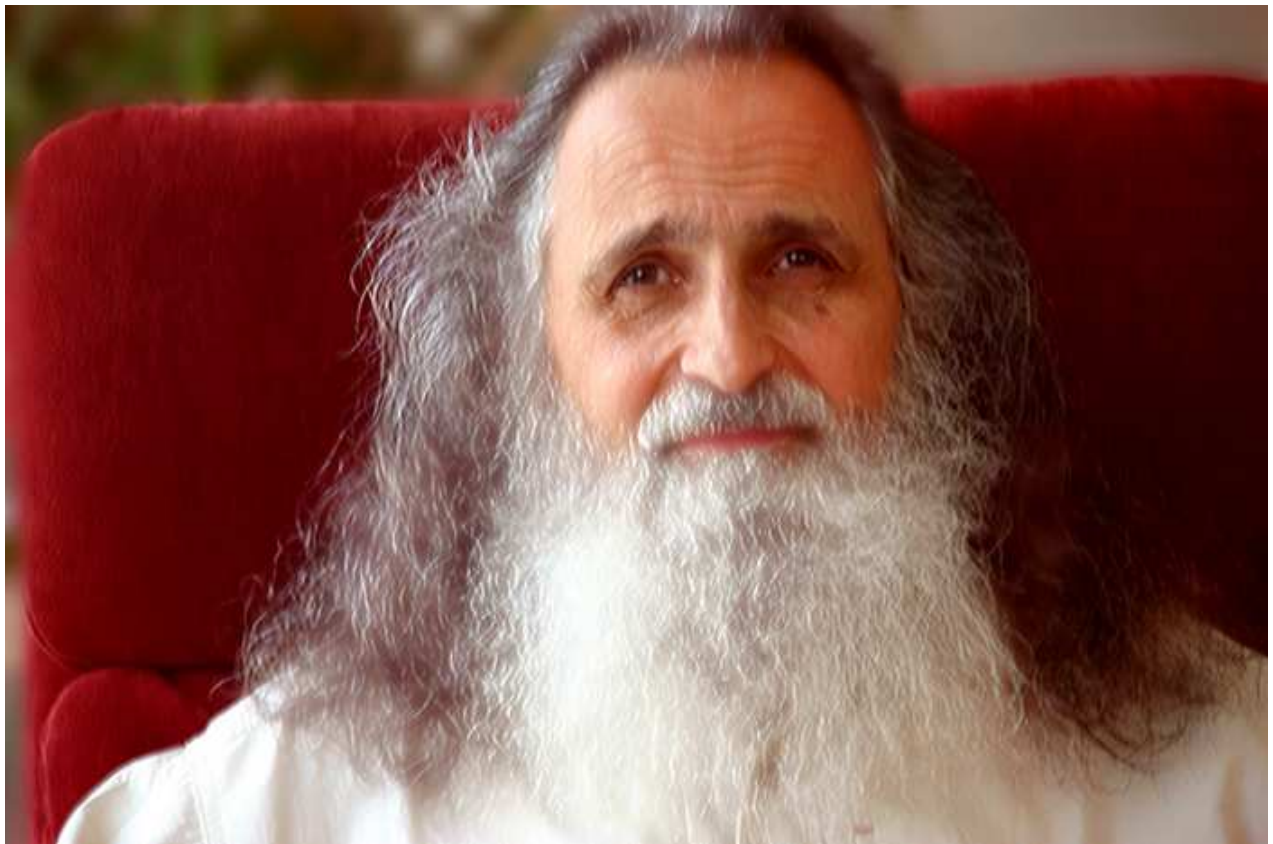


# **Kabbalah for Complete Life Management**

For optimum performances and well-being



**by Rabbi**

**Michael-ben-Pesach Portnaar, Ph.D.**

Verkabbala Uitgevers

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First edition.

First partial review: June 2.009.-

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ISBN: 9789080806382

# Contents

<b>ABOUT THE AUTHOR.....</b>	<b>0</b>
<b>PREFACE.....</b>	<b>1</b>
<b>INTRODUCTION.....</b>	<b>4</b>
1.1 MY FIRST THOUGHTS .....	4
1.2 THE CHANGEABLE AND THE UNCHANGEABLE.....	5
1.3 THE LAWS OF THE UNIVERSE.....	16
1.4 TO OBTAIN THE BEST OF YOURSELF.. .....	21
<b>CHAPTER ONE .....</b>	<b>27</b>
1.1 WHAT KIND OF MEDICINE DO WE NEED? .....	27
1.2 THE INNER AND THE OUTER .....	30
1.3 DON'T STRUGGLE. DISCONNECT YOUR RATIONALITY.....	30
<b>CHAPTER TWO .....</b>	<b>32</b>
2.1 WHO AM I?.....	32
2.2 THE INNER STRUCTURE OF THE HUMAN BEING ON EARTH .....	34
2.3 WHERE AM I?.....	36
2.4 WERE DO I FIND MY TRUE ME? WHERE IS MY FREE CHOICE? .....	38
2.5 FROM WHERE DO MY WISHES COME?.....	40
2.6 THE AMBITION FOR WHOLENESS IS WITHIN THE GOAL OF THE UNIVERSE .....	41
2.7 FOUR CATEGORIES OF HUMAN BEINGS.....	42
2.8 FOUR PHASES IN THE DEVELOPMENT OF THE HUMAN BEING.....	44
2.9 FOUR FORMS OF COMMUNICATION .....	49
2.10 THE STRUCTURE OF THE HUMAN BEING.....	50
2.11 WHAT DOES IT MEAN 'PURIFY YOURSELF'? .....	52
2.12 EVERYTHING CONSISTS OF TEN FLAVOURS.....	53
2.13 WHERE IS MY TRUE OBSERVATION? .....	57
2.14 THE METHOD TO STRENGTHEN OUR WISHES.....	61
<b>CHAPTER THREE .....</b>	<b>63</b>
3.1 WHAT IS THE TRUE KABBALAH TEACHING? .....	63
3.2 ABOUT REINCARNATION .....	63
3.3 THERE ARE NO RITUALS IN THE KABBALAH .....	64
3.4 KABBALAH BEGINS WERE ALL OTHER – LOGIC- ENDS .....	65
3.5 KABBALAH AND FORTUNETELLING .....	66
3.6 EVERYONE HAS HIS OWN LIBERATOR. ....	66
3.7 KABBALAH IS NO SCIENCE NOR RELIGION .....	67

3.8 KABBALAH AND THE LAWS OF THE UNIVERSE .....	69
3.9 THE KABBALAH AND THIS WORLD .....	70
<b>CHAPTER FOUR.....</b>	<b>71</b>
4.1 THE SIXTH SENSE: THE FEELING FOR THE INNER.....	71
4.2 THE SENSE OF LIVING .....	72
4.3 THE FOUR COMMANDMENTS .....	73
4.4 TURN YOUR ENEMY INTO YOUR FRIEND.....	78
4.5 THE ONLY FREE CHOICE YOU HAVE IS CHOOSING YOUR SURROUNDINGS.....	79
4.6 FOUR KINDS OF PEOPLE IN YOUR SURROUNDING .....	79
4.7 OUTSIDE MYSELF EVERYTHING IS PERFECT .....	80
4.8 THE FOUR LAYERS IN YOUR INNER .....	81
4.9 SHOW YOUR WEAKNESS .....	82
4.10 THERE IS NO OTHER WAY TO COME TO WHOLENESS THAN THROUGH THE INNER BEING.....	83
4.11 THE LEFT HAND PUSHES AWAY, THE RIGHT HAND PULLS .....	84
<b>CHAPTER FIVE.....</b>	<b>87</b>
5.1 THE ATTITUDE OF SELF LOVE .....	87
5.2 COLLECTING YOUR WISHES .....	87
5.3 LIFE IS HERE AND NOW.....	88
5.4 THE AREA OF THE GOOD AND THE EVIL IS NAMED 'HUMAN BEING' .....	89
<b>CHAPTER SIX .....</b>	<b>91</b>
6.1 KABBALAH THERAPY: THE THERAPY OF RECEIVING IN THE RIGHT WAY.....	91
6.2 PLACE OF DISEASES IN THE HUMAN BEING .....	92
6.3 THE ATTITUDE WITH THE KABBALAH MASTER.....	93
6.4 BEAUTY CAN'T SAVE THE WORLD .....	96
6.5 RESISTING SEDUCTIONS .....	96
6.6 RECEIVING IN THE RIGHT WAY .....	97
6.7 THREE TYPES OF PERSONS WITH QUALITIES YOU CAN USE FOR YOUR INNER WORK.....	99
6.8 WHAT IS HAPPINESS? .....	100
6.9 TO RECEIVE THE LIGHT BY WAY OF A SCREEN .....	100
<b>CHAPTER SEVEN.....</b>	<b>102</b>
7.1 THE FIVE W'S AND A'S IN EVERY SITUATION.....	102
7.2 THE GREATEST PLEASURE COMES AFTER THE DEEPEST DISAPPOINTMENT .....	109
<b>CHAPTER EIGHT .....</b>	<b>110</b>
8.1 LIGHT WILL AROUSE IN US THE WISH TO RECEIVE.....	110
8.2 EVERYTHING HAS A MEANING.....	112

8.3 THE LAST GENERATION WILL HAVE THE MOST LIGHT .....	113
<b>CHAPTER NINE .....</b>	<b>115</b>
9.1 WHOLENESS IS IN YOUR HEART .....	115
9.2 WHO IS SPEAKING INSIDE OF ME: MY SELF-LOVE OR MY TRUE 'I'?.....	118
9.3 HE WHO MAKES HIMSELF SMALL WILL SEE THE LIGHT .....	121
9.4 DON'T LET YOURSELF BE DAZZLED .....	123
9.5 BEING DEIGN IN SCARCITY AND BEING HUMBLE IN ABUNDANCE.....	123
9.6 WHAT IS GUILT? .....	124
<b>CHAPTER TEN.....</b>	<b>125</b>
10.1 WHAT CAN I DO WITH THE CYNICAL PEOPLE AROUND ME? .....	125
<b>CHAPTER ELEVEN.....</b>	<b>128</b>
11.1 LET MONEY GO AND IT WILL COME BACK TO YOU.....	128
11.2 TRUST BEYOND REASONING.....	130
11.3 EVEN MISERY IS USEFUL.....	131
11.4 RULES FOR ASKING QUESTIONS AT YOURSELF AND TO OTHERS.....	132
<b>CHAPTER TWELVE.....</b>	<b>134</b>
12.1 TO SEE A PERSON FROM HIS INNER INSPIRATION AND GOAL .....	134
12.2 A SHORT STORY ABOUT A VAGRANT AND AN ADDICT .....	135
12.3 WHAT HAPPENS WHEN YOU TAKE OVER YOU SOMEONE ELSE'S PAIN?.....	135
12.4 YOUR OWN TERRITORY, TWO BY TWO.....	138
12.5 HE WHO GOES WITH THE FLOW .....	145
12.6 WE ARE ALWAYS SPEAKING OVER ONE BEING IN THE KABBALAH.....	150
<b>CHAPTER THIRTEEN .....</b>	<b>154</b>
13.1 ALWAYS KEEP IN MIND YOUR GOAL .....	154
13.2 INTERACTION BETWEEN THE INNER AND THE OUTER.....	155
<b>CHAPTER FOURTEEN .....</b>	<b>156</b>
14.1 LANGUAGE AND THE MEANING OF WORDS .....	156
14.2 YOUR FIRST NAME.....	157
<b>CHAPTER FIFTEEN.....</b>	<b>159</b>
15.1 THE EVOLUTION OF YOUR MAXIMUM AND MINIMUM INNER POINTS.....	159
15.2 ABOUT A TRUE REQUEST AND TRUE SHORTCOMINGS .....	168
15.3 BE CONFIDENT IN THE LIGHT AND IN YOURSELF.....	169

## **Notice to the reader**

If you have some difficulty in part of the text despite the fact that you have tried everything to grasp it, then you may contact me without compromise by our e-mail address:

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## **Thanks**

Sincere thanks to my student Tineke Kivits for the English translation. Without her aid this e-book wouldn't have been published.

## About the author

Rabbi in the Kabbalah Michael-ben-Pesach Portnaar is born in 1947 in the Ukraine. During the years of the seventies of last century, he was an official student at the Talmud-university in Moscow. In that time the only institution on this field in Russia. Since 1975 he lives in Amsterdam. In 1981 he received his master degree at the university of Amsterdam at the faculty of humanity. During the nineties he received a degree in philosophy at the international faculty of information. At the same time he studied at the faculty for Hebrew/Aramaic and Jew studies at the University of Amsterdam. He also followed several educations in Jew sciences at several Talmud-academias, but it was arranged from above he wouldn't become a Jews rabbi. He discovered the true teachings of the Kabbalah from one of the greatest kabbalist of all times: the divine ARI [r. Luria Ashkenazi]. His method is named the Lurian Kabbalah. Michael remains faithful at him, the living ARI is for him the only teacher in the Kabbalah.

In the Kabbalah you don't become a rabbi by way of receiving a certificate (smiecha), this is only a sheet of paper that is transitory, received from someone...the Kabbalah is not a religion but an original method for your personal mental wholeness and wellbeing. The only greatest kabbalist ever 'whispers' in the ears of his chosen followers and in a secret way he initiates him to rabbi. This is enough to become a true rabbi in Kabbalah. In the mental terrain it is the great teacher himself who determines and in a way he 'burdens' the student to pass him the secret and holy method

In the beginning of 2002 Michael Portnaar received his life dedication. Gently yet expressively, he was requested to reveal the Lurian Kabbalah to humanity IN THE PRACTICE OF EVERYDAY LIFE. On Michael's response: "They will not believe me", Luria answered: "You are my true disciple and you are rabbi for your entire generation. **Break Kabbalah open!!**" For this reason Michael does not hide it anymore.

His method, all the knowledge and experience he transmits to his students and teachers in training around the whole world, particularly in the Netherlands and Belgium, are coming from the most authentic and pure Lurian Kabbalah and the book Zohar. He studies manuscripts and books from the most secret Kabbalah sources in their original languages: Aramaic and Hebrew. Since the year 2002, he takes care for the educational Centre for Lurian Kabbalah, for residents in Amsterdam and by the Internet [www.kabbalah-arizal.nl](http://www.kabbalah-arizal.nl)), which is open for everyone.

## Preface

In our daily life we meet a lot of situations that in a way controls our life. They overrule us with their coarseness, fatality, and in a way there is no space to practice our own free will. They block our independency and independent actions; they evoke in us anger and incomprehension and, finally, a deep, everlasting disappointment. It seems inevitable and in a way it is. Because only by living according the laws of this world it isn't possible for a person to come to the achievement of the so longed wholeness, or it will be a long and unnecessary painful way.

The point is, that the human being is- in strength-, divided in two parts:

- 1) From his head to his waist.
- 2) From his waist and further below (including his genitals).

Humanity only knows and uses a small part of his creative powers: the area above the waist. They don't know how to handle the area below the waist. And above all: one lacks the strength how to connect these two parts, because only the right connection gives us the optimum result. What is the way of building up and how to handle this secret and cumbersome area below the waist? In what way can one have connection with these parts without having a hangover?

This original method of mutual connections between all the fields of strengths within the human being comes from the teachings of the Kabbalah, from the secret book Zohar and the book The Tree of Life, from the greatest Kabbalah master ever: Isaac Luria. The problem is that the opening key for these sources was, is and will be given only to a few sincere Kabbalists around the world. As long as the outer world hasn't the clear direction on how to handle these forces, one sees only a fragment of the true reality and not the whole picture. It was Einstein who said, humanity only use 2% of his creative strength. The other 98% are from the waist and below. By only using your head and the upper body for communication, it is impossible to locate and attracting the thin, short information waves.



Therefore one stays only within the earthly fields of strength, submitted at the gravity of the material existence. There is a saying: some people don't trust anything they don't know. Therefore we are still live with inertia, a low output of decision making, research results etc. This is also a deeper cause of the common phenomena of tiredness, stress, sickness, absences, etc because one is only receiving rough and fragmental information, which is delivered only to his upper part of the body without connection with his lower part.

In this book you will find and see a unique method, developed by the prominent contemporary master in the Kabbalah after many years of devoted study of the most secret manuscripts, for the first time in history in a clear and powerful way for those who wish to increase performance. The time is now ripe to bring this method from the study room into daily practice. The reader will learn about main contradictions in every problem, how to solve them on a higher level with an unknown smoothness. After reading and working with this book one is capable to apply this ultimate success formula in every situation: to connect all the fields of strengths within himself and knowing how to handle them.

Is it possible for someone who doesn't know anything about Kabbalah, by reading this book to become familiar with this unique method? It is a correct question. Suppose a person gets a certain disease. He can say to himself: 1) "Now I'm going to study medicine, I will do an extra study. I want to become a specialist in this disease and then I will know enough to cure myself." Or he can say: 2) "I'll go to a specialist". By reading this book one receives an instant method to become a specialist in a direct way, to apply it on himself, as well as to the whole world around him.

This book is for experts in every area: For managers, scientists, technicians, artists, businessmen, civil servants, and for everyone who has the wish to live a true life. Therefore, it is for every person who wants to perform and strives for fulfillment.

The title: "**Kabbalah for Complete Life Management**" reflects perhaps the connection with the business world, or a popular name for a popular course where, in a short period time, a lot of money can be earned. In other words a bubble for the yuppies. Or maybe you make an association with offices and factories and businesslike. Whatever you think, it is way out of the line. It is for

everyone who wishes to move forward. Everyone needs attention: the office boys, the scientists, and the civil workers. And we may not forget those who are in prison, or people with mental illness, the suicidal, the mental handicapped, refugees.... and also those who are wealthy and powerful, because they are in need too.

Through this book you will receive an unknown, everlasting, self-regenerating and driving force, you will have the tool to handle any problem thoroughly, one step ahead of the mass. Everything with gracefulness and without stress.

