essence.
- Seeing that this energy force is defined as the First Cause, the Vessel is appropriately defined as the *First Effect*. So now we have an infinite Energy and an infinite Vessel. Cause and effect. Sharing and receiving.
- This Light that shines so brightly behind the curtain is the source and substance of all the fulfillment we seek. All activities are, in actuality, pursuit of the Light, which manifests in myriad ways: rewarding relationships, prosperous careers, personal accomplishments, rich family life, emotional contentment, financial security, creativity, knowledge, wisdom, and all other goals as we strive for happiness.
- The Light is what shines and illuminates the 99 percent.
- The Light is not God, but an energy that comes from God. It's enough to know that the Light's joy and infinite fulfillment will completely and absolutely satisfy any and all human desires.
- The infinite Vessel was composed of two aspects – a male and female energy. Kabbalah teaches that these two energies in one vessel are known by the code name Adam and Eve- this refers to the male-female polarity of the one unified Vessel.
- Kabbalists understand that the entire bible is a code. Kabbalah is the instrument of our universe playing out the song of creation. The Bible is the sheet music.

- The creation of the Vessel – that is, the desire to receive – is the only true Creation that has ever occurred.
- The Endless World operates in similar fashion. It is total perfection – the Light sharing completely with the Vessel. The ultimate manifestation of sharing and receiving.
- We might even say that the Vessel inherited the nature of its Creator. This inherited nature is the power to create fulfillment, share fulfillment, and play an active and causal role in the ongoing process of Creation.
- The vessel wanted:
 - To be the *cause* of its own happiness
 - To be the *creator* of its own fulfillment
 - To *share* fulfillment
 - To *control* its own affairs

- *Bread of Shame* is an ancient Kabbalistic phrase expressing all the negative emotions that accompany unearned good fortune.
- The Vessel had it all in the Endless World except for one thing: the ability to earn and be the cause of its own fulfillment.
- Bread of Shame thus prevented the Vessel from experiencing absolute happiness.
- In order to remove the Bread of Shame, the Vessel stopped receiving the Light!
- The ancient Kabbalists called the Vessel's act of pushing back the Light *resistance*. The moment the vessel resisted the Light from filling it, the Light constricted itself, creating a vacuum, a single point of darkness within the Endless World. It was a cataclysmic event that gave birth to the concepts of time and space as we understand them. People of science have detected the cosmic echo of this explosion and have dubbed it the Big Bang.
- It's interesting to compare how ancient Kabbalah and 20th century physics describe the beginnings of our universe. The similarities are remarkable.

Part three: the Puzzle of Creation and the Theory of Reactivity

- To provide the Vessel with the opportunity to create its own fulfillment, the Endless World was disassembled and transformed into a "picture puzzle". By allowing the Vessel to reassemble the puzzle of creation, we, the Vessel, become creators of our own fulfillment and the cause of our joy, thus fulfilling our deepest desire and most profound need.
- To conceal the blazing light of the Endless World, a series of ten curtains were erected gradually transforming its brilliance almost to darkness.
- These ten curtains created ten distinct dimensions called the *Ten Sifrot* n Aramaic.
- The Endless World is a realm without time and space; therefore the Light had to create them. This occurred automatically when the Light was hidden by the ten curtains.
- Kabbalah teaches us how to remove the layers of cloth one strip at a time to reassemble the puzzle of Creation and bring ever more Light into our lives.
- The one infinite vessel broke into two distinct forces of spiritual energy; the male principle, called Adam, separated from the female principle, called Eve.
- Everything is a portion of the original Vessel. Everyone's souls were part of the first, infinite, primordial soul that split and shattered.
- You are a spark of the original shattered Vessel. The actual stuff that you are made of is desire. You desire Light. This means you desire happiness, wisdom, fun, fulfillment, peace of mind, well-being and a whole lot of pleasure. All these elements of Light were hidden away so that you could become the cause of its illumination.
- At the precise moment of the Vessel's shattering, the ten dimensions underwent a sudden contraction in preparation for the birth of our universe. Six of the ten dimensions enfolded into one and are known collectively as the *Upper World*. – This contraction is the secret behind the *Six Days of Creation* – it is a code for the uniting of the six dimensions into one.
- Physicists arrived at the same conclusions and this has come to be called *Superstring Theory*.
- The six dimensions that lie just beyond our perception are known collectively as the Upper World. The Upper World is the 99 percent realm that we spoke about in earlier chapters. It is this 99 percent realm that we touch during those rare moments of clarity, rapture, mystical insight, expanded consciousness, a sixth sense or an epiphany.