And finally, there is a deep and sincere gratitude for the students, Mirjam Kelderman and Tassos Panajotidis who helped me in the making of this book.

Obtain the best of your life with this secret Kabbalah method!

Rabbi in Kabbalah: Michael-ben-Pesach, Ph.D.

# Introduction

## *1.1 My first thoughts*

For several years I had the thought to develop a short and up to the point guide and the result is before your eyes: the e-book: “**Kabbalah for Life Management**”. So now a person who is creative and competitive has a marvellous tool to come to an optimum presentation and wellbeing, without stress!! How to combine these two? Is it possible to have the advantages of two sides in a constructive way? Because it seems logical these two would exclude each other: more competition has inevitable the consequence of stress that is to find back in health, in family life etc.

For a couple of years I didn't allow interviews, neither to newspapers or whatever, but now I decided to step outside. I was involved in my study, sitting in my attic chamber, busy with my own school of Lurian Kabbalah. But there was a strong feeling inside of me that pushed me outside to talk to those who might be interested, to speak and to pass on the knowledge to others from the point of view of the pure Kabbalah. It has become a product of my study, a study I did (and still do) for many years, a time when I experienced tremendous things during day light and nights as well, because this is the way to learn Kabbalah: studying day and night the most secret writings.

This book is a book specially for you. And with you I mean the inner being. In the real spiritual world there is no You. I address my students all over the world with you. Even my brothers speak about the Creator as you – ‘ata’.

This book is for you, for you who want to gain the best and the most out of your life. And with the right attitude you can make use of this book in an optimum way to manage your own life, independent of others. Don't read it with your intellect, but try, while you read, to make yourself free of everything that controls your life. Experience and be receptive while you read, allow the resonance to come into you. Because behind the words there is the inner, which I enclosed in every word during the writing, and you may receive this resonance. How is this

possible? You will see it later and then you will see how it works. It is a matter of training: to make yourself receptive and then you too can attract and pass it on.

Try to imagine, all your knowledge, all your experiences, all your pains, all your emotions, you let them go without regrets. Try to be as objective as you can during your reading. Don't read this through the filter of your beliefs, convictions or meanings which you once did or heard. Be as a child. Be receptive with all of your senses; open all the pores if you can. Open yourself and you will receive the most. This is all that matters. This is Kabbalah: Kabbalah is receiving. I receive and pass it on to you. The smaller you are from the inside the more you will receive. I make myself small, more tiny than any of you, because this is the way I can give, and this is also the way to receive. Because, if your "I" is still there, nothing will come to you, no engraving will occur and, therefore, there will be no help. So try to make yourself free of everything and then it will happen, to you and you and you...

## ***1.2 The changeable and the unchangeable.***

We are now living in a very dynamic time period, a very forceful time, a time of a lot of varieties; it is a very demanding and straining time for us to keep up with all the changes. And you can't say: "It's not for me, I will not change". You can't say: "I am an ordinary boy and I'll stay who I am. I am just a farmer (from the inside) all the developing changes, I'll let them go away from my door". And we aren't talking about the one who is a farmer in this world. We don't talk about the outside, the material world; we are only speaking about the inner being. It is the outer being who says to you: "It isn't necessary you to develop in a spiritual way, why should I? My father and my grand father were ordinary people, they didn't do an inner development, why me?" Is it possible in this time? Can one function in this demanding time, not only in the job market but also for him self; is it possible to structure a decent life? 'Decent' in the way that he is adjusting to what life demands.

We are a product of this world and there is no chance to ignore this period of time, to fake it as if we were living in another period. In a way it is black or white, like it or lump it: or you come along or you stand still. But when you stay still in a way it means you are "dead". In other words

you are living like a zombie, as a being that doesn't belong to the inner. Remember you can't withdraw yourself from the laws of reality. How does reality behave? How does a person behave from the inside? It is very important to know how things are working and who decides. Who is the boss, the reality or the human being? Is it me who has to adjust to reality? And if so, how? Do I have to give up myself or is the adjustment within my reach? There has to be an adjustment so your happiness and wellbeing remains and maybe improves and,- at the same time-, you fulfill the requirements of this time. Is it possible to bring these two together?

You can spend your money only once. And with energy it is the same. As long the human being is here on earth there is certain energy storage. We have the same storage of energy that the prehistoric man had, because the storage hasn't changed. In a way there has been no change from the earliest beginning. I mean the reality in itself, without the human being, is unchangeable. Every day we see the same, the sun is rising and the day passes on, every day gives us a sunset. And- at the same time-, no moment is the same. And these two things we have to bring in balance within ourselves.

On one hand we see there is absolute immobility, there is no time. We can feel it deep inside of us, that from the depths of the Universe, where all the creation took place, there is no change. It is static/dynamic. Everything was, is and will be. And, in the other side, we see absolute mobility, changeability. Each moment is a moment of change. This is because there are two strengths working in the whole creation. There is the strength we experience as mercy, as love, as unchangeable: and these qualities give us the feeling that we don't need anything. In a way we don't need anything, no car, no television... nothing. That we are satisfied with the world and with ourselves, and all of this comes from the Universal strength we call mercy.

We also experience the other strength, a second strength in the Universe, the strength of severity, the strength that restricts and shifts, so new borders arise. This is the dynamic side of the second strength in the Universe. And it is us who are moving between these two strengths. How? There is the feeling of complete satisfaction, with and for everything, within all its simplicity and mercy. And there is the feeling of the restraining and demanding dynamic strength, every moment is different. Each moment brings us new flavours of life. You can't say everything is the same within the second strength.

It often happens great businessmen and prominent people contacts me. They want more out of their life. For example, a great director of a company who has everything his heart desires, said to me: "I am 45, but in a way I have seen everything." In his awareness, life has no surprises for him. Why? People can come to such a thought because there is no review of these two strengths. They only see the love, mercy, or only the immobility with all its negative consequences.

See it this way: our source, the infinite light is without any movement, is perfect, there is no shortcoming etc. and the human being, as a product of the light, has this feeling too. This is in agreement with the qualities of his source. But this can be negative too; a person can have the blues, he feels powerless. This is one side of the coin. And on the other side, the side we call the dynamic side, is the side where we see severity in this world, can be a positive one. In a way this can be seen as a tool to build yourself in a dynamic way. And this side can also be negative if we use it for our own good, to get what we want, disdaining other people, in other words, doing everything to aim for our selfish goal. And these are the two existing energies.

How does it work?. Let me explain it differently, a way you don't think much about. I said that the storage of energy of human beings remains as it was; it is the same energy as in the prehistoric being. Exactly the same. And the reality is also exactly the same than in the prehistoric being. For example the Neanderthal, or the ones who hunted the mammoth. There hasn't been a change. So what has changed? Who changed the reality? See how we are living in this time. What has changed in reality considering- lets say -, the day when the German invasion took place? Nothing has changed. Objectively the reality hasn't changed. It is the reality of the person that has changed. It is man himself who have adjusted the reality for his needs.

It is us who fit in the reality for our needs. We have to be aware of it. Not the material world decides, marks us; but we, the human beings ourselves, control the world. Therefore a person has to be very alert not to lease his heart to the material. Because, when man is free, he is the king of the earth, and if he leases his heart to the material, his life will be a hell. Material things are there only to help us in this earthly living. Do not become attached to it.

Why? Because when we lease, even a small piece of our free heart, or our free intellect to a piece of material, to something lifeless, and we become attached to it, we make ourselves slaves. And that is what we see nowadays: men has become a slave. Of course not literally, as when there were real slaves and masters.

Of course, both were slaves. The master who had slaves was depressed just as his slave was, though in another way. What I mean is that we have become a slave of the material. And each person has to liberate himself, from the inside, from this material slavery.

And for us, the human being has received the whole inner mechanism. In every person we see the same mechanism, the control system that exists in the Universe. We function precisely in the same manner as the Universe. In other words: every person is made in such a way he doesn't need a psychiatrist, a psychologist, a priest, a social worker or whatever they call themselves. The mechanism inside of us is in such a way that you can function autonomically, and you can be absolutely free.

So what has changed during the periods of the mammoth, or during wartime? I speak about the war because this has a very strong outcome in every living person, all of us can feel it. In a way between the period of the mammoth or the period of the war and the here and now, objectively seen, there has been no change. The storage of energy has been exactly the same. As it was during the mammoth period and during the time of suppression, it is also nowadays. So what has changed? Do any of you have an idea of what has changed? In what way a person has developed himself?

Let me try to explain. From the outside there hasn't been a change. Of course, we are driving cars now, not horses. We have good roads, wonderful infrastructure etc. On the outside everything has become greater, the houses are more beautiful, we have a lovely smelling soap to wash ourselves etc.: all kinds of precious and beautiful things. So what has changed? The storage of energy is exactly the same as it was during the mammoth period. What has changed is the refinement in the use of the inner energy. The cultural refinement is the result of this development.

But this cultural refinement only means, 'a polishing on the outside'. Of course this is necessary too, but it doesn't guarantee that a person, as a decent being, will behave in such a way under all circumstances. You only have to open your eyes and you can see it. Every being, when he comes in certain circumstances, takes his chances, one way or another. In a way, you can be brought up with the outmost cultural decency; but it will not keep a person away from his bad habits. And with all the cultural decency we mean religion, traditions, philosophic conceptions and his convictions as a human being. Of course these are changing too, there is a development too, but only within the person's needs.

People are changing, but in what way? People are only changing according to the laws of the Universe. Although we know nothing about these laws, it happens in an intuitive way, we are bringing ourselves in agreement with the goal of the Creation, or in other words, with the goal of the existence here on earth. So, it is very important for every one of us, when you wake up in the morning, think for a moment on what is the purpose of existence. And when you know the goal of the existence, you will know what you have to do.

When you wake up in the morning you feel all kinds of energies. You are full of energy but there is no structure. And only you can give direction to this energy that is with and within you. There is no person on earth that can help you, only yourself. It is you who have to develop an inner relationship with the eternal light that was, is and will be in wholeness. The goal of the existence, of everything, will be determined by the goal by which the human being and all other forms of nature were created, and this is: that existence may become whole and perfect.

Although it may look different, it is as we said above. The day when the German soldiers invaded the Netherlands, in a way this was a good day. Better than the day before, and this seems a paradox. Each moment is a moment of progress, although we can't feel this. Why? We are only thinking at ourselves, we have all kinds of prejudices and the feeling is huge, we feel pain etc. and the effect is that we can't see clearly. But every moment is a moment of progress for the fulfilment of the common and the special goal in existence. Your path in life has to be determined by you. Don't say: "I am too old, my children don't call me, I am in pain, this is a horrible time, I...". Whatever happens, it is you who have to make the adjustments for the



common progress. And within you it is exactly the same. Each day is different, each day is an opportunity for progress.

“But when someone dies, is this progress too?” Yes it is, for him it is a wonderful progress to be buried. And in many or in some of you there will be resistance. You have to learn, but first there has to be faith. Not the cultural faith that is only a dogma. Of course everything is necessary, but we mean faith where you can see the goal of the existence in the common things as in your individual existence. Whatever happens when you are happy or when you feel sad, connects the general with your particular goal.

In a way there are no good times or bad times. What exists is: there is “no time” or there is “time”. We feel the “no time” when we connect ourselves with the strength of the Universe that is within us named mercy. Then we feel as if time had stopped. There is no motion. And on the other side we feel “time” when we are busy in a very dynamical way. And this can be anything, even cleaning the house, etc, you can feel in that moment that everything is changing. Later the kids will be at home, you feel yourself in a very dynamic way. Then you feel time. And both are good. In this you have to have faith, and this has to be build up.

I don’t talk about religion or other kinds of institutions. A person needs motivation. This is the true reality. And when you keep this in mind, every day you will go forward, despite all your “yes...but”. Eliminate this expression from your vocabulary: don’t pronounce it. Why? Because with this pronunciation you are raising up doubts from the inside.

And people have been made in a simple way, without doubt. When there is doubt it only means you aren’t one with your inner and with the reality that is always pure. Of course, we are all walking the path to wholeness. See it this way: We are all walking the road that leads to wholeness. And I am talking about the true reality, not about wishful thinking.

You will see every day, with the right attitude, inch by inch; you will love your pain more and more. You will behave yourself the same when you have pain or when you have pleasure. It doesn’t matter. Why? because there are two strengths. Of course we will like the good, the mercy, because it satisfy us. We always choose satisfaction, nice people around us, etc.

We are doing this because we like it. And we move away from the surrounding that isn't nice to us.

This is what we do here on earth: flying away from suffering and chasing pleasure, satisfaction. Of course this is good too. But when you want to build up a true existence, you may not consider any difference in these two strengths. Suppose you feel suffering or shortness: you received a sad message, it doesn't matter, you have been fined or you have to pay a huge amount of taxes while you thought everything was okay, or whatever. Of course, you will be angry and upset.

In a way everything can upset you. The thing is, these moments are special moments, deal with it. Do what you have to do. Never become angry, not from the inside nor from the outside. Why? You have to accept the two sides. There are no good times and there are no bad times.

So, what is changing? We say reality doesn't change. Okay, we have nice cars, beautiful houses, a good infrastructure, maybe we have someone we like, but what is changing? The outer, the use of our package of energy is changing in a more refined way. The mammoth person used rough violence; he had to use this to hunt so he could stay alive. He was in need for clothing so he had to hunt the mammoth: this was his existence. Somewhere in a cave was waiting for him. His wife and children; he had to use his energy in a rough, violent way. The energies were not rough; the use of it was rough. The energy is still the same; there has been no change in this energy.

What has changed? The refinement on the use of the energy has changed. Let me explain it to you this way: there is a scale of spiritual strengths, as a pyramid. Strengths are rising higher and higher and at the top they converge into one point. The higher the energy, the more refined the energy is. The Universe, the Light, is structured in such a way that it is one. Everything is going to that point of unity. And we have to keep this unity in mind. Remember there are always two strengths in existence: mercy and severity, right and left...

You have to try, in every situation, to mix them dynamically to get the solution and then you will come to a higher level of wholeness. In other words, each moment of your existence will be whole in front of your eyes. When do you have doubts? Only when you are reviewing things permanently.

You want to do too much. You pretend to find a solution and solve more than what can be solved in that situation. That's why you have doubts.

So what to do? When you have doubts, make it less. In other words, you have to bring your problem to a simpler situation where you are capable of solving with a yes or a no. This is the situation you must look for: to say yes or no. That is simple; it is the simplest condition in a situation, and you can do this in your office, at home... it doesn't matter. You bring it to the most elemental understanding of yes or no. And then you make a decision, this has to be under the condition where you can see it as fifty-fifty. Not the condition of 80% pro and 20% against. If you have a 80% for the yes and 20% for no, you are in a situation of wishful thinking, this is not the way reality works. Consider this for you and for everyone a memory aid: only the moments when the reality or a particular problem can be reduced to fifty-fifty, you have reached the moment of the truth. Now you can see how important it is. Therefore, guard against euphoria because it is only in your thinking or what you want to see and that is wishful thinking.

As we have said before we can't avoid the reality although this seems a human- like habit. We can't say: "Yes, I want to see everything as roses", because that isn't reality. Reality is fifty-fifty; the reality is to do or not to do. Why? One is placed here on earth to take a clear position and one is given in every situation a free choice, to every individual person is given the free choice.

What does this mean 'free choice'? How can a person practice his free choice, in what way? It is only possible when there is fifty-fifty. When you can see the: 'to do or not to do, the yes or no, the good or the bad', then you have a free choice, you won't have any doubts. It seems hard but it isn't. It is easy, Kabbalah is simple but you have to learn the right attitude. I have given you an example, and now we can return to the refinement in the use of the strengths that exist in every person.

What do we see when a person walks this road? We are only interested in the individual person, because the progress of the whole depends on the progress of the individual, although it seems that

whole mankind makes progress, and of course it is, but it only happens because the individual is changing. Every person has to build up his relation with the eternal, that he may come in a tête-à-tête relation with eternity. And not with whatever cultural heritage that may exist. Only a direct relationship with eternity.

Of course, every one of us is a social being. And when there is a war you have to serve your country. You may do everything for your country, your neighbour etc, but first there has to be your individual development. This is the goal and the meaning of the existence of every person. There has to be an individual development so deep, that in the deepest of the deepest of yourself you are completely independent. The goal of your life is to build up a direct relationship with eternity. Therefore when someone says to you he belongs to a group and he identifies himself with them, he still belongs in his personal development to the mass spirit. He shows you only where he stands in his development.

And this is good too: don't blame him. Never patronize anyone. Every person has his own development. But the everlasting goal is a tête-à-tête relationship with the eternal light where every person is in contact with the root of his own soul. Every person has a unique soul. There is absolutely no relationship with whatever organisation he belongs and in which he has structured his identity. It is only secondary. The primary identity has to do only with you and with your spiritual root. You and your root, and from your root comes all the creative strengths. You have to have a relationship with your root; this is what you have to build up. This is the crux of the matter, for the individual and for the whole society as well. Do you see what I mean?

So, we first saw a human being that used his energy in a rough way. He didn't know himself and was only busy on how to survive, as we said about the mammoth person. And we see this back also in other forms. In war, for example, it is the same. "We are this and they are that..." there is no individual solidarity with the source of their soul. That's why they belong to an organization, a group, as a mass.

What we see is a refinement and that is progress. More and more refinement, in others words higher and higher in your soul. All what we have discussed so far is only about your inner being.

Nothing is outside a person, because outside of you there is only the eternal light. Everything is within a person, within you. The whole progress is to find it within a person, within you. Therefore you have to go inside, make contact with your energy, deeper and deeper and refine it more and more.

We see symbols of this as a projection of the reality. For example: you see a car parked in front of your house, nobody thinks about it. There might be a thief in a car etc, but normally cars parks outside and we don't think that someone wants to steal a wheel or a car radio. Of course these things happen, but not as much as in the earlier days. What wasn't possible then is now possible. There is still the chance of an attack, but when we go back in history, only a few ages ago it was 'normal' to kill someone here in Europe.