- When we elevate ourselves and connect to this higher world, we bring lasting, positive change to our lives. When we “move” the 99 percent, our 1 percent world follows suit.
- The key to connecting to the Creator and having our prayers answered is knowing how to connect ourselves to the Upper World known as the 99 percent realm.
- When we look into the realm of the 99 percent, we discover four key attributes of the Light that we inherited and need to express in our world in order to remove Bread of Shame. They are:
 - Being the *Cause*
 - Being a *Creator*
 - Being in *Control*
 - *Sharing*
- These four qualities merge into a single trait which is being *PROACTIVE!*
- Further. All the traits of the Vessel – that is, of humanity – can be expressed in one word – *Reactive!*
- Reactive means:
 - Being the *Effect*
 - Being a *Created Entity*
 - Being *Under the Control of Everything*
 - Receiving
- Reactive behavior is founded upon the human desire to receive. This is the original desire that was created in the Endless World.
- Reactive behavior is any reaction we have to external situations. This behavior can include resentment, jealousy, pride, low self-esteem, vindictiveness, and good old fashioned hatred.
- 99 percent of our behavior is reactive. Our consciousness is built on reactive, impulsive, instinctive desires. Rising above this consciousness constitutes genuine spiritual transformation.
- The mission of the Vessel is to transform itself from being a reactive force into a proactive force and this is the Fourth Principle of the Kabbalah:
 - *The Purpose of Life is Spiritual Transformation from a Reactive Being to a Proactive Being.*
- When we react to any external situations and events in our lives, we are merely an effect and not a cause; we are reactive, not proactive.
- Should we live our lives without any personal growth or change of nature, we are not creating new spiritual levels of existence for ourselves.
- When we allow outside forces to influence our feelings, positive or negative, we have surrendered control.
- When we exhibit egocentric or self-centered behavior, we are not sharing but instead receiving gratification for the ego.
- There is an option available to us that prevents “spiritual Big Bangs” from taking place in our life. This is the proactive use of resistance, and it means stopping all of our reactive impulses through our own free-willed choice.
- The Light goes on only when we identify, uproot, and transform our negative characteristics. It is the degree of change in our natures that determines the measure of our fulfillment.
- In order to be motivated to take action, people must receive *something* in return. The purpose of Resistance is getting you closer to the Light so you can *receive*.

- Each of us has the power to bring fulfillment to our lives by transforming our natures.
- The Fifth Spiritual Principle states:
 - *In the Moment of our Transformation, We Make Contact with the 99 percent Realm.*

The Transformation Formula

- Changing reaction to proaction works like this:
 1. An obstacle occurs.
 2. Realize that your reaction – not the obstacle – is the real enemy
 3. Shut down your reactive system to allow the Light in.
 4. Express you proactive nature.
- The moment of transformation takes place during steps three and four. That is when you enjoin your soul to the luminous dimension of Light – the 99 percent realm.
- External events trigger reactions all day long. Instead of reacting, apply the formula.
- According to Kabbalah, it doesn't matter how much talent we possess. Without the rules of the game, the result is chaos. The rulebook for this most challenging game was recorded in an ancient Kabbalistic manuscript some 2000 years ago, the book is called the *Zohar*, and it contains all the spiritual secrets governing the game of life.
- Kabbalah most definitely gives us rules, but without imposing constraints on our daily experience of the world. It presents a set of universal spiritual laws that liberate and empower us in body and soul. These laws are the 13 Kabbalistic principles that are presented throughout this book.
- Before we can begin to understand Kabbalah's spiritual principles on a deeper level, we must first overcome an obstacle – *Who is our opponent in the game of life?* There is counterintelligence within us constantly sabotaging our effort to change things for the better.

Part Four: The Game, Our Opponent, and the Art of Transformation

- *Why is a reactive response totally effortless and a proactive one practically impossible?*
- Real change is so hard because as in every game, we are faced by an opponent in the game of life, one who constantly attempts to influence and control our behavior and subvert our lives.
- *The concept of losing against an opponent is what gives definition, existence, and meaning to the concept of winning.*
- We rejected the Light in order to become like the light- to become the creators of our own fulfillment.
- Like spiritual Olympic athletes, we must train ourselves mentally and emotionally so that our divine nature can evolve and manifest. This training satisfies our need to earn and create the Light in our life and eradicate Bread of Shame.
- The Vessel needs to express its inherited proactive nature to remove Bread of Shame. To be proactive we must first be reactive. And to be reactive, we need challenge. To make that transformation from reactive to proactive meaningful, worthwhile, and complete, we need a powerful opponent to test us.