The life here in Europe was terrible, it was barbarian, and the medieval period was horrible, why? Try to see it this way; also this was a projection of the human development. The outside is always a projection from how one lives from the inside. There is a saying: 'a nation has the leader it deserves'. When people want to be free, want to develop themselves, the politicians will adjust, although it may seem otherwise, it is so.

Look at the countries that are still in a pre-development stage, they go into war with other countries and do terrible things to the other, they also have leaders to lead their people. The politicians are there too to adjust the reality to what people want in that particular country. Therefore it is very important that every being, just as it is happening here in the Netherlands, learn how to socialize among themselves. We have to learn how to be an individual person.

And the people in the Netherlands are ready. Take for example Amsterdam, is there such a place as Amsterdam in the whole world? All housekeepers are individual, separate. It is only the outcome from the process of every individual being. And the next step is; now they have to learn to make the connection with their own root. And now we see this is manifesting. Why? Not time is determined but the people are ready, the souls are ripe for to work at themselves. And only this brings satisfaction, only then a person can come to his ultimate fulfilment. And this is the time in which we live now.

The refinement of the energies rest within us, our attention has to concentrate on that. Did I make myself clear? Nothing has changed, considering the beings living in the mammoth period.

There has been only a refinement of the energies. I use my energy on a higher level, in what way?

You can compare this with crude oil. A barrel of crude oil is different from a barrel of gas; you see a difference in price, in taste, in smell. Compare this with a barrel of Chanel 5 and compare this with the price and the satisfaction.

On the one hand there is no change in reality. The person that lived in the mammoth period still exists. The rough energies are still intact, but they are in the lower levels, as the crude oil. In a way they are still inside of us. Look at someone in a traffic jam, or when he wants to pass a car and another car blocks his way. Is there a difference? The wild beast rises up in him, comes to the outside, he is excessively assertive.

There is something I want to tell you about assertiveness; we have to learn about this. In this time everyone wants to be assertive, but when we fight with our elbows etc, you have to know too much assertiveness is as dynamite. There is a rule: never become angry, not even with your mouth, because when you become angry you will break yourself; you will break your own soul. I am still teaching my students not to become angry and not only from the outside! You can sit for example in your car during a traffic jam with your face as a poker face, you act if you don't care that other persons block your way while you have to go to a meeting. Of course you feel agitated. Try to arrange something but don't become angry. The one who becomes angry breaks apart everything that had built before.

Are you still there? Yes? This is lucky. There is a true story about someone who liked to hear himself talking, and he went on and on. Then a person came to him and said to him: "Here are the keys of the room, will you lock the door when you finish?"

### **1.3 The laws of the universe**

There is an instruction given to the whole mankind. Why do I give you this instruction and what is this instruction? And how is the relationship between the instruction that I am talking about- and is given to the whole mankind- and what is given at mankind in general? Of course someone can pretend to know the answer. But no one can say: “I know it, I have the instruction and others don’t”.

I'd like to tell you something about this: Try to accept what you read or hear. Never was and never will be my intention to convince you. Keep your own opinion but at the same time don't struggle, don't have any resistance in what you read or hear. I can say this to you because I never will try to convince you or lead you to whatever place. So take your chance, this book will have a huge result for you. And you will see in what way.

Listen: everything consists in the special and in the general; it is the same in every person. What is within the Universe is also been given at mankind. And at mankind was given only *one* instruction: *one* instruction for the whole mankind. Within we see the function of everything, how the Universe function and how the human being function.

Clear for you? Every human being is as a small world. Every being has everything in itself. And there is given only *one* instruction for the whole mankind. Compare this with a factory where some kind of machines are produced. How many instructions will be given to one machine? Only one. Not three or more. There can be several programs but there is only *one* instruction. And it is the same with us, the human being here on earth; there is only *one* instruction.

And I am learning this day and night. And this is given to a small group of people in every generation, and I belong myself to this small group. For us it's mandatory to do this. It's not because we are better than anyone else, but we had and have to receive this. And they and we have to keep ourselves busy with this day and night. For the control system of the Universe you have to work day and night. Why? because only in this way you can attract the strengths to yourselves and to the whole world. It's an obligation one has to perform.

It took me many years and many travels before I could understand it.

And now it's given to all nations!

From above is given to all nations a very precious thing, we call it the cultural heritage. And this is given to everyone. Look for example to the Apaches, the Indians, and each group has received something, namely his own cultural heritage. It is given to the whole mankind, to every nation, and to every group a special part is given to them. We see for instance the Christian heritage, the Tibetan heritage etc. And inside Christianity we see all kinds of varieties of the Christian heritage.

Everything has been given, to every nation, but deep inside, in the deepest layer we can find the general instruction given for whole mankind. Why isn't everyone a Christian, a Jew, why isn't everyone a Chinese? All strengths present in the Universe are also in all nations. There is a kaleidoscope of strengths, but behind this there is **one and only instruction** given and presented to the whole mankind. And I am studying this instruction in the most secret books: the Zohar and The Tree of Life.

And now the time has come, the souls are ripe – and this is written too in the secret book of Zohar, that after the year 2000 (according to the western calendar) that this instruction will also be used by those who aren't specialists in this area, the area of the control system of the Universe. It isn't the intention of me to convert any of you, don't become as I am, it's not the case. For everyone it's very important to maintain it's own identity.

We already have said, there is the special and the general. Each one of us has to remain faithful to his own root and keep his own identity, and at the same time adjust himself to the laws of the Universe. This is what lives in every person, and this is what connects us with each other. Each cultural heritage is the outcome of the special within the being and at the same time it is something what makes him different from other people, isn't this great!

But on a higher, deeper level, we see there is a part of the person that is connected with every other person. And this is the instruction I'm learning and studying. I use every minute for this study. But the practical part is for everyone, for every person living here on earth, that is given to



me by way of my great teacher, who lived sometime in the 1500's. And this is only revealed nowadays because people are ready for it; we may, will and can use it adequately. Let me just add a few words with regard to why this time is ripe for the Kabbalah.

I only talk about the pure Lurian Kabbalah, from the great teacher ARI *hakadosj*, the holy ARI. He is the only person of my people who had the name 'holy' behind his name. And everyone accepts this: that he is absolutely holy. He was 38 when he died, but he revealed everything. And he also said that this method is for everyone. Every child from 9 years up may learn this nowadays, and not only children. It is open for every man and woman and he said this in the 1550's. After all the nonsense that have been told these days: that one has to be 40 years of age, and you have to learn everything, that you have to do this, and you have to do that, that you have to have children, a wife or a husband etcetera etc. and this is pure nonsense.

It is open in this time for everyone. And I want to add: in every school they should learn this, [the Kabbalah] a Jewish school, a Christian school...because there is no connection with religion, because it is deeper then the deepest form of cultural heritage that may exist. Learn, besides your own cultural heritage, the Kabbalah. Look at the letters; the eternal light is behind the letters. That's why our students learn with the Hebrew alphabet.

But let's go back to the main subject. Try to concentrate, because I'm going to tell you something you won't find anywhere else. And there is not one word from myself: I don't know anything, but what I'm going to tell you, is for the salvation of your soul, for the whole mankind, for everyone. And the time is ripe for you to hear. Even those who know nothing about Kabbalah, and it's not important if you are a believer or not.

Every nation has its own cultural heritage. And during the history there were developed all kinds of methods, philosophies, but also a normal method for the spiritual, for the correct functioning of the human being. In America for instance there was the great Dale Carnegie, during the forties he developed a social training method on how to behave with each other. People were very enthusiastic, for being positive, and to train yourself to be assertive etc.

Of course everything was needed: the trainings, the courses received from their employer on how to become more effective in your work. Remember very carefully, I want to add something special and this is for everyone. All cultural heritages that are given to mankind are all structured according to the strengths that are above the waist. But beneath the waist it stopped, every cultural heritage says: "don't come there, there is the devil". But both are part of the creating strengths within a person.

It is given to us, therefore we have to use it. But people wasn't ready. 98% of the creative strengths are beneath the waist, and we use them as...as rough energy. Beneath the waist is the place named our base, and inside we can find the sexual strength. Of course we don't speak about sexuality, it has nothing to do with sex. But from within these strengths are similar with the strengths of the Universe, but in such a deep level, not physical of course, but deep within. And the entrance is given to no one; no one can come there and bring some structure.

Now we return to the changes that I was speaking earlier. What is the whole development of the human being and the individual? It was necessary to go forwards, further than the mammoth being to refine the same energies and to use them in a new way. Who was the mammoth being? That was he who hunted and afterwards returned to his own cave or cavern. And when he had eaten and drank, he took his wife.

Why am I telling you this? So that you understand, feel how rude it was. Look for example at a farmer, and we don't talk about persons, not about the farmer walking here on earth, although there is similarity with the mammoth being, first he herds his cows and then goes back to his wife and...that is not what I meant, but in strength. It is given to every person. Each one of us has this strength beneath his waist, and there we find the most strength, the qualities of strength, refined. Did I make myself clear? You have to open a box very carefully. It is not the idea to break the box to enter. It isn't necessary to treat a woman in a rude way to conquer her heart. I think you will understand what I mean.

What I'm saying is: every person has to use the creative strength that is beneath his waist. And this is especially for this time. In earlier days it wasn't so clear. So why is it so important these days? The reality is as an expander. An expander is a piece of metal feathers that you can

pull with your hands away from each other. In the earlier days it was easy for the mammoth being to pull them away from each other. But the more we came in this time, the harder it became to open the expander. We can't ignore it any longer. There is no escape from the strength beneath our waist, we have to use it. Not abuse it, but use it!

Not only to use it in a rough way, by eating only fish and chips, watch a movie and the weekend is over. And then, when it is Monday waking up, going to work and before the day is over you need a psychiatrist or a social worker. What was left from the creative strengths? Nothing.

Did I make myself clear? And when you live in this way, life becomes a daily grind. And the solution is not to run away from it, this behaviour is very human. But it is all about how you do some things, there has to be a certain attitude from the inside. The human being is made to make changes. And in the west it wasn't fully understood. It was the time of the strongest, he had to survive but now life is completely different.

It is given to me to reveal this to you and to the whole nation. I tell this to my students, but outside the classroom there is more, I have to go outside and tell it to you, the reader of this book.

When we come to understand the Instruction we will also come to understand the mechanism of every social, biological, economic phenomena. For example: the changes in our climate these days. There isn't a word from myself. The wisdom isn't mine. I have spent thousands of nights with a very deep desire to find the answers to my questions, and I found them in the most secret books that were given to mankind, and from that is where I'm speaking from. That is what I will pass on to you.

Let me give you an example, for instance suicide. This is an increasing problem here in the Netherlands. You can read in the Trimbos report how big this problem is in the Netherlands. And of course, people in The Hague are busy looking for answers, but it won't help. Why not? They aren't familiar with the mechanism; they don't know how it works. We don't have to envy them, it is a hard work, but I would like to pass on the mechanism. And it would be of great help, if they were prepared to listen so they could develop a good policy. And it would be of great help for scientists if they could use this mechanism in their area too.

This kind of information I will convert in all other subjects in my book over and over again.

Recently we saw in the Netherlands a taboo for the first time, namely sex with animals. It was a taboo as it is for all the strengths beneath the waist. Didn't it exist in earlier days? Of course, it has been there all the time. But this was the first time people discussed about it, the relation with animals, and that they will be hurt too and that there is porno with animals.

So we see an enormous problem and this isn't the only one. Does any one of you know how to handle this? No one knows. And this is absolutely not a new phenomenon. How to deal with it? Why, what is the reason for this? By way of the Instruction I could give you some clarification about how the mechanism works. Then the politicians could make a good policy. And it will help. Then we can make a real living Netherlands

Not me, but the time is ripe for to construct a society that may become a living mechanism, just as the human soul is a living mechanism. There is no other way for to socialize with each other then to learn how to love each other. And that is something special, because we don't know what it is to love each other, we have to learn this, otherwise you will not become a whole person, when there is no love inside of you for another being, a human being, an animal, a plant, a stone. It is not only the matter of being nice and friendly. We say 'be tolerant' and this is great, but we could learn a lot from Kabbalah.

## ***1.4 To obtain the best of yourself.***

It isn't easy to be successful. First you have to let go all the resistance you feel while you read this book. Don't struggle, even if you read about things that make you cry, because inside of you there is a part so full of confidence, and now I need to break this confidence so that you can grow. Endure it, because it is all about you. And the next step is you will receive light that you didn't experience before. You will break your ego; no one else will break it for you. When you cleave, your ego will go with you. But there is an extra bonus: the primal light will penetrate you and will help you in every situation. It will bring you salvation and in every situation it will bring you to life.

So how will you know this book is good for you, that this book will help you to be in touch with the root of your soul, with the goal of existence? From your inner you must have a wish, a deep longing wish. It's all about necessity. When you have the feeling 'I'm okay, maybe I can be a little better, but as a whole I'm satisfied with myself', you feel life is good for you then there is no feeling of shortness. When there isn't the longing for improvement, this book will not help you. But when you are honest to yourself and you see there is shortness, the book will help. And please, it isn't disgraceful; never feel ashamed if you see your shortness. And don't be shy to say: "yes, I'm aware of my absolute impotency for giving." Not the giving you learned from your parents, or at the school but we are talking about the true giving. There has to be a desire, so great, so deep that you can say: "I'd give everything to learn about the true giving because, in this moment, I can't give." And to be aware of this is already a huge correction, then you will be walking the way that leads to your own fulfilment.

And all of us walk on this path. So, when there is the feeling of some shortness and you see this clearly, and if you want to experience more light, this book is for you. Don't you think I want to promote this book so you will read it. That is something from our society. In the society one goes to a doctor, a psychiatrist or whoever, and you pay and he will soften your aches, because you are the customer. But here, in the Kabbalah, is quite different. Think about this: there were students who found the first years to be terrible. Why? Because they saw more and more of their shortness, not from me, but it is the Kabbalah itself that shows the shortness to a person, because when there is no experience of your own shortness, there will be no light, there will be no progress.

Why should you receive the light, the satisfaction? How is this possible when you feel yourself great and satisfied with yourself? Of course, on the one hand there has to be some dissatisfaction in what you have, but is it necessary to be thirsty, hungry for to experience shortness? What kind of shortness? Never compare yourself with your neighbour: "I have only a second hand car and my neighbour has a new Mercedes" or something like that. Never compare your life with the life of your neighbour. You have to come in a tête à tête relationship with the light, with wholeness. That is the only contact you need to have inside, and then you will of course experience shortness, because there is still imperfection.

So this is the most important thing: and not sitting in the lotus posture and feeling how great you are. On the contrary. Every day you must feel your needs growing. I have to speak to you in a direct way: when you start working with this book, there is a chance that you will feel terrible, because you will see yourself, and you will come to understand that you only have a selfish form of receiving, receiving just for yourself. And with this attitude you can't improve. And when this attitude persists, you are standing yourself in the way. And by this attitude of "I want, I want, I want..." and if you can't leave it behind, I won't be able to help you. Then this book, and no one can help you.

Of course it is normal that you have some trouble with the idea that you have shortness, in other words: there is some evil within you. But as I said before, there are two strengths in every person and in the Universe. You can find them in you, from your head to your waist, these are the strengths we call the good inclination. Here we see the structures of all the cultural heritage of a human being. And from the waist below, we see the bad inclinations of a person. And we have to learn to deal with both of them. How? No one knows the answer. It is only given in the One and Only Instruction. How can I receive the light from there? Your parents, your teacher, and the cultural upbringing they all told you: "never touch that area because there is the devil".

So how can you work this out? From below, the point where the bad inclination is, it is forbidden to attract the light in a simple way. You have to know that from you waist below there are the most of your strengths, your creative strengths, and these strengths give you life. And you have to learn in a very specific way to bring up these strengths and then when you take them above the waist, the place where the good inclination is, the good in you, there will be place for correction. Apart from these two strengths, the left and the right, we also see the middle line. By way of this middle line you bring it back below. In other words, your upper part is light, and the part below, under the waist is the area of darkness. And both are constructive, both are structurally necessary and both were created.

There has only been the creation of the light and darkness. The good and the evil were created. While the cultural upbringing says: "no...the evil..." of course those who are still children have to speak this way, but when a person has grown up, a real adult, he has to connect these two lines with each other.

Both have to serve the good. And that isn't easy. In a way this is the only thing that matters.

My students have been learning for three or four years now in my school. It is not that they are enthusiastic, because enthusiasm is quite different and you can't talk about enthusiasm when you are working on and with yourself. It is all about the awareness of your own good and bad sides, and that there isn't an escape in the wishful thinking. It is absolutely wrong to say for example: "In the after life I will receive it, but not here on earth", because man is made to do the work here on earth and not in the after life.

You can't buy yourself off for the after life. Don't think it is possible to buy off a sex scandal. You can't buy anything off! Do I make myself clear? And neither your cultural upbringing can do this, neither with money or whatever. It is all about your personal work on yourself. Become consciousness about this. Therefore working with this book may seem to you horrible. But it is my obligation to talk about this right away so there will be no grudge afterwards.

In the last six or seven years, now and then I give lesson at celebrities at home or by way of internet, you can see this as a personal guidance. Why do I do this? Because celebrities are the one who can't go anywhere. They can't go to an ordinary place just around the corner. You can see them often on television or are famous people in politics and of course they want to keep themselves low; they don't want to show their feelings to others.

When you see a person on television, he may look so self-confident, if he knows everything. But for him it is very hard to ask for help because he is so full of shame. This is the case in the Netherlands. Not in America, there you are someone when you learn Kabbalah. In Hollywood for example it gives you some status. And that's also the reason you can't find such a book as this. Many of the books you can buy all over the world are only there for to make you feel good, and that is not what you will find in this book, because if I should do so, the most secret books would be closed for me, I would pay with my life probably. So, here is no time for comedy: not for money, not for celebrities etc. everyone has to make his own choice.