- Two thousand years ago, the Zohar revealed the Opponent. He is the unseen cause of chaos in the physical world and in the human spirit. He is the voice that whispers “Eat the cake now. Start the diet again Monday.” It is he who arouses feelings of despair, pessimism, fear, anxiety, doubt and uncertainty. He also stimulates overconfidence, ruthlessness, greed, jealousy, envy, anger, and vindictiveness.
- Even when we want to apply Resistance in our life and stop reactive behavior, our Opponent shrewdly takes us out of it.
- Whatever you call it, the ancient Kabbalists said the Opponent was real. His true name is Aramaic – in English it translates to “the Satan”.
- His name is a code word for our Ego. And our ego – the true Opponent – includes every form of reactive behavior.
- We work 24/7 to fulfill the ego’s every desire, no matter how shallow or self-destructive those desires may be. These impulses stemming from the Opponent control us 99.999 percent of the time.
- The Opponent has fooled us into believing that we are victims of outside forces and other people’s actions.
- When the Opponent came into being, his appearance added another element to our natural Desire to receive – it was as if our natural DNA was altered. Humanity was imbued with a Desire to Receive for the Self Alone.
- According to the Kabbalah, two cosmic broadcasting stations- the Light and the Opponent – send signals to our brains. It’s a ratings battle for the audience of the mind.
- If we could learn how to distinguish which thoughts come from the Light and which thoughts originate from the Opponent, we could redeem control of our lives.
- Any thought that is loud and crystal clear and urges us to react to a situation is the Opponent.
- If a thought is barely audible, a faint voice emanating from the recesses of our minds, it is the song of the Light. Or if what you have is a sudden flash of intuition or an impromptu inspiration, the broadcast is originating from that 99 percent realm.
- *The Opponent’s thoughts manifest as our rational, logical minds and egos. The Light’s signal manifests as intuition, dreams, and a faint quiet voice in the back of our minds.*
- The secret to taking control of our lives is to cut off the Opponent’s signal. When we snap into our reactive impulses, we literally turn off his broadcast.
- The Opponent’s sole objective is to arouse our Desire to Receive for the Self Alone so that we disconnect from the Light and the 99 percent. His major tactic is to simply push our reactive button all day long.
- When we proactively reenact the original resistance- performed by the Vessel in the Endless World – by refusing to react we override the reactive button that the Opponent pushed. We are proactive. We have made contact with our souls and the 99 percent.
- Kabbalah teaches us that, more often than not, the final outcome of any life process will be the exact opposite of the first impression. Our Opponent tries to reverse this spiritual truth by inciting reactions to the present moment. He limits our ability to calculate and consider long term consequences by igniting immediate responses to everything our eyes see and our ears hear.

The Weapon of Time

- The true definition and purpose of time according to the Zohar:
 - Time is the distance between cause and effect
 - Time is the separation between action and reaction
 - Time is the space between activity and repercussion, and the divide between crime and consequence.
- Our unique mission in the world is to elevate to a higher spiritual level. Thus, we are imbued with the divine-like feature of “free-will” when it comes to changing our ways and ascending the spiritual ladder. Free will only occurs if the concept of time is injected into our existence.
- Delayed responses permit freedom of choice between good and evil behavior.
- This distance between cause and effect prevents us from perceiving the connections between the events in our lives. Time just makes us forget the original causative action. Chaos appears sudden because time has separated cause from effect. Time creates the illusion of chaos when, in fact, there is a concealed order.
- When we *resist* our reactions to time, we suddenly become master over it. We can slow down or speed up, defying all logic and our rational senses.
- If we apply Resistance in a situation and our Opponent throws a bit of time into the process, the spiritual Light owing might not shine immediately.
- Just as time is the distance between crime and punishment, it is also the space between Resistance and reward.
- In the world of chaos, hardship, turmoil and burden we can confront the triggers that ignite reactions. Each trigger gives us the opportunity to transform our reactive behavior and become the cause of our fulfillment. Transformation. That’s how we rebuild the puzzle of Creation.
- It is our negative characteristics and traits that give us the opportunity to effect a true transformation of character.
- We came to this world to create positive change within ourselves and the world around us. Positive change will always encounter resistance, conflict, and obstacles. We must embrace these difficult situations.
- Our Opponent will instill complacency within us to prevent us from making inner changes.
- The Opponent limits our view and focuses our attention on situations that fuel our egos, so we fail to appreciate and receive the richness life offers us and the hidden blessings we receive daily.
- Space creates a place for the Opponent to live. Each time we react, we disconnect from the 99 percent/ this disconnection creates a space, a void, and the Opponent uses that space as a place to stir up chaos.
- There is only **one** way to genuinely remove space: remove the separation between us and the 99 percent. We achieve that by *connecting* to the 99 percent. And we accomplish that by *disconnecting* from our reactive behavior.
- One of the Opponents most potent weapons is the ability to confuse us. We feel sad and disoriented, angry and envious, and we never know who our real opponent is.
- The Opponent is a master magician. The Opponent projects himself onto other people so you recognize all of your faults in others and see the enemy as the other person. In reality, you’re playing against the Opponent and *don’t even know it*.
- The Sixth Kabbalistic principle states:

- *Never – and That Means Never- Lay Blame on Other People or External Events.*
- Here's a powerful and practical technique to help you put this rule into action. Whenever someone does something really rotten to you, imagine that you can actually see the Opponent whispering in that person's ear, causing all their negative behavior.
- This should help you alleviate your reactive emotions toward this person, putting you in a better frame of mind for the real transformational work that begins when you look inward. Then you can see that *the Opponent was whispering in your ear, too*. All your negative feelings were being provoked by *his* suggestions. You were able to recognize and react to negative traits in others *only* because you have them in yourself.
- Resisting our reactive behavior keeps spiritual light shining. When we fail to apply resistance to our reactive impulses and we react, it is as if we create a short circuit.
- The Seventh Principle of Kabbalah states:
 - *Resisting Our Reactive Impulses Creates Lasting Light.*
- The Eighth principle of Kabbalah states:
 - *Reactive Behavior Creates Intense Sparks of Light, But Eventually leaves Darkness in its Wake.*

Suppressing Vs. Resistance

- There is a very fine line between suppressing our emotions and shutting down our reactive systems. Suppressing emotions creates long-term stress. Slowly, suppressed emotions gather force.
- Resistance, on the other hand, creates momentary struggle, but almost immediately there is calm and clarity.
- If we get caught up in the drama of the moment, it means that we have failed to recognize the spiritual opportunity of the situation. That's our clue.
- When we recognize that anger and other negative emotions are sent to us by the Light so we can remove Bread of Shame, we will know with certainty that we applied Resistance.
- At first the effort to resist will be a combination of suppression and authentic resistance. Resisting our reactive emotions is refined and perfected as we continue to undertake it.

Coping vs. Resistance

- When we resist the urge to react and create a space for the Light to enter our beings, this spiritual energy has a transforming and purifying effect on our consciousness.
- When we apply Resistance with the conviction and intent to remove Bread of Shame, our actions now strike at the seed of the problem. Knowing with deep trust that we are transforming from reactive to proactive will generate Light. This Light will illuminate the unseen root cause of our anxiety. This light will also cleanse and correct the cause and gradually eliminate panic from our life. Through Resistance we can enter that realm to uproot, cleanse, and eradicate anxiety from our being.

The Joy of Obstacles: An Alternative View of Life's Challenges

- To help us receive more spiritual Light into our lives, Kabbalah offers us the Ninth principle, which states:

- *Obstacles Are Our Opportunity to Connect to the Light.*
- The more obstacles, the greater the number of triggers to ignite our reactions, so that we can *resist* and transform them. After all, *transforming* is the purpose of our lives, and only an obstacle can give us that opportunity!
- Remember the following Tenth Principle the next time a formidable challenge looms on the horizon:
 - *The Greater the Obstacle, the Greater the Potential Light.*
- Staying comfortable doesn't generate everlasting Light. We must learn to flee our comfort zones and plunge head first into uncomfortable situations. That is where we can apply the most resistance.
- We should embrace rather than avoid problems and obstacles. They are the true opportunities and the quickest path to transformation, growth, and the ultimate in happiness.