One day a celebrity came to me, he is the reason why I'm telling this to you, it was very hard for him to make himself small. He is in show business and is very famous in the Netherlands and in the entire world. I had to make myself so small because if I shouldn't, it would have been impossible for him to go forward. He was so full of himself. Although there was the longing in him to make himself small, he couldn't do it. Can you imagine? Such a self confident man.... and then one day, after let's say 60 sessions tears came to his eyes.

He told me that in his whole life he hadn't cried about for anything. He was a fighter, a winner, but only in the material world and now he wanted to have a real life. He said: "Now I feel life in me." Nobody succeeded, neither did I, but when he was with me, and because I made myself so small... small in the sense of helping him. Not the "I", but in a way I can make myself transparent and while I was speaking with him, I took over all his pain in an intuitive way and brought them up high. From the outside you can't see anything, but from the inside I brought it up high. And then the strengths came down, for him, not for me, but I was benefited too.

When I make myself small and when the other is very proud he can't communicate with me, and when he adjust himself something will break deep within him. It is if suddenly the real person comes forwards, if his real personality steps outside. And this was new for him. He went to the mirror and touched himself: "Is this me?" It happens. It is beautiful to see whereby even prominent people, celebrities become human, in harmony with themselves.

It sounds great, but you have to know you need a lot of effort. You have to know that all your 'bombast' once was there for to identify yourself, for to build up some structures in your self. And now you are going to learn to break them down. Of course, nothing disappears, but you will come deeper and deeper within your own structure. And without following me, but you start to know who you are, you are going to learn about your own true inner self.

Within you lies a great adventure. And when we say within we also mean from the outside. Only then you will see your needs. You can't avoid it. When you want to structure your life, you have to start this adventure. And within this you will come to a real understanding of yourself and of other people,



At the end you will come to understand that all the work is to overcome your own nature, your earthly nature, and to come to the true being, your inner being. Experience all what you have read, feel the bravery in yourself, and help will come soon.

**And now, let's start the work!**

# Chapter one

## ***1.1 What kind of medicine do we need?***

The more badly the sickness the more powerful the medicine has to be. This is why we need nowadays such a powerful medicine against the advanced self-love. What is the difference between the mind and the body?, after all both want to receive for themselves. The lower mind wants to receive for himself at the level of thoughts – for instance through calculations. Thought is the first stage of a wish: calculation. The heart is somewhat heavier then thought; it creates a kind of feeling and searches for devices to fulfil the feeling: so we see there is the intention and effort. Through the action the thought only becomes an aspect simply fulfilled with our hands and feet, because the intention of the heart is different.

Shortage is a powerful strength. Suffering is the consequence of an unsatisfied desire. This suffering becomes the strength making you willing to do everything to satisfy the desire. When you experience suffering, go deeper in yourself and find the source of your suffering. It could be a hurting finger, the loss of a beloved one, etc. all of this is suffering. But that is the result and not the source of your suffering. Look with your inner mind deeper into yourself to find what the source is: the true desire is the base of your suffering. Don't run away, but look at it and see what the source is; so that now you can start working on it.

Every person has to come, one way or another, to his lowest wishes before he can come to the inner being. Of course, using the lower wishes is part of the existence of mankind, but after that he has to keep himself busy with his inner. Why? Because it's the goal of existence. People can't choose this for themselves although it looks otherwise. **Every** person will come to his fulfilment, and all his creative strengths given to him, will be explored. There is no escape, although we can't see it right now. When someone doesn't want this, he is as a child. Can we say to a child: "Do this, do that", no. A child wants to play with his toys. How can we blame him?

It is the same with a grown-up person; he also plays with his toys in an imaginary world, he lives in his fantasy. But no one can escape from this. The faster we do it, the better. The Kabbalah gives us a way to reach the finish line as soon as possible. Just like running a marathon: someone has reached the finish line, while another one is just half way. When you learn Kabbalah and follow the instructions, you will reach the goal earlier.

Suffering hasn't to be a part of your life. When you apply the Kabbalah in your personal life, you don't need to suffer, you are way ahead of suffering, but this will require time and effort: effort to make choices. How can a person deepen his intentions? How can we deepen our intentions and see if they are going along with our personal goal?. For instance: there are two persons, John and Edward, and one of them wants to give the other a loan. John sees Edward needs money and he wants to lend him the money, but Edward doesn't have a guarantee. John has to lend the money at Edward on a full confidence basis. He can say: "He is my friend, I love him, I trust him and I will lend him 10 pounds." His confidence is worth 10 pounds. Or, for instance, John trusts him and gives him a 100-pound loan. His trust worthes 100 pounds. Or suppose John says: "I trust Edward so much, I'll give him the half of my properties", meaning he has a huge confidence in him. Suppose Edward doesn't give him back the loan, it is possible too. But the love for his friend is so big; his confidence is so huge, greater than the first case. There is another kind of trust yet. A trust of 100%. Meaning someone is prepared to give everything without knowing whether he will recover it or not. This is called complete faith and confidence. And that's the way we have to look inside ourselves because only with the last example we can achieve the optimum!

Am I prepared to give from myself? It is exactly the same. Is my faith enough for ten pounds? Of course not in money but in strengths, wishes and in everything. Do I think I'm prepared to give from my 'I' completely? This means, making myself as an embryo in the womb of the light, and to give, from your deepest point, the full confidence. Am I prepared to give time, every week, every day, to invest in my personal goal?

Don't look at others. Because if you do so, there will be nothing to remember from all the things you have heard during the lesson. From the inside we are connected through invisible threads. Always look at yourself. When you say, "I don't have time" or "I have to pay so many bills", you let fate decide what is going to happen. When you say I have only a quarter of time for

Kabbalah, you put yourself in the hands of fate and let others say what you have to do: the community, your wife, children etc. These are means to always justify yourself and saying “I don’t have time now, but next week I will have more time”. Never let yourself be influenced by outsiders. Take time for your inner. This is your life. It is all about you. It is the only way to come closer to yourself. Don’t give others the opportunity to say; “Do this, do that”.

There are two elements in the study and the practice of Kabbalah that are important: working at your personal, optimum development and study. Here study means study for your inner, or in other words, your intentions. There are two aspects: quantity and quality. How much time per day, per week, per month do you spend at your inner being and how is the intensity?. It is possible for one person to spend the whole day on his inner being, while another person hasn’t the opportunity because he is busy with his daily life, so he may receive the minimum he needs in this life. Maybe he isn’t clever, or bright, and he has to work with his elbows. He needs 12 hours per day to provide his sustenance. Perhaps he has only 15 minutes of free time per day or even per week.

Because he has less time he has to work differently than a person who can work 8 hours at his inner being. However, if he is sincere, it will be seen as very powerful no matter if he only has little time to invest. So he might do in his little time more than the person who works the whole day on his inner being. We can’t measure this work in absolute terms. The little he has been given by nature is used fully, because the light sees a person quite differently by his strength than we do in this earthly world. We are looking at how many books someone has written and how many congresses he has visited. But in true reality, meaning the inner, the intention and the goal he has set is far more important. Consider it. All this is relative.

To understand and apply Kabbalah it is necessary to eliminate your thinking. This means making yourself small from the inside. Don’t make comparisons with what you already know.

Kabbalah doesn’t speak about our world, although we have to use words of this world. This is an original method; these are the instructions for the optimal use of the laws of the Universe. Your outer being has nothing to do with the Kabbalah. You see everything through your five senses, but the Kabbalah speaks to your inner being. They are flashes of light, coming from the inner, higher world. Kabbalah teaches us how we to be in agreement with our inner being. If you want fulfilment, your qualities have to be in agreement with the laws of the Universe; only

then you will understand yourself and your inner and develop it in an optimal way. We already have everything in ourselves to get fulfilment here on this earth.

## ***1.2 The inner and the outer***

Before we continue it is very important to explain the structure of the human being. The main principle is: everything consists of two parts – the inner and the outer. The outer being lives only according to the laws of the lower, material world. For him everything is in the name of ‘I like it or I don’t like it’. Things he doesn’t like – certain situations or he has to take unpleasant decisions, he rejects them right away and sees them as evil. And the things he likes, those are the things he wants to do and have, and consider them as good. But the inner being behaves quite different: it sees only the objective, irrefutable laws of the Universe. For the inner being everything is a true or a lie. These two aspects push the inner being in what he does or rejects. Therefore, only the inner being can react adequately on the true signals in his life and therefore he moves into the right direction. All of this according to the law of "agreement in quality".

## ***1.3 Don’t struggle and disconnect your power of reason***

It is written in the secret book of Zohar that from the year 1995 the pure Kabbalah teaching will be understood by the mass. Only through the inner being we can have a relationship with the laws of the Universe and the physical human being. There is absolutely no other connection. When you can feel this, you feel the laws of the Universe. This is what has been given to the inner being – the strength in every person that makes him strive for wholeness. You can see the inner being of a person as an unknown country; you have to learn how to live there. When you follow these Kabbalah trainings you need the attitude of a child, meaning a curious child who is eager to learn the extra dimensions, and to explore the true inner life and to live that life. This will give meaning to your life and all your aspirations will come to fulfillment.

Make yourself small. Don’t struggle and disconnect your power of reason. Don’t be afraid and frenetic from the inside. It is impossible to lose yourself. Open yourself for new dimensions. Give yourself this chance. Let it happen to you. Nor the Kabbalah training, nor the speaker, speaks about commitments with the outer being. You already have learned this since the day you were

born. This is not why you are here. The outer being is only the outer appearance; it has nothing to do with you. In this Kabbalah training we only speak about the inner being. Everyone has his own inner being. In other words, strengths that are working and active at the top of the system.

First, a person scatters all his creative strengths in doing nonsense things; the uplifting and holy sparkles remain in him, awaiting to be found. Eventually the inner being brings the sparkles of good to blossoming, the best of the best, to let them come out and bring them to the most intimate place in him, in his own personal, sacral place. There is only one place where you can learn about your inner being: it is within yourself. Search for this place, reach out and explore, let it become involved in everything you do. The goal is to reach for the inner agreement in qualities with the inscrutable laws of the Universe. If you want the best out of you, you have to learn to experience your inner being, because your inner qualities are in agreement with the laws of the Universe. After this you will notice that the world is not as bad as you thought before. There is absolutely no punishment. Only rewards.

## Chapter two

### 2.1 *Who am I?*

The 'I' is the inner being. When you study the laws of the Universe, you will discover the inner being in yourself. The inner being is the part in every human being that is striving for wholeness with the laws of the Universe. There is only one-way for to come to fulfilment: through the way of the inner being.

It's been said: "No one comes to the Father except through me" – meaning through finding the inner being in yourself. As long a person shows his outer being he shows us he is still a child. In this generation we have come to enough egoism (in a positive way) so now we can strive for the ultimate development. This is the first generation ever, with exception of a few disciples in the past, which has the possibility to follow the way of the inner being. In everything you can see the link between the inner and the outer, considering each other. High means closer to the light, spiritual. Low is further away from the light, rougher, material.

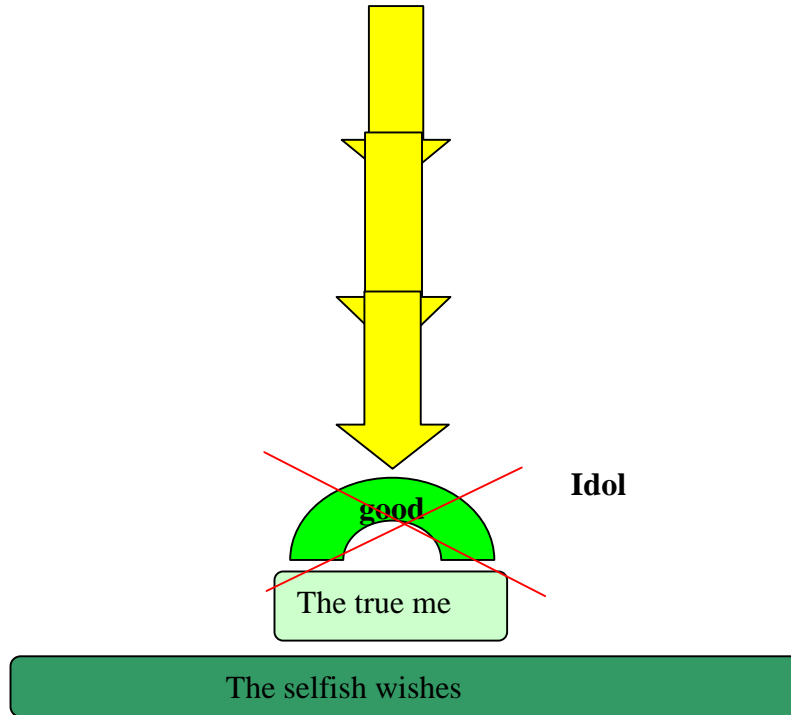
#### **Draw. 1 The higher structure as an obstacle to the light**

Phase 1: Because we are placing someone between our inner being and the control system of the Universe, we don't receive the true help of the light and therefore we remain in our misery. We do this to ourselves.

Phase II: By way of our study, the control system of the Universe and our inner work, the image of the mediator disappears. Now we can see the shining of the true Source, of the perfect wholeness above himself. Through this he will see clearer his own egoism and experiences this clearly, now he can make a true and direct request for assistance. Only when the inner being has reached the critical mass of his intensity and quantity, he will receive the right answers. There is a law showing us that the higher step, in every condition, always helps the lower. Therefore, he has the guarantee that he will be helped from above. The lower has only to be aware not to cause damages here below due to, let's say, he isn't ready yet.

# Light

The true impulses are given here



## Instructions:

1. Learn there is no good in you.
2. Don't be discouraged.
3. Stop thinking at yourself.
4. Delete the 'good' that is above your true me, then you will see the true light. You experience the 'evil' in yourself and you will see your own shortcomings.



## ***2.2 The inner structure of the human being on earth***

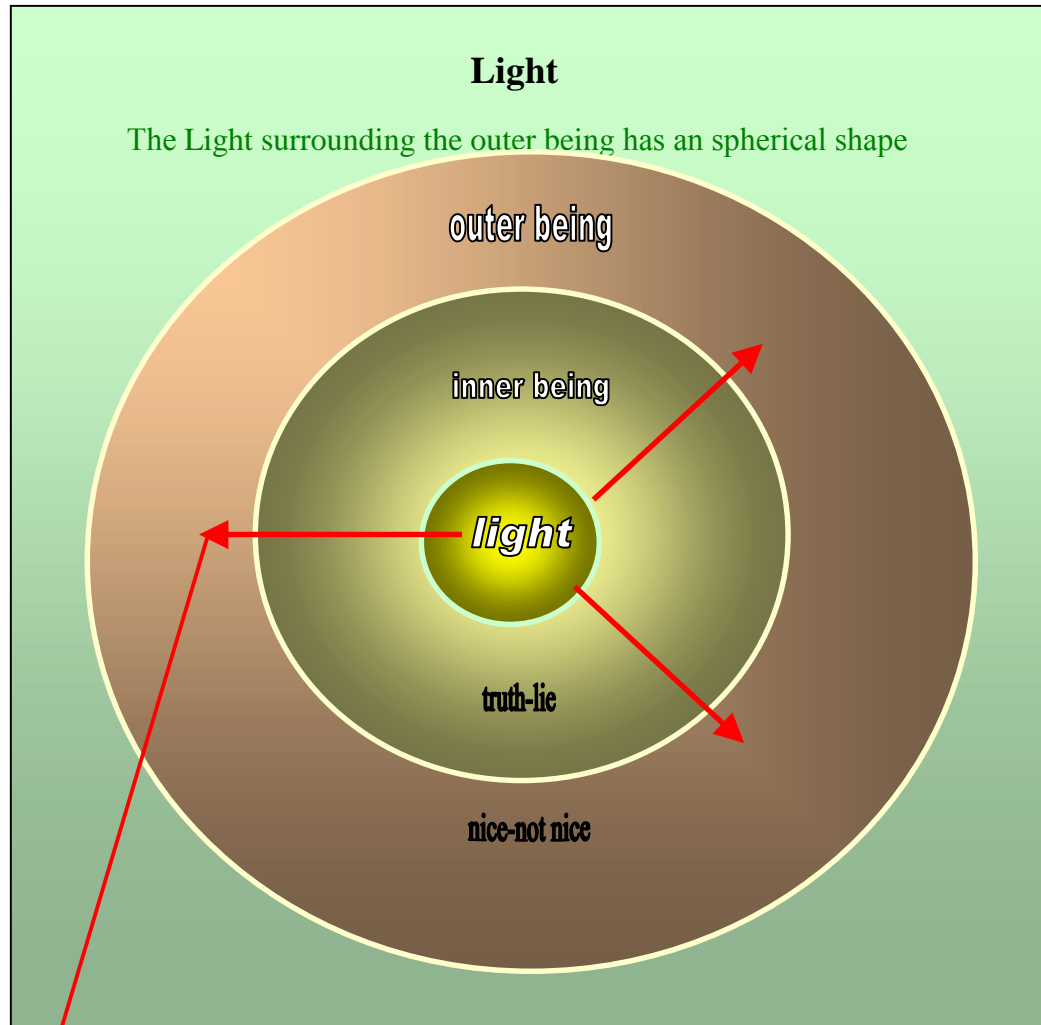
This structure can be compared with an onion's layers: In the centre there is the shining of the never-ending glowing light. It is a scattering of the light that is deep within you, in the deepest of your deepest. This light has the quality of absolute unselfishness, scattered in the Universe and in strengths pictured as a ladder. The more you go inwards, the higher, the closer you come to the source, to your fulfilment. The more you go outside, the lower, rougher, further away from your true self, embedded and covered with filters. This light is in every human being, but are we enough developed to experience it? It is given to every person to experience this light sooner or later. But only through the Kabbalah training you will shorten your path.

Surrounded by this light is the inner being. This is the zone of the good in a human being. Then we reach the zone of the good and evil, this passes the inner being. It is a neutral zone where one can feel these two powers.

The zone of the outer being follows the zone of good and evil. It is not the flesh; they are the layers of his outer perception. The inner part of the outer being is the story, the breeding, the culture upper building, the values of the community in every kind of way, nation etc. This can't bring us to fulfilment.

At the outside we have light also, it is the quality of nature. It is a heavy and rough surrounding light, we can only experience this from the outside. Everything I experience is inside my skin; it is the reaction from my senses of something around me.

**Drawing # 2**  
**Structure of the human being**  
**Represented in layers from within**



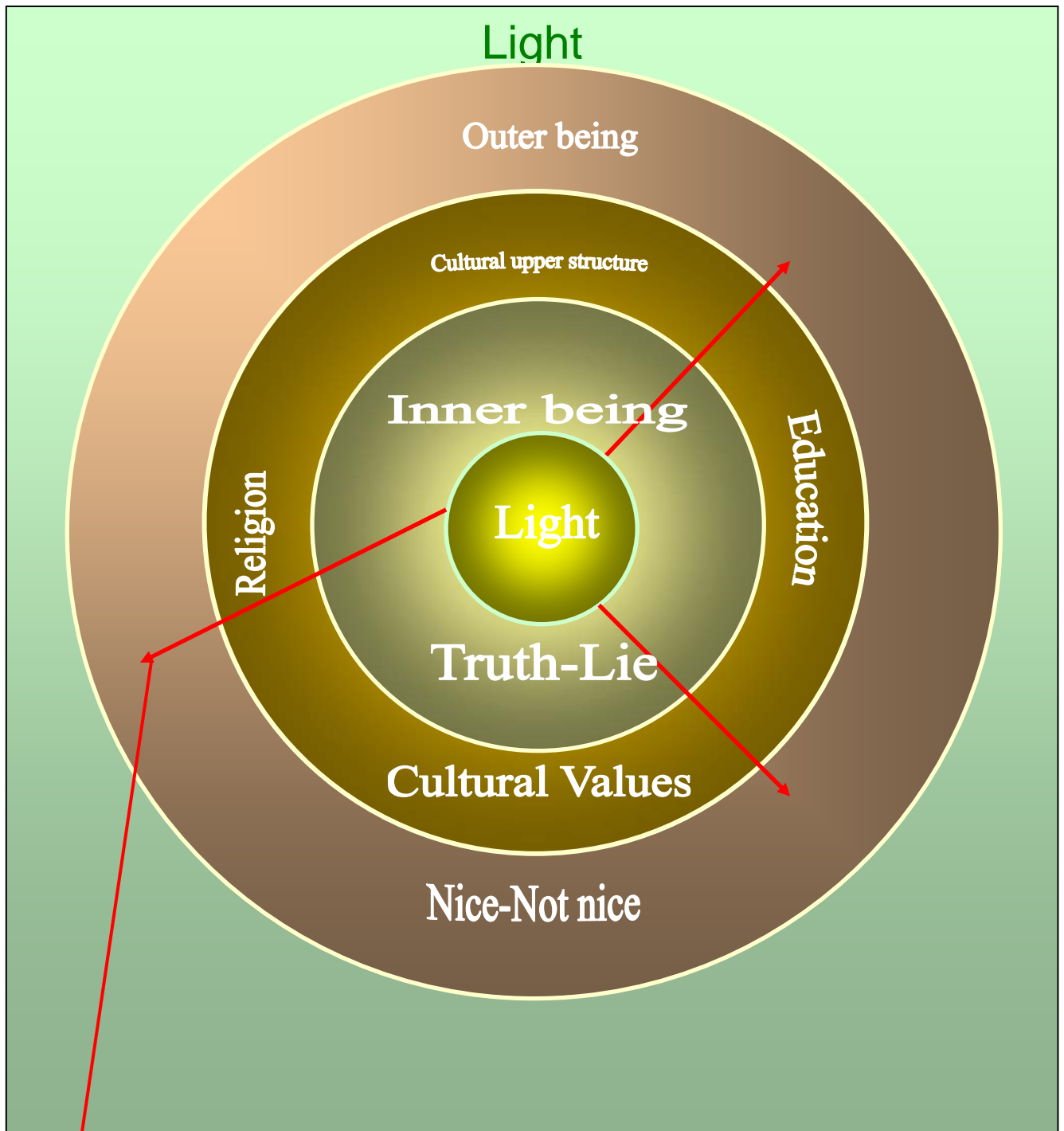
The glowing light from the inner being go through the input/output channels and through these channels, irradiate to the outer being.

## **2.3 Where am I?**

Our story is on the inner side of the outer being. In the Kabbalah training we don't speak a word about the physical human being. On the contrary: we only speak about the inner correction of a single person so that he may come into an agreement with the laws of the Universe. All other things are written in the form of a story. Without severe rules or inquisition probably we would still be wild beasts, but this still is a story of the outer being. There is no connection with the inner, true being.

You are choosing between a fictitious good and evil, but it is not that you're good or evil. It is only an adaptation or adjustment with the outer world, in one-way or another. And where's your true self? We can't yet perceive our own good and evil because we still believe the story that someone told us once. This story has started to live its own life inside of our outer being. The inner being feels the spiritual. We have to trespass our outer being to reach the inner being. During this learning period of Kabbalah training, the teacher will address you only from his inner being to your inner being. When you reach your true insights about yourself, then you may feel your own good and evil. Before this happens, you are a natural child. Maybe a 70 years old child, but still a child.

Draw # 3  
Curtains in the upper cultural structure  
Represented in layers from within



→ The direct light go through the inner being to the outer being.

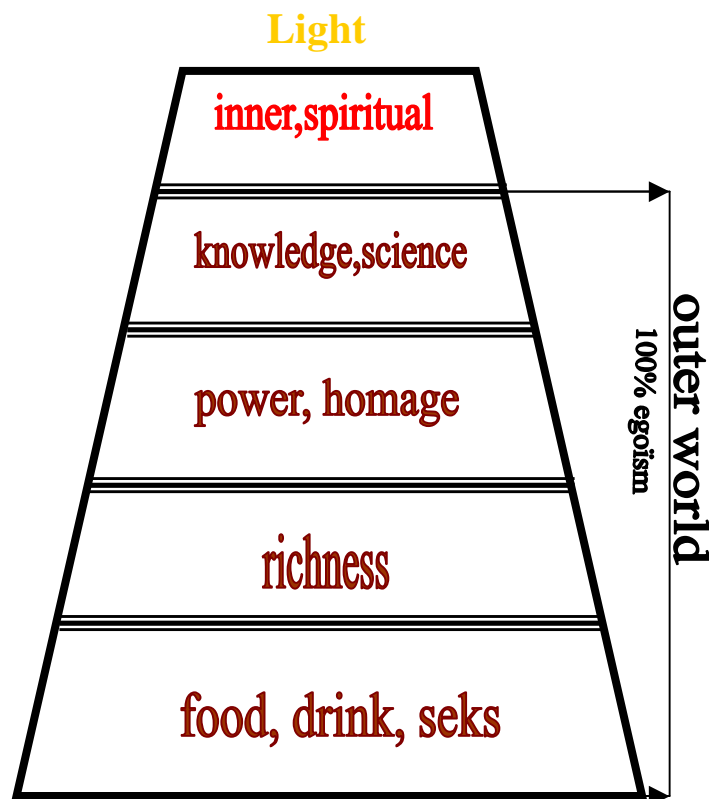
## 2.4 Were do I find my true me? Where is my free choice?

It is not the light itself we experience. It is the scarcity we experience through the inside. The inner being leans on the light; it is the zone where we can experience the absolute good. The outer being is the zone of absolute egoism. “You shall not kill”, is a law of the Universe. It will darken in the case you kill someone in this material world. It's good to remember the stories you once heard. They were basic and, mostly, for the outer being. Culture won't lead you to fulfilment. Of course we had to experience it, but now you have reached the moment to experience your true self and to make the best of your life. Go inside, break through the story, you will feel an immense, indescribable feeling.

What if this feeling isn't there? You can compare this with sitting at the royal table eating only fish and chips when there is so much more. You don't taste the true meal. Till then you are an organised animal. You can become a true human being only when you reach your inner part. As long as you follow the story of the outer world, you follow your outer part with your five senses, like an animal, with the striving for food, drinking and sexuality: accordingly there is the longing for richness, and then the longing for power, and eventually you will strive for the ultimate wish of this material world: science and knowledge.

### Draw.4

#### Four kinds of wishes in the human being in this world



There is only one thing that structurally prevents us from going inside and achieving fulfilment: the ego. All the slogans of 'take care of your neighbour', 'make the world a better place', are all within this egoism. In the Kabbalah training you will not hear 'make it better', but 'make it living', as well in the individual as in the community. If you live according the story and think you may love someone, on the inside, for your inner being these are meaningless words. It is the outer being who loves this story. He is full of egoism and therefore he hasn't any sensitive organs to be aware of his inner being.

But it is possible for every person in our generation to be shaken up. To rehab.

For us, euthanasia may be humanitarian, but this is an idea from this era. When a person is in coma, he is still alive because his inner being is still glowing. The outer being never achieves fulfilment; this is the part you have to go through. If you still believe that the 40 years of desert living, means the physical, earthly desert, you are still a child. The work is within the inner being; you have to find the inner truth deep within you. And it isn't possible only with your mind. The outer being is selfish in his awareness. He has no free choice, he depends on his culture, school, his birthplace and the food he eats and drinks. By doing this you will not get into your inner self or achieve fulfilment, or may be painfully slow.

The Kabbalah teachings are a faster way to reach your true being.

The inner being of every person is good. Through the corrections I can come to this good and then a melting with the light of the Universe will occur. There are always two strengths in the creative strengths. We can only learn the good by learning the evil. The good starts when I'm willing to sacrifice myself for something that is outside of me. From this point that we call the slavery of the physical body, we come to the border of the so called egoistic receiving and the true giving, but it's not what your imagination might think of what receiving and giving means, because this is only for yourself. This zone of 'giving and receiving' is human. Here we find the resistance and the work that has to be done. We have a natural, huge resistance for his true existence, because the inner part is much weaker than the outer part. To give seems weaker than the egoistic receiving, but the weaker part will eventually triumph. It is good to repeat things because every day you are a new, regenerated person.

## ***2.5 From where do my wishes come?***

Before we can answer this question I have to tell you a story about the existence of the Universe. How was the Universe made? First there was only Light everywhere. There was no place for something else or for shortness. Everything was Light, Perfection, filled with Wholeness. Then the Light wanted to create something. He wanted to become well known, His qualities and eventually the creation would become as He is. Only when you have the same qualities you can experience and make these qualities your own. Meaning that when you make something yourself then you comprehend it. Only from this point you can have a relationship. A quality means a certain strength that is in the Universe. Everything is necessary and good. When you know how the Universe was built, you will receive the radiation that gives you life. It is you who attract this radiation and the whole world receives it. In this way you pull the higher, thinner strength to this world. It is invisible for our eyes but it will be spread out all over the world.

How can there a creation exist when everything is perfect, whole? The Light had to pull itself back, in what would be the central point of the Universe: our earth for example. The Universe is round, just like the earth because an sphere is a perfect form. So there was an empty place, meaning there was no light. And this emptiness is darkness, shortness. Then the Light came inside again, but now in the form of a weak glow, not filling everything as before, otherwise it would have been as in the beginning. After the light entered the emptiness, it spread itself downwards in a very gradual way. Every next spreading was a thicker light. And this thicker light kept receiving the previous thinner light within itself.

You can compare this with the principle of a fountain. In the centre of a fountain you see the tallest jet. The water falls around this jet and some drops bounce back. The bouncing drops don't elevate as high as the first jet. Compare the interval of the light with this image of a waterfall. The light slightly weakens after the collision and remains beneath the source, from which it came. For example, a ball that falls from a height of ten meters bounces back a minor height, let's say, of seven meters. There is no force in the emptiness that can resist the light. It's an adaptation; you can compare this to when you have to adapt your eyes coming from a dark room into light. The material

world is so small compared with the receiving of a very little ray of light. In this way all the wishes that arise in the world – means some kind of shortness of light.

So, what are the consequences of the emptiness?

- **Limitation**

- **Causality**

- **Antithesis**: for example: light – darkness, full – emptiness, day – night, man – woman, Good – evil etc. After a while, when the world develops enough, the human being will be in agreement with the light so there will be a relationship between the human being and the light. You can see this as positive and negative. Wholeness is good: it is light. Evilness is bad and darkness. But remember, one can't exist without the other.

- **Emptiness**: meaning the wish to be filled by the light as it was once. A wish is a place where the light can enter.

## ***2.6 The ambition for wholeness is within the goal of the Universe***

You are free to believe in knowledge. It fills your ego completely, you feel completely independent, as far as possible from the light of life and from your true goal. It may continue for a while until you see how ugly, how empty you are in your inside: there was not, is not and never will be a person who has some goodness in himself, by his own means. We experience loneliness and there is a structural disappointment, a feeling of being fed up from all that egoistic receiving. This is the point where we start to cry and to strive for the connection with the light, but only from your point of view. You must not pretend to overload yourself with the light, because if you could see it, it would blind you.

It is a tradition to believe that every being has some inherent goodness. That belief begins with the very definition of what is good or evil. But there is not a person ever that is inherently good. And though it is good to have the attitude of thinking all others are closer to their goal than you, since it protects you from pride, consider everyone as having more qualities than you have, but never mock of it! Inherently there is no good, only what exist in the centre was, is and will be inherently good. And all this happened *ex nihilo*, out of nothing. The light withdrew itself from everything. Imagine: everything is filled with light and suddenly the light has gone completely.



You experience an empty space. And is in this emptiness that we will strive for the next piece of light.

The material atmosphere form a layer from thickness to the thinnest layer: earth, atmosphere, troposphere, stratosphere, ionosphere, magnetosphere till we come to the layer where the true source of our inner being is: the spriritosphere. The material spheres are millions of years old. If we pass the speed limit of 300.000km/sec, the space would turn into a point. There is the spriritosphere – the source of our inner being – the point where all the good pours out onto us.

Space travel can't reach this speed. Only when you work at yourself through the Kabbalah training, when you live according to the four commandments, that we can come to this sphere. Through the development of our inner being we will come to fulfilment. The 6000 years of correction are periods of corrections. The 7000th year is a pause of necessary transformations. And when the year 10.000th will come, the ego or the evil will disappear completely from this world. Death will no longer exist.

## ***2.7 Four categories of human beings***

There are four categories within the inner progress of a human being that are in agreement with the four forms of existence in nature.

**1 - Stone or lifeless nature:** this is the quality where every member of this group has nothing in itself. Not a personality or independency. He is without any inner personal movement: he is like a stone. He has no freedom or powers over himself. He finds himself completely in the hands of nature and unconsciously he fulfils the program that is in him. In these conditions he is in the most outer part of his outer being. There is no perception of any kind of layer of his inner, absolutely nothing. He only wishes to receive for him/herself.

**2 - The plant or the vegetal nature:** in every member of this group we see the beginning of an independent wish. He has the possibility to do something different than just wishing to receive. For example he could do something unselfish, to give, which is contrary to the wish of receiving he naturally has. Now he experiences the strength of the zone of good and evil, but he lacks the personal strength, so he very often chooses for the evil that is within this zone. But now he experiences he has a choice of his own.

As we can see in all the plants, they keep, although they may be different in height and width, one common feature: they have to accept the nature of all the plants as a collective. It is to say: he has to follow the laws of the plants. He lacks the strength of doing something different from other plants. He hasn't an independent life. His life is to be part of the lives of all the plants. They have one way of living. In a way they are one collective plant, and every plant is part of the collective.

In contrary with the inner part of the human being which has the wish to receive for himself and the will for victory, he is in a state of slavery, adapting himself to his surroundings and he lacks the strength to stand up against it. Although he works with the wish to give he also has the wish to receive. His attitude is: if you scratch my back, I'll scratch yours. There is an inner progress, but too small. So, he remains dependent of his surroundings who tell him what to do.

**3 - Animal or animal nature:** in every member of this group the seed of independency is planted. Every animal has his own speciality. He is no longer restricted to his surroundings. Every member has his own perception and his own quality. In this phase of 'animal' he can go against his natural impulses and strive for giving. Now he no longer depends from his surroundings. He has a personal life. His life doesn't depend on others. He only feels the here and now and his personality within it. But the only thing he can do is to take care of himself. So he can't take care of others. He can't imagine what another person feels. He experiences all the layers of his outer being, the zone of good and evil, but now he often chooses the good from this zone. His freedom of choice expands more and more, although he doesn't control his emotions and thereby, falls into evil.

**4 - The speaking or human nature.** Here we see a lot of advantages:

- 1) He does do things against the wish of his nature.
- 2) He isn't dependent neither of his own species nor from the surroundings, just like the plant.
- 3) He is aware of other people, so he can take care of them. He suffers when his surrounding is suffering and he is happy when they are happy.

In this phase, the human nature can receive from the future and from the past, while someone in the animal level is only aware in the here and now only for himself, the person on the human nature level experience all the layers of his inner being. But he hasn't the right attitude to collect all the good from the zone of the good and the evil. He strives now only for the good and brings it within his true inner being. The measure of his own choice is growing, although he may occasionally fall. He has his goal and follows it by means of going above his reason while he strives for wholeness. When all the corrections are done, and all the sparkles of the light are collected, he will come to the high light, to his own personal everlasting correction. Now he is in agreement with the laws of the Universe.

## ***2.8 Four phases in the development of the human being***

**Phase one:** The phase of the new born. This is the outer being with his five senses. This stage can endure for many generations. Beings in this phase have no feeling for the true "I" within themselves.

**Phase two:** suddenly he experiences in him/her the so-called point in the heart. This is the epic centre of all the awareness of the soul. With this experience of "the point in the heart", arises the true being within the person. From that moment on he begins to search for his true self. He goes to the east. The outer being is the animal soul and lives only with his senses. He wants to receive 100% for himself. He can't see other people as true people, because he still can't see his own true being in himself. To follow the Kabbalah path is a start.

There is no advertisement for Kabbalah, because for outsiders there is no Kabbalah. Of course, for the light all these people are good. The light sees from the beginning to the end. The human being is good but not developed yet. He can't see the light in himself. According to the laws of the earth someone can be guilty, but according to the inner laws it may be quite different. If you have the true wish to go forward, remain with one partner, don't prolong the time for your correction unnecessarily. One partner is enough. The more you are doing it with several people, the more you show your attachment for the outer love, or childish affection.

You can never give with your outer being. The giving can only be performed with the inner being. "Love your neighbour", doesn't allude an outer being, but about your inner being. We are prepared to do everything for the outer being, but without using our inner being, it is absolutely worthless. Learn to give with your inner being. Only then you can give to others. When there is the giving aspect from the outer being you are making a mistake because you are still thinking 'I'll give because this might happen to me too', which is always a form of receiving for yourself.

When you give, be aware of who wants to give: your outer or your inner being?. When the outer being is the giver, it is corrupted by your surrounding and by the world, because every creature has to work independently on himself. The giving aspect can only come out from the inner being. The light doesn't see gifts from the outer being. This is only a game: it is all a mistake. When you are still longing for the wishes of this world, such as food, drinks, family, richness, power and science, then you are living in absolute egoism, in a world of fantasy. You are wandering from the perspective of your true self.

You can't reach the point in the heart through egoistic wishes or gifts; you have to work at yourself. This is the moment where the searching begins. It is the point from deep despair, and this despair is good because now you can come closer to the light. You have to come to the deepest despair ever, only then the true wish for the absolute light arises. Don't walk or try to escape from it. The outer being lives with the lower forces in his sensual aura, but this is not the way for to come to the true light. It is an error. We have to build up an empty space within ourselves.

Despite the special things you might do like sitting down in a lotus posture at the riverbank while letting your incentives be expelled by your anus, it won't work. Or to sit in a closed room for many

days with a lot of scorpions, and be alive after many stings. Or those who are buried deep under the ground and after a few days are still alive, what they achieve is the condition of a stone, like the earth. This is absurd!! If you want to see the light, you have to be in harmony with the qualities of the light and not with the qualities of a stone.

First you have to learn to give without the wish to receive something in return. Then you will be ready and you may start to work at your growing process, meaning the everlasting fulfilment. Sacrifice your outer being for your inner being. Whatever you are doing with your outer being, it won't be written on your account of the soul, the account of the true everlasting merits. When you die and you enter in the so called after world. only one question will be asked to you: **what have you done for your inner being?** Did you live according to the story or according to your true "I"? The process of rebirth depends on you, and starts with the experience of the point in the heart. Start with the words: "Nothing in me is good", with these words you make yourself receptive for the light. Light is everything that we can and will receive. But there is only one restriction: don't receive it for yourself but with the attitude of giving, because if we do otherwise we are making a mistake, and at the end we will realize that it doesn't satisfy us.

Everything that exist consists of two strengths: the giving and the egoistic receiving. Man is born with the wish to receive for himself. That is our nature, the egoistic receiving. So, what is wrong with that? Why does it concern me? Overcome my nature? – how? ¡By striving for your inner being!. In the light there is the idea and the strength to overcome this nature through the aspect of giving. Through this you will get an everlasting fulfilment.

There is no cancer in Kabbalah. Cancer grows in cells that are not in agreement with your inner being, where there is no awareness of the inner being. The light always shine but you don't experience it. All healing comes to you from the light and from within.

Nowadays we only think in terms of 'what medicine needs a person to be healed'. But when you start to learn the laws of the Universe and live according to these laws, the light comes to and into you. Cancer means there is no shining of the light within you. The outer cells – the flesh are now living for their own good. The more you learn to give, the more life you will receive. This is the

consequence of the Kabbalah teaching. Wearing red strings around your wrist will only benefit the salesmen.

**Phase three:** The point in the heart is growing. The inner being always is thankful for whatever he receives, e.g., what he eats or drinks and in whatever he sees. By doing this you avoid the judgement within you. You can only triumph over your outer being by strengthening your inner being. Then you will control your fate. Astrology speaks about the outer being. The point in the heart comes from the inner that is in harmony with the laws of the Universe. This is the beginning of being able to see the whole picture. And you can only reach this through the inner strength. Any wish from your outer being will be able to control you.

But remember there is no 100% wrong: every deed has a purpose. The outer being has to hate each and every deed. He wants to feel sad. But in the inner being there is always joy. If you feel sad, you may be almost certain you are in your outer being. From the inside we have a package of wishes, you have to occupy yourself, for 23,5 hour per day, with your inner being and only a half hour per day is for your wife. If we say wife we mean the left side. It is your outer being. The right side is the male side, just as + and -, no matter if you are a man or a woman.

Everything that is outside of you is light, and the light wants to give all the good there is. Is there place for hating someone? If the inner being would hate someone it would be against the light. That's why the inner being is always joyfull. There will be no change in the physical, outer person; it is only the perception that is changing.

All the laws of the Universe we make use of in the layer of the outer being are only preparations for something awesome, for to come to the inner being, as soon we receive the agreement with the qualities of the light. We already can taste this when we begin working at ourselves; it is a strength in you that strengthen your inner world, because every human being is a small world.

**Phase four:** The growing up of the inner being to the ten fields of strengths. There is no person who can come to fulfilment when he doesn't develop his left- *and* right side. We have to strengthen our male and female side. When there is only the developing of the male side then there will

come from above only the aspects we can see as criminal. It is the same for the developing of the female side. We have to fulfil both sides, only then we can liberate ourselves from the lower lusts. For example, you look at your wife, what you see is your female side of your self. It is free for every person to develop his physical and emotional part, but it is only the outer being. This is not what has our interest. You can replace the organs but not the soul. From our inner being there can't be a change of the gender. As long the inner being doesn't develop there will be a projection at the outer being. Sexuality is the outer being. All different kind of attractions is coming from the outer being. This is not what has our interest, because it will not bring us to the ultimate fulfilment. There has to be one question only: why am I sitting here? Not for knowledge, but to learn how to come in contact with your inner being and through the inner being with the light.

In our culture we see traces of the Universe's laws, but we have forgotten their real meaning. It has become culture. Only when you let yourself guided to your inner being, you can and will end with outer things. Of course the outer being may do everything. The inner being in every being is male, despite the gender of the physical person, male or female. The outer being of every being is female; so don't waste your time with your outer wishes but follow the voice of your inner being. Some of you want absolute power, and are prepared to do anything. You also have to resist your outer being, have to make corrections in your outer being to come to your inner being. Within the inner being you develop serenity and balance. There's where your holiness is. It is the balance between the male and the female because every person is created as one. Only when this has been accomplished within you, you can have a long-term relationship with a partner.

## **2.9 Four forms of communication**

All the diversity of wishes that was, is and will exist, can be classified according to the ways they address the ways of giving and receiving in four kinds of wishes. We can divide them from low to high, or from less to more developed wishes.

**1 – receiving for the receiver:** Whatever one does is only for receiving. Reaps and theft, for example, are in the category of taking directly what one wants. It is the outer being. It is the animal egoism, the primary building of man.

**2 – giving for receiving:** This is the outer being. He wants to make a deal. It is egoism within culture. I accept you when you accept me, or “I scratch your back if you scratch mine”. It is the attitude of a child. While in this attitude, openness cannot exist.

**3 – giving for giving:** Here we see the beginning of the correction.

**4 – receiving through giving:** This is the goal of every human being. It is the absolute wholeness, the agreement with the qualities of the light. We can't know the light; we don't know how the light is. The only thing we see is the manifestation of His qualities, poured in the Universe; it is the quality of absolute unselfishness. This doesn't mean that there won't be any striving from your side. On the contrary: it is good to bring your ego to a perfect state.

The striving for money, power, celebrity, science – they are all good, because it is the gleam of the qualities of the light itself. The light is very powerful. It shines on richness, success, glory and victory. So what does it mean, “receiving through giving”? It is all about one little piece, very subtle, in your inner attitude of what aim you want to get in your life. Within the sphere of your interest you have to strengthen the altruistic intention – the giving. How? For instance, by saying: “I want to be richer” to see this as an inner task but to manage your growing properties very carefully. Don't say that success comes from your talents, on what you have done. Instead, your inner attitude has to be: “How can I give more from myself in this new situation?”. To give means to give from yourself despite who the receiver will be, and with all the love you have within you. Inch by inch you will transform your egoism, your self-love into love for your family, for the company and even for unknown people. Because this is the quality of the light that fills the Universe.



When you make this quality yours, you liberate yourself from absolute selfishness.

We are made for receiving. The light doesn't have any interest in how we receive it.

The light only wants to give. The way of receiving is given to us at birth. We have to strengthen the giving. The first form gives us no life. The second is an absolute lie: it is comedy.

We give money to a foundation because we want to receive something in return, or we think, 'what if that illness happens to me?'. Sometimes a person gives money because he/she wants to be mentioned on the giver's list. The last form of giving is the guest who dinnners with his host only to please him.

We have to learn to receive through giving.

## ***2.10 The structure of the human being***

Within every person there is the shining of the light; the light is what we recognize in all living creatures. It isn't ours. It glows trough the holes in our inner self. You have to learn to experience this and it is impossible to do this with your head. If you want to experience the inner you have to go above your reason and surrender your resistance. Your earthly intellect doesn't want to go above the reason in favor of the higher mind; this is what we call "the stone of the offences".

You have everything within you. Your ego has to develop in a very strong way.

When there is the need of water, first we need something to put the water into. It is useless to spill the water around us. I have to develop my barrels where I can save some water. A barrel is as emptiness, a shortness within me that allows me to catch light for the inner. How can I develop a barrel? Only by learning how to come in touch with you're inner being. Then you will see there is absolutely no chance to escape from the love for yourself. It is an absolute despairing feeling, but it is also a very good feeling, because now you can be aware to make yourself empty to catch the essential things. Before this you were completely filled with yourself.

The structure of a human being from inside to outside:

1 – **The light.**

2 – **The inner being.** This is the true human being who lives according to the laws of the Universe.

3 – This is **the neutral zone** of the giving and the egoistic receiving. This is the corrected man.

Only in this area we can work at ourselves, doing the correction that paves the way to fulfilment.

4 - **The outer being.** This isn't the physical human. This is the egoistic wish to receive only for myself. It contains the wishes of possessing all worldly objects such as eating, drinking, sexuality, richness, power, honour and science. Inside the outer being we see the upbringing, the tradition, the values and the story. But when you use only these things, you still work with your hands and feet, you will never reach your inner being. Only the beliefs from your personal story won't bring you to your inner self. There is only one way, to go above your reason, only then you can penetrate your inner being. When you start working at yourself you will come in the third zone, here we experience as well the giving as the egoistic receiving.

Why are we so attached at the outer being? It is easier to sacrifice our selves for our country then for our inner being. A human being is prepared to do everything except working at himself because we only can reach this when we go above our reason. You have to learn to give at your inner being. You can't give a thing at someone else. It is only the giving for the outer being. The greatest victory is the knowing that you can't give anything, absolutely nothing. When there is still the thinking you can give at others, the thinking you have something good inside of you, you have a great problem. Don't imagine you can give a thing. You have to learn to give to your inner being first and then you may give to your surroundings.

When there is no connection with your inner being, all interaction with your surroundings will bring you to nothing. It is a waste of your valuable time and strength. Therefore, seek the inner continuity. There has to be a mutual guarantee among your wishes. Let all your wishes guarantee each other. When one of your wishes isn't corrected yet, others wishes that structurally lie beside it, have to help correct it. That is the meaning of ensuring each other. Only

when you have learned this from within, you can do it on the outside. Otherwise you are corrupting yourself with the, moreover "good" deeds, by being "gentle" to others.

We have everything within us. First become a prime minister of your inner being. Your life task is to manage, with your inner being, your outer being. The development by way of an important organisation, a movement or group will only help your outer being. The true Kabbalah leads you to the personal development and fulfilment. The start is with a very huge disappointment: the lacking of to love someone, or which is the same, the lack for the giving. This has to be your starting point, to acknowledge this is the start of your success.

But be careful from the feeling that says: "I can't do this". The "I can't do this" comes from your discrepancies with the laws of the Universe. You want to love others but not with your inner being, this is only a manipulation of your feelings. Is it possible to love someone while you neglect your inner being? To love your wife, your children and your neighbour isn't the love we are speaking of, this love only satisfies you. It is the same as with an animal, he takes care for his breeding, his wife, and his chickens. It is an immature attitude. The true giving, the true love, is when you strengthen, with a truthful and deepest intention, your interest to give. The beginning rests in the inner and will be expressed from the outside later on. All other kinds of giving are in the phase of a childish play. This is the highest corrupted form of giving.

### ***2.11 What does it mean 'to purify yourself?'***

What is it what we have to purify and how do I do these inner purifications? With what do I have to be aware of or listen and react in the lesson? Where is the awareness when you want to speak from your inner being? What should the inner attitude be?

The inner being is the one who has to listen during the Kabbalah lessons in order to be in agreement with the qualities of the light. We don't speak about this material world. When you listen with your intellect, your reason, you will receive -at most- a 2% of what is given to you. And this won't work. Try to be aware when you attend the Kabbalah lesson, listen from and with the place where you feel the highest concentration of your inner pain. When you come with the right intention and with the wish to receive the highest output, you can move the highest mountain.

Leave all your problems behind. And please don't be bright or think you know everything better but make yourself open and receptive. You have arrived in an unknown land. Have the deepest wish to know this land. Only this positive attitude will help you. There is a great secret: to combine the highest wisdom with the art of stupidity. Only when there is stupidity on the background you can experience the wisdom... but later on.

## ***2.12 Everything consists of ten flavours***

These flavours are named emanations of the light. Everything consists of ten flavours, wish, scent, colour, light, etc. and there is nothing in the general that cannot be found in the special. A human being is as a small world, he has the same design of the Universe, and of the light that fills the whole Universe. The light itself is singular and in a way it don't distinguish flavours, but a person can taste ten flavours.

We call them 'fields of strength' in the human being. These ten fields of strengths are divided within the inner being: three in the head: within the skull we see two fields of strength: for the eyes and the ears. Furthermore we have two arms, one body, two hips, the sexual organs and the point of the ego. The inner construction of a person is designed in this way, but also the physical man although we will not speak about the physical man.

These ten fields of strengths are built in three lines: in the skull we see the light, but only potentially. In the right line we see from above to below: the eyes (the right- and the left eye), the right arm and the right hip. In the left line we see from above to below: the ears (the right- and the left ear), the left arm and the left hip. In the middle line we see: the skull, the torso, the sexual organs or foundation, and the point of the ego.

The construction of these ten fields of strength is named: "the Tree of Life". Just as in music we see the bars and their combinations (chord of three or more bars, which, for those who have natural musical ear, sound as one) and every composer uses these combinations of bars, it is the same with the knowledge of the fields of strengths and their inner relationship. One who can get to know the facets of his inner and control them, becomes the conductor of his own inner orchestra. A conductor can see in one eyelash the whole music, the design of the play. It is the same

with people who can conduct their inner orchestra: they understand the inner situations, the combinations of the ten fields of strengths and let them communicate with each other.

With the three fields of strengths in the right side of 'the Tree of Life' one can go further his reason. There is simple trust, there is a complete surrendering at the light, he is unlimited, male, not material. Remember: every person has the male and the female energy inside.

The birth process is not only about the birth of a new born child. At the same time there is the embedding of the inner within the physical body, meaning a separation of the male and the female. The left three fields of strengths are feminine, in both man and woman. The feminine inner being comes in a female body. The male inner being comes in a male body.

In this material world everything depends on the intentions and the actions. At a lower level of the personal inner development exist a governing law of reward and punishment, and one has to come above this level. When a person acts and his actions are not in agreement with the control system of the Universe, he has to make corrections, because if not so, he will be corrected in a hard way. What hasn't been corrected in his current life will be correct in a next incarnation because there is no disappearing in the inner. Of course misleading is there because he needs them for his inner development, he only can correct himself with a lot of effort. All your hard work will be measured so then you can bring in balance in the next incarnation, the male and the female within you.

Everything that you do here is your responsibility. Hell is only a place of observance where you can purify your feeling. There will be a separation from the physical body, but the remaining of your inner work and your memory will remain. After all the earthly delusions, just before a person's death there is relief because he has partially already left his body. It is said that one sees his life as a movie. The body can't cheat us now. It is terrible, but it's also an extremely purifying process. Nobody can avoid his correction. It is not a punishment.

So, from this moment be aware of yourself. Don't think at the past. Free yourself from guilt: do not get stuck. These trainings in the Kabbalah are there to help you. Let the balance become for the

good. There has to be a longing for the good: 51-49 or 52-48 between the giving and the taking. Then reality may come true.

Suppose a soccer player wants to explain a basketball player the game of football. The basketball player thinks with his hands while the football player speaks with his legs. They will reach nothing. There is no understanding. So in our trainings, there has to be a slow and careful growing towards a new and common reality.

**There are three male fields of strength in the right:**

- Eyes: light of life
- Right arm: pure giving
- Right hip: victory through the giving

**There are three female fields of strength in the left:**

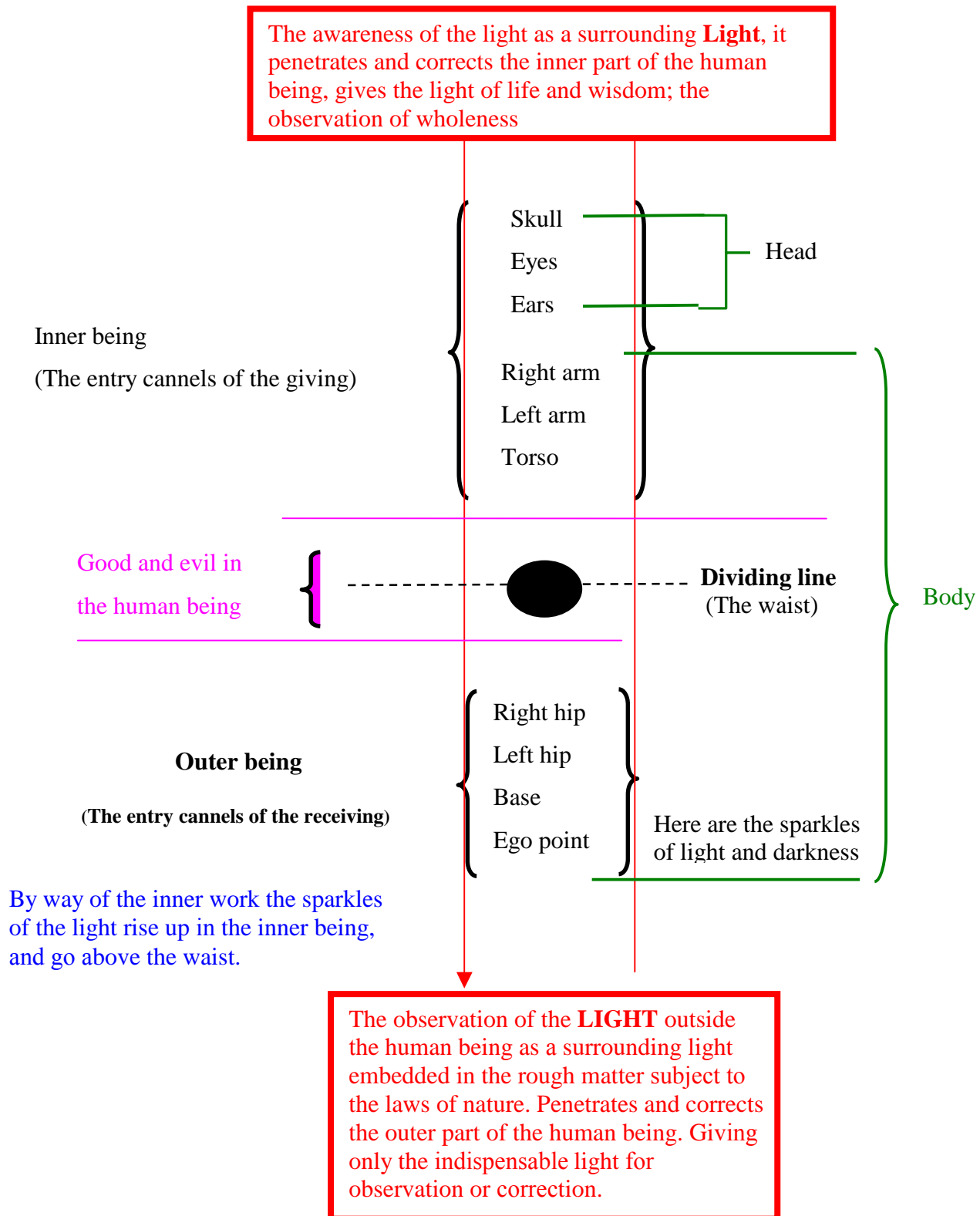
- Ears: the root of the limitations
- Left arm: forceful limitation
- Left hip: standing by severity

**And four fields of strength in the middle:**

- Skull: the source of all fields of strength: the light of the giving.
- The body: lust
- The sexual organs: the foundation
- The centre of the ego: the epic centre or the 'I'

## Draw. 5

### Structure of the human being seen from above to below



Without limitations one can't comprehend the light. It is the feminine side within a being that is building up a screen to reflect the light and for the reception of the light too. To give is a male aspect; to receive is a female aspect. Both strengths are structural and necessary. The reception of the light and the submission for the light happen through the middle line— this is the true reality. There only can be a receiving when there is a specific boundary, made by the force of the screen.

We can only receive when we are receptive. Our work is to make the connection between these two strengths. It is possible to make a rough division of man considering the ten fields of strength: let's divide it in two parts: from the skull to 1/3 of the body – the upper part consists of the head and the torso. And below we see the lower part consisting of the lower body. Man can be liberated, by working on himself, the fields of strength in the upper part more or less in the giving. The correction in this part is easier. The problem is in the lower part: from the waist to the - 1/3 below.

This is an area that is absolutely inaccessible for any kind of correction you have in mind, except for what has been given to us in the book Zohar and developed in the book 'The Tree of Life' from I. Luria (ARI). There is no other teaching, knowledge, or spiritual wisdom that was, is or will be here on earth, that brings the solution for this problem. In our trainings of the Kabbalah we shall, for the first time in history, reveal the methods for the appropriate relationship with the lower part of your field of strengths to our participants and teach them how to work with them. It is impossible to come to fulfilment without connecting your upper **and** lower part in yourself. A great deal of time will be spent on these skills and techniques so you can learn this secret way for to come to fulfilment. The most of it will be done orally.

### ***2.13 Where is my true observation?***

In the skull there is no shortness, there we don't need correction. By way of the left side the correction process receives more and more from the uncorrected egoism coming from the personal ego point: there will be an infinite and true investigation of the proportions of strength. These are the heavy situations, problems and pains, that has to be sweetened through the right line, the giving side. The egoistic longing gives you a feeling of emptiness and incompleteness; they are in the torso and in the area of the left arm and from the left line downwards. In the left



hip these feeling will be heavier, greater and they are coming from your ego point for to be corrected. All the corrections are coming from your ego point, from the wish to receive only for your self. This is the true I. Every day a piece of egoism arises in us for correction.

The ego point exists of four parts and we can only receive the light in the three first parts. The fourth, the lowest, can't receive the light for the time being. A person coming from the east works with his heart – this is a picture of the true fields of strengths in the right side of the human being. A person coming from the west works with his brains – his intellect – a picture of the fields of strengths in the left side of the human being, he believes in knowledge. The knowledge of the west is to limit and then to go further: divide and rule. He separates the true reality, the whole picture, and accordingly works in fragments of the picture. You can see this in a play where one gives the other a fragment of a picture, and the other has to guess what the picture is about. For instance one is showing him the leg of a lion, but he doesn't know this, and he says it's a carpet or whatever he sees in it. But the true reality is different. Suppose the person already knows the picture is of an animal, he may already see the whole picture. And when he sees the fragment he already knows it 's a leg from an animal, there can be a discussion about the animal, but no more.

The person of the west lacks the capability to go to the right side just as the person of the east can't go to the left side for to work with his brains and to limit his feeling. There can't be a fulfilment in the surrendering of the heart, because the giving aspect needs the control of the left side. Being busy with calculating and rely on the logic makes a person forced. His heart, his inner, is in this case one piece of undefined feeling. He is what we call a narrow-minded person. He is trying to understand the world with the mind. You can compare this with driving a car: The inner of the person of the east is driving in an automatic; it goes smoothly, easy, close to nature. But when there are no verifications of the mind it won't bring fulfilment either.

The person of the west is attracted to the east. The quality of the east surprises him; he thinks the right side of the person of the east will help him too. But in reality it is a choice for the difficulties of another. There can only be a reflection of the light through the middle line – this is the true reality. The truth always lies in the middle. Here in the middle line we see the laws of the Universe and through the Kabbalah we will study these laws. The eastern life's attitude is a belief under the intellect – it is without verification. The attitudes of the west lies in believe and in

knowledge, he believes in his intellect. There is an advantage considering the eastern person. And the eastern person seems to have something a western person doesn't have.

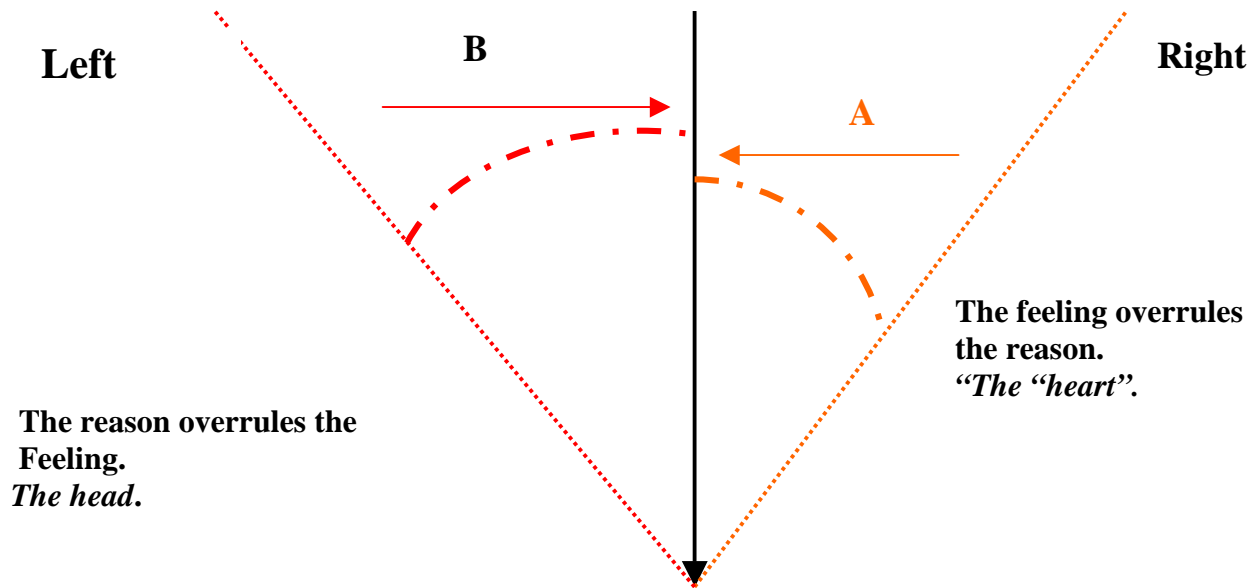
Science is also a 'religion'. And the atheist who doesn't believe in the laws of the Universe has his 'religion' in his not believing. Here we see the attitude of someone who says: 'In a way I want to know the control system of the Universe but when I can't know it, I won't believe in it.' All the time when you read 'the person of the east' or 'the person of the west', remember, we don't talk about persons coming from these countries, nations or any group in faith of religion what so ever. We only speak of the attitude, the way of how a person deals with certain facts. In a way you can see all these kind of different attitudes in one person: you. And every one of us carries within him the attitude we see in this world. The difference is only in the manifestations, one shows this and another shows something different.

The middle line is the attitude of belief above knowledge. Only this is the true knowledge of the whole picture. Here we are linking together the two parts within the person: the upper and the lower. In contrary with the attitude of a western and/or an eastern person – nor the western nor the eastern person has a legitimate access to the lower part of his fields of strength. Without dividing there is nothing to discuss. In the left there is the dividing and in the right there is only acceptance, no dividing. And we need both. It is our job to control, 24 hours per day, these both sides. Of course there will be shortness, you will see the problems and you will notice the ego will victory, but there has to be over and over again the will for going into the middle line. It can be done independently if you know how to do it. The balance: 51-49 means there is more for the good and that is a very good start.

## Draw. 6

### Corrections for to bring us to the experiences of the true reality

The light comes down as the true reality, straight to below to our world.



The light touches the point of 'our world' just from a distance.

#### Instructions:

**B:** The correction is the adjusting by way of going from the left to the right to the midpoint – the true reality. The reason makes concessions for to come in peace and harmony with the feeling.

**A:** the correction is the adjusting by way of going from the right to the left to the midpoint – the true reality. The feeling makes concessions for to come in peace and harmony with the reason.

## ***2.14 The method to strengthen our wishes***

The two main life attitudes described, the western and the eastern, have all the aspect of the world in the existing wishes. The main difference between all life attitudes of the world and these of the Kabbalah consist of the manner in which we approach the wishes. All others teachings are constructed for to destroy the wish of a person, or at least ask for a radical reduction. This is based on the unilateral attitude within the totality of all the ten fields of strength of a human being, with the emphasis on the left or the right side of a person. All wishes belong to nature and it is the level of wishes that distinguish the human being of animals, plants and stones.

In every wish there is a reflection of a certain colouring of the light, a frequency of ultrasounds and of taste. The highest and the largest wishes are in a human being and he uses them for the developing of his personality, for to grow. When there would be a limitation of the wishes, man would reduce himself of his true nature of man, to the level of an animal and further below, a plant or even a stone. Of course, when there are less wishes you could rest, but to become a stone is not the goal of the human being. They can be proud of what they have achieved, probably they find joy in the oppressing of their wishes, they feel great if they can hold there breath as long as possible. In this case the condition of a stone would be preferred, because a stone doesn't need anything! And may be it is better to exist not at all. All the inner methods are based on eating less, living in deserted places, to be separated from the material world, to breath less, to bring themselves to the level of a plant or even a stone. You can bury one and he will be still alive. What a performance! Can you imagine how we kill the most important building material of the human being – the ego? If there would be only one thought, everything for to limit the human being, would that bring us to the eventual goal one has set for himself?

When a person oppressed his wishes, he becomes estranged of his surroundings and he takes for granted his own psychological observation as the inner alliance with the higher world. In the Kabbalah we will learn all the further development of the egoism and the correction by the person self, it will make him capable, the whole package of egocentric wishes he received from nature, to make them his and uses them in a correct way. It is the transformation of his original, earthly egoism considering the giving, what makes he will become a more powerful person, now he is capable to overcome the most powerful strengths of nature and will be master over his

nature. This will bring him in a position where he stands far beyond the whole Universum and not beneath. You have to be a warrior! When you are not willing to make correction of your own nature for to come to your fulfilment, the eastern method of self-restraining will sooth you more and more, they will give you a primitive feeling of comfort and satisfaction.

In the eyes of the Kabbalah this self-restraining is an escape from the reality, to compare with drugs etc. It is well known, members of other teachings acknowledge Kabbalah as a very special method, as the highest teaching of the personal developing which would bring you to fulfilment. The principle of the Kabbalah teaching is completely opposite to all other methods: here we see the development of the egoism, the wishes as much as possible.

It is the perfect paradox, but only the egoism will leads us to the correction of nature within the person, to the true wholeness and fulfilment. So my advice to you is: give a lot of effort for you own personal development to become in agreement with the laws of the Universe, without being part of any kind of group or sect. You are your only test subject, and only you can experience the true reality and assure yourself that this method is working.

## Chapter three

### ***3.1 What is the true Kabbalah teaching?***

Nowadays you can see in shops a gigantic offering of Kabbalistic literature. In all prefaces the authors are promising they will reveal to you all the secrets of the Kabbalah. There are a lot of centres, clubs for studying the Kabbalah. This only shows us it is the right time for spreading out the teaching of Kabbalah. It doesn't matter how many materials there are for to sell Kabbalah. The next phase will be: the developing of the true sources of these many books. People will come to common sense and leave the lie behind and come to the true revealing of the true Kabbalah teaching and this will happen all around the world. When one isn't ready, it is a shame: he will miss the train. Therefore, All the books spreading out the Kabbalah at this moment, even with the most ridiculous ideas, or only with the profit in mind, it is good too. As a rule, every type of centre makes a study of their own sources, but not the true, original, because they miss the classical kabbalistic education.

### ***3.2 About reincarnation***

Every new generation represents a former generation in new bodies. This will lead to further development of humanity: from generation to generation we are collecting experiences, what is new in our generation will be embedded within the next generation. This is a fact; it becomes a natural, clear knowledge leaving all doubts behind. Therefore children are wiser than their parents. The cycle of the souls exists, but the cycle of bodies not. The process of the cycle of the souls needs a deeper understanding and this can only be done if we studying the control system of the Universe and these systems are studied in the Kabbalah. In the inner existence there is no limit for the bodies to be at the same time in this world and to be in eternity. Therefore a kabbalist learns the true principals and the laws of the movement of the souls.

Considering other life forms in the Universe: the Kabbalah is teaching us there was, is and won't be another life then only we!! Of course there is the wish from people to discover and meet someone in the Universe. He needs this thought for to support him. But except us there is only the finding of the light! There will be no one in the Universe who is equal to us, no one for who is the goal so high as for us who are living here on earth.

### ***3.3 There are no rituals in the Kabbalah***

In itself there are no rituals in the Kabbalah, which are with all respect, mechanical actions. Therefore, if you see rituals or traditions, and this can be everything, it is not the true Kabbalah. Even with magic tricks of the meaning of words, with the images of the sephirot (emanations of lights) etc. Every images of the inner process in the human being or from the laws of the Universe in common, it is only material for to illustrate something.

Kabbalah is the individual comprehension of the light; therefore it is for every person individual. So, if someone wants to sell you a broche, a red cord or a very special amulet, it will only help the salesman. There can be eventual a help for the purchaser, but only psychological, imaginable, if he believes in the power of amulets etc. There is no mysticism in the Kabbalah, either in all other teachings. It is only physics about the Universe and not only considering our rough material world, as other sciences do. The progress lies only in the wish for to correct your intentions and not by any improvement of your mechanical deeds. Your striving, wishes and effort have to be focussed on one point: all the wishes, intentions and plans have to be connected with the light, the control system of the Universe, and the very deep wish to bring yourself in agreement with it. This will bring you to fulfilment.

### ***3.4 Kabbalah begins were all other – logic- ends***

Kabbalah begins were all other common positive knowledge ends. When this knowledge comes to the point of not coming through with all their logic, theory and practice, the Kabbalah begins. There is no connection between the Kabbalah and psychology in what kind of form ever. Despite all the experiments with the psyche of the human, one can't come outside the sensual limits of the normal psychology. There are so many levels in the physical- and in the mental body of people but most of them in an undiscovered aspect.

You can call this a secret, because it is an unknown land for us at this moment. It is the same with every science and technique. In the future many secrets will be revealed and then they aren't secrets any more. With the science of today we can discover many things but not the laws of the Universe because there is no material. The Kabbalah is also named the secret teaching because she will be a secret for the outside world. The meaning of this is: there is no method scientific or whatever, there is no material that can reveal the laws of the Universe if there is no agreement from our side.

We experience the world through our qualities; if we would have other qualities we would observe them different. It is the same with the experience of the whole picture of the true reality: before we have the qualities of the observations, we can't feel her. Just as in our world, all the tools and science are for our senses, but in reality there is no new revealing because at the end of all tools and conclusion, there we see the person who has to accept. Therefore there will be no science or knowledge that can bring us beyond the true reality of all the fields of strengths as well in the Universe in common as in the special, the human being. But Kabbalah doesn't forbid anything! We will not say burn all the books, because the book of Zohar tells us, 'the faster humanity will go through all the errors, the sooner he will come to the true teaching, which will bring him directly to fulfilment'. It is impossible to make a mistake!!



### ***3.5 Kabbalah and fortunetelling***

There is a common and constant misleading of absolutely everyone containing the following: Kabbalah is a formula that occupied itself with fortune telling, with revelations of the past and investigation of the future. Per definitions Kabbalah is the revelations of the light to every human being in this world and not when he is dead!! There is no hesitation in me to say there is absolutely nothing what will happen whatever you have thought about during this life. The revealing of the control system of the Universe will gives us a deeper understanding of man himself and about the whole Creation.

But be aware, there is absolutely no fortune telling in Kabbalah in whatever kind or form you may think. And when there is a kabbalist who knows, and of course there are, they will not tell you!! It is forbidden for them to do so. But when someone has a certain knowledge important for mankind, may be, and please note, may be he may receive the permission for the revealing. But everything what would be revealed will damage us, how? Because it will take away our free will and therefore the corrections you could have done. So there is the forbidding for every kabbalist: “Do not let yourself in with fortune telling or whatever. Kill and burn all wizards.”

### ***3.6 Everyone has his own liberator.***

The Liberator is the light that pulls the human being to the central point, the point in which he has to return. Every person, every man will meet his own Liberator. There is an individual and a common light. The individual light of correction is there for every person personally, and the common light lifts up the whole mankind to another, higher level of existence. When this light comes to earth, there will be no change from the outside. It will be a completely inner uplifting; every person will feel this in himself. They will feel they are living in the whole Universum, and there will be no taste of time or of death. The physical body won't be of importance any more. There will be no experience in the connection with our existence. There will be only an experience of the inner. This is what a kabbalist experiences in practice.

For who observes the laws of the Universe, he loses the relation of the layers of construction. The light, which uplifts humanity from the inside, is named the Liberator. And with the word

‘Liberator’ we mean no person from flesh and blood. Of course, there will be teachers who will teach the mass the inner way to fulfilment. These teachers are envoys and represent the Liberator.

### ***3.7 Kabbalah is no science nor religion***

Most of the people see Kabbalah as a religion or as a part of a traditional religion. This is absolutely wrong. Every religion is build on the knowledge there has been a prophet, a person who had have connection with the higher forces. These prophet spread out the knowledge, insights, belief, which he got from his followers and from them who idolized him. This fact is to be seen in every religion. Everything comes from a higher revealing, from the revealing of the light to a prophet or a founder of a religion.

But the Kabbalah is a method that teaches you how you can find the way to the light. Kabbalah is a method every person can use without a mediator; the purpose is he may come individual in connection with the light and to live according the laws of the Universe. People, who already achieved this, have left behind for us their way in the form of a method. If you apply this method in your unique inner being, every person can become a prophet, meaning someone who is speaking by way of his inner being with the light. Of course it is understandable, these people won’t support religion because their relationship is with the light and is based on their personal wisdom and not on dogmas or traditions, that were once strengthened during several ages.

The Kabbalah is named wisdom, - *chochmat ha-Kabbalah*, because the Kabbalah researches in the ways of revealing the Ever Creating Strength existing in every person and in the Universe (in the common and in the special). Only he who has the wish, follows the study. Therefore it is forbidden to advertise the Kabbalah, or even worse, to proselytize.

There is no occupation in whatever research in this world; in contrary all the sciences of this world are based on the Kabbalah. So when you get yourself interested in the Kabbalah, and you apply it on yourself, you will see the connections between the higher, inner forces of the universal and our world.

These connections of the inner fields of strengths are manifesting themselves in the physical, chemical, biological, social, intellectual or moral processes and phenomena. It is not given to us to study all the phenomena, therefore we study them separately, and in the same way we learn about them. When classifying the science and techniques there was the dividing in an artificial way. In fact, everything is connected with each other and every research has his common objects, it is us who separates them because it is now easier to research them. In contrary with the Kabbalah: Kabbalah connects everything with each other, all the manifestations of material and the inner are bound together. In the Kabbalah we see for instance, music, astronomy, biology, maths, medicine, as well several outer manifestations of one and the same inner law of nature. By studying the Kabbalah you will come to the discovery there is only one law, and this law is the subject for our study. This comprehensive law is to be seen in different ways in our world: in the quantum theory, biology, maths, and music and even in management, etc.

All attributes are there in the Kabbalah and can be used by science: investigations, the gathering and writing down of researches, receptivity, verification of facts and their accumulations and structuring. This is science of the Universe, the place where we exists, science about one universal law of all nature. At the level of our world, the common law of the Universe manifests itself in a simple summary level; by way of the inner it is always there and gives his stamp everywhere. Nevertheless the Kabbalah isn't a science or a technique, because it has an extra dimension going beyond every science: it is the learning of "to go beyond the understanding". And there is no relation whatsoever with religion, belief or "clairvoyant" methods.

When you ask a person who is a member of whatever religion if he knows something about the Kabbalah, he will answer: "It is unknown to me and there is no interest either." And he is right, because Kabbalah isn't for him who is devoted to the traditional religions. Besides, Kabbalah develops the egoism of a person and makes the longing for knowledge only greater. Kabbalah is

based on self-knowledge, on the seizing of the inner, while religion is built upon limitations. To be satisfied with little.

### ***3.8 Kabbalah and the laws of the Universe***

The most important law of the Universe is the law: “In the light there is the wish to give at mankind the ultimate form of pleasure.’ And from this law derives all other laws. All what is happening is only the fulfilling of this law. Every moment there is a reinstallation of the strength so one can come to the most optimal pleasure. In the centre of the Universe we see the infinite light, surrounded by a system of filters, and these filters are making the light rougher. This rough material is absolutely necessarily for a person so now he can change his nature: to change the egoism in the altruism. Our Source is absolutely unselfish.

When there is a disposal of the light or an alignment to the light, it only means an inner change of qualities. When we become more alike with the light we have come closer to our fulfilment. But if we stay stubborn and we cherish our self-love, we will go further away of the light and also further away of our goal. When we work and give effort for to come closer to the light, to come in agreement with the qualities of the light on our own strength, we escape from the binding strengths and we save ourselves from unnecessarily suffering. But when we stay stubborn and don’t change our qualities into the qualities of the light, we will experience in the same measure nuisances, illness, problems etc: it is the consequence of the ignoring of the light. In and with the Kabbalah we will learn how we can stay, in every situation, conscious and aware how to come closer to the light before the binding strength has caught us up.

All the negativity we experience in our world is only the consequence of the experiencing of the other side of the light, the binding correcting strengths. When you follow the laws of the Universe you will come to fulfilment. And through this you are helping the whole world, your light of corrections will be added in our world. The high government will be softened in your experience. Instead of severity there is mercy. Therefore the Kabbalah is absolutely a practical instruction for how to come, in all its simplicity, to live a good life. In our time we see radical changes. In these changes we can see the government of the whole world was, is and always will be according a strict plan from above. But nowadays we feel the high government is sending us

the strength to be a participant in this law. At first we were as puppets on a string and there was an automatically attitude concerning the development process, now we have to be active, self-conscious and aware for to fulfill this process in a close corporation.

When there isn't the wish of the inner uplifting the binding strengths will force us over and over again. There won't be a peaceful place on earth. There will be no place where one can feel himself safe and at ease. He will be haunted by grief and sorrow and then he will see the reason for his misery and that is the moment because, unconsciousness he knows how to act. He knows it is not good when he is beaten and doesn't know why.

One doesn't need any pre-knowledge for to start with the Kabbalah, because it is about you and your relation with the light. When one wishes to work with his inner being, he will have the feeling that is to compare with a newborn child who comes wet and naked on earth. "But why do I need this? For to learn something extra about the outside world?" No, it is for to take destiny in your own hands, for to know your inner world so you can make something worthwhile of your life, the best of it and no less.

### ***3.9 The Kabbalah and this world***

The Kabbalah emphasizes one has to live active in this world: he has to work, have a family, children, and serve the army, education and the will to learn. And with all of this, in every action he has to realize the high goal of the existence and to live in connection with the light, the light that gives him the real life. Only when we live completely and make use of everything there is, without selecting or by wishful thinking, but with his own vision, one can come to his ultimate fulfilment. Therefore Kabbalah doesn't say you have to fast, to isolate yourself from the world, or punish yourself or have self control in anything, including the vows of chastity, the fear of punishment in this world or in the after life, etc. these human practices only leads you further away from the light, to unnecessary suffering and no liberation.

## Chapter four

### ***4.1 The sixth sense: the feeling for the inner***

Every impression collected by the five senses, comes inside the brains and will there be reconnected in the existed program. The result is what one has experienced. A brain also gives signals coming from the observation of the past – the memories. When the brains the so imaginary observations, hallucinations or observations register while he isn't aware of it, it is as a dysfunctions or a disease of the system. While teaching Kabbalah you become aware of your surrounding and at the same time these surrounding is from a distance, because you observe not only yourself but also the light, the source of all your observation. And this is an individual experience; nobody can confirm or deny this. It is the most practical teaching and only by verifications everything will become clear. Inch by inch one gets a sixth sense for the experiencing of his inner, the inner becomes more and more alike the giving light.

In the last century, one believed in the strength of power and in the intellect of science. Now it is time for humanity to discover the true life is controlled, and for to govern our life we have to reach our root of the giving light. There will be, in each of us, the substantial need for to comprehend the inner. Our life will force us to seek redemption, and there always will be the possibility for to have influence in what is happening around us. Humanity will discover the input of the high government. The common law of the Universe will force us to grow. The outer being is lazy, it is his nature, he is selfish and there is no way to bring him to fulfilment.

When you start the studying of Kabbalah and you start to live according the method, you take the possibility to avoid the way of suffering and grief. You become aware of some strengths and some knowledge for how to behave in this world. In this way you are failure, fate and accidents one-step a head.

## ***4.2 The sense of living***

There is one question every person will ask at a certain moment at himself: “Where am I living for? Why all these sufferings, the years of hard work, the grief till the moment I am completely exhausted and at the end of my life.” This question is for everyone who wants to make something of his life. There were great philosophers working with this question during many, many generations. They were sincere and wished to find an answer on this question. When we would think about the real reason of our grief and suffering, we would find the cause and consequence, although everyone can give a different answer, but it will always be in agreement with his personality and culture, therefore everyone has to work at this question and to find the answers in a personal way.

In former centuries there was a bunch of misery till they reached the level what was necessarily for to come in connections with the inner. This was needed because we were unconscious, didn't know how uncontrollable the reality was for us. But today, while we experience the revealing of our suffering, we acknowledge the future depends on us. And when we have become consciousness about this, we want to tell others to shorten the period of the development of human beings. In these trainings of the Kabbalah we shall learn how to come in contact with our inner being in a short time. We will understand the depth of our inner roots and develop a mature attitude how to develop life. We will come to the understanding it is me who is to blame and not others. We have to come to this attitude for to see reality. We will be capable to understand the events within ourselves and around the world so we can react in a proper way and at a proper time.

### **4.3 The four commandments**

Make yourself small, tiny considering you're inner being. This means making space within your self. Do not listen only with your head, but also with your heart. While using your head you can become a specialist, but in the Kabbalah training you will need 'fingerspitzengefühl'// intuitive feeling. When you use only your head or your heart you will see different aspects. Every day you have to find your wholeness.

How can I reach the optimum?

Have the deep wish for the goal to experience the inner, this is enough but it has to grow. For the connection with your inner being and the light you have to live according the four commandments. When you use in every situation the four commandments you will come closer to your fulfilment, to the connection with the light of life. In other words, you will see reality. These commandments were first given to a few persons who studied the Kabbalah, for to live according these commandments and then to pass them over on others.

For the first time in history during these trainings of the Kabbalah it will be revealed and worked out on you. We don't speak about the commandment of the flesh, only about the awareness of a person from his skull and downward, just before the reaching of the ego point. When we constantly keep in mind these four commandments we will come to the observation of the highest reality. Of course, the highest level is always in the moment. Then structural there would be no mistakes. People in our world will be in agreement with the control system of the Universe.

The light had made a treaty with four places in the inner being. The light is the quality of 'giving'. And our nature is to receive. When we act according the four commandments, we are focused on the strictly laws of the Universe and not on the story of our world. How true your story may be, it is and always will be imaginary one in your mind. While living and experiencing these four commandments we experience our life as worthwhile, as a diamante or a pearl. It only depends of your intention.



**1. The commandment of the eyes.** This is a place within the fields of strengths of the inner being named wisdom. This is the area of the thoughts, and these are the thinnest form of wishes. The meaning of this is to come in acquaintance with yourself and/or your surrounding so you will notice what you see, because the outer being can have the evil eye. And your thoughts have to be pure.

**2. The commandment of the tongue.** This is a place within the fields of strengths of the inner being named intuition. It is the commandment of words. This is the transport area of your thoughts to your body; through this the form of the wish becomes thicker. With the mouth we take in food. We praise and curse. Don't gossip. Only speak words so another feels better. Do not grumble. Avoid negative remarks from your outer being.

**3. The commandment of the heart.** The inner heart is the field of strength within the 'physical body'. This is the area where we can feel a form of a wish already fit in some place of the heart. All the wishes of the heart, all the inclinations, attitudes, love, hate, are to find here. And some of them can make or break us. When you come to an understanding of your wish, your attitude will be good. Then you aren't a slave of the circumstances: neither of the society, family or friends. It is said to love your neighbour and not to hate others. And this work has to start within your inner being, the wishes of the inner being.

**4. The commandment of the genital organs (or the base):** this is a place within the fields of strength of the inner being named the genital organs. Do not make the mistake to think we are speaking about the flesh, in the Kabbalah we only speak about the inner strengths. And these are very heavy, very hard wishes to control, these wishes are so thick; they have come to the stage of action. Eventually, all the inner forces of the other fields of strength are coming together here in the base. Here we see an enormously area of energy. The fourth commandment is about the system of strengths inaccessible for science, religion or whatever we have here on earth. It was and stays a forbidden area because we don't have the key to open this most crucial area; we only receive the key when we are ready to understand this crucial area and how to use it in a right way. That's why there is so little written about this subject. Only during the lessons we will talk about this with care and at the same time very determined. You can't learn anything about this subject

in books neither can you learn how to handle them. It is the inner being in every person that will be, invisible, wake up so it can grow very fast. And this can only be done through verbal teachings.

And when you have learned and understand these four commandments, you have to live them every day of your life. Everything is connected with each other. The light of life is perfect, whole and our inner being has to come in agreement with the qualities of the light. Living according the commandments is a situation of, everything or nothing. But don't be afraid, you will learn by heart. There isn't a way to do a little bad or a little good. Why not? Our source, the light, the laws of the Universe, is perfect, whole. That's why we have, eventually no other choice then to come to our fulfilment and to strive for wholeness till the moment we are ready.

The more you live according the four commandments, the more you will experience the reality. What you need is an intense desire: 1>2>3>4. The more you live according these four commandments, the more you develop in your self the strength for to win. When you live according these four commandments you will be surprised no one can mislead you. You aren't a slave but the conductor of your own destiny and path of your live. In every aspect you will experience everlasting success and well being: at your work, with your family and friends. The reason for this is: because you live according the four commandments: the outcome will be noticed also in the material life.

Through this you will have taste in all the ten flavours (sephirot = splendour]) in every condition, task, problem, project etc you will experience them. You would be amazed about the progress you make even in your condition. In a way you would be really never be exhausted any more. And then you don't need extra products as coffee etc. or alcohol to come to relaxation. Your surrounding including your colleagues and adversary will see you with other eyes, even without the realizing why. And there will be calmness in everything what is happening within you, because in a way there is nothing to feel love for within yourself.

Now you may have come to the understanding why it is so important to live according the four commandments: of the eye, the tongue, the heart and the genital organs so you can experience the ten fields of strength. Your inner being knows the strength of the light. The outer being knows only the power of the physical body, the wish to receive more and more for him self. The first commandment is the easiest one and the fourth the heaviest. No one can have control over the forces beneath his waist. Even they who are going to live in convents for to be away of the seductions of the world, they also have dreams of the other gender. There is no resistance because it is within the nature of a person.

The fourth commandment is given to us without tools, only the teaching of the laws of the Universe lying within the Kabbalah. Only with the laws of the Universe you will have an inner entrance for the forces beneath your waist. You see what is happening in every convent, it breaks every man and woman. There is a damaging of all correction within masturbation. The more you give in at your wishes of the outer being, and within the outer being we find the base, the more it wants to have without coming to satisfaction. The less you give, the calmer it becomes. You can't play games here. Everywhere, even at your work, we have to live according the four commandments.

**1. The commandment of the eyes.** Your eyes, Chochma, have to look good; don't have the evil eye, meaning do not envy because it will break you. There has to be a striving for not to envy. Work at yourself. When you only look at others, you only withdraw your own strength. Look always at yourself and not at others. Of course we can hug each other, etc but don't make a comedy of it. This is not the way we are made for. And of course you have to be generous to others. For example, someone has a new car: don't envy him. Turn the feeling: be generous. You have to be generous. And if you lack this strength it is good to remember to say 'I am generous'. Beg for strength to be generous to everyone. Why? Others don't have to interfere themselves with your inner being.

**2. The commandment of the tongue.** Don't have an evil tongue. And this is not only about the words you are speaking but also in what you are feeling and don't talk about. When