The Law of Tikun

- Kabbalah teaches that each of us comes to this world with baggage from previous life-times. Each time we fail to resist our reactive behavior, we have to correct it at some point in the future. This concept of correction is called *Tikun*.
- There's an easy way to identify our personal Tikun. Whatever is painfully uncomfortable for us is part of our Tikun.
- When we fail to make a correction by resisting our reactive behavior, it becomes more difficult to correct next time around in that specific area. That particular reactive trait grows stronger. These same corrections can appear over and over again in our present incarnations.
- Seeking comfort and avoiding our Tikun produces momentary gratification and relief, but it is linked to long-term chaos. In contrast, *the bigger the obstacle, the greater the potential Light.*

The Power of a Short Circuit

- The spark of light generated by a short circuit is always far stronger and brighter than the light of the bulb when it is burning normally. Spiritual Light works the same way.
- Momentary pleasure invoked by reactive behavior is much more powerful and intoxicating than the ongoing pleasure of Light that is generated by resistance. But a reactive burst of pleasure will always be followed by darkness.
- These are the laws of electrical current. These are the laws of spiritual current.
- The Opponent constantly uses the power of instant gratification and momentary highs to ignite our reactions. His sole purpose is to create short circuits directly so that we will eventually plunge ourselves into darkness.

The Certainty Principle

- According to many spiritual teachings, Kabbalah included, consciousness creates our reality. What we desire is what we receive. If we are uncertain, we receive the energy of uncertainty. If we respond to crises with worry and negative thinking, we increase the likelihood of a painful outcome.

- We can disrupt the Opponent's agenda. By offering resistance, we create a space for the Light to fill.

Miracle Making

- If you want to see real miracles occur, try shutting down thoughts of uncertainty about positive outcomes when seemingly insurmountable obstacles confront you. Start focusing on removing Bread of Shame and shift your focus away from results and outcomes.
- To help maintain a protective state of mind in difficult situations, we have the Eleventh Kabbalistic Principle:
 - *When Challenges Appear Overwhelming, Inject Certainty. The Light is Always There!*
- Injecting certainty into a situation does not mean we always get the result we want. Certainty means knowing the Light's unseen hand is in the game with us.
- Kabbalah teaches that the adversity in any situation is the truly positive element. The Light is contained within the obstacles of life.
- When we understand this principle, we enthusiastically embrace life's difficulties. We recognize them as opportunities to stop our instinctive reactions and to become the Creators in our lives.
- Certainty does not mean that we get what we want, but rather we get what we need in our lives to further our transformation and finally win this game of life. It's having certainty that our reaction is what is important and nothing else. Not results. Not outcomes. It's accepting responsibility for the negativity that strikes in our lives.
- When we overcome our uncertainty, we create miracles in our lives.

Part Five: How to Win the Game of Life

Teaching Others

- World peace begins with personal peace. As we begin to experience the Light of Kabbalah, we must share it with others to gain the truly full benefit.
- To teach means to be a living example, a model for others. To teach means to share this wisdom with others out of love and care.
- We are the creators of every chaotic moment in our lives. When we transcend past our inborn power of impulse; when we rise above the impelling force of animal instinct; when we stop pointing the finger of blame at someone else and, instead, clench a fist and strike a stunning blow to our real Opponent in the game of life, we will make contact with the 99 percent realm.
- We will connect ourselves to an infinite endless emanation of Light. We will have invoked the infinite power of God in our lives. And then the awesome power to change anything and everything will, at once, be placed in the palms of our hands.
- Remember that everything in your life is there for one reason and one reason only: to offer you the opportunity to transform. Transformation is the only way to effect positive change in your life and in this world. Stop wasting your energy finding fault in others. Start the transformation within.
- It will be turbulent for a while. You'll be buffeted from all sides at first. But if you remain certain that you are only being tested and if you don't react, the seas will calm down quickly. And that's when you'll come to know the power of Kabbalah. That's when you'll experience an extraordinary Light that has been trying to reach you and give you everything you've ever desired since time began.

- A so we come to the final and Twelfth Principle:
 - *All of the Negative Traits That You Spot in Others Are merely a Reflection of Your Own Negative Traits.*

Recommendation: In the words of the ancient Kabbalists I give you their recommendation: If you have trouble remembering all the lessons laid out in this book, remember a unique bit of wisdom that contains all the other principles within it: Love thy neighbor as thyself. All the rest is mere commentary. Now go and learn.

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About the reviewer: Frumi Rachel Barr, MBA, PhD

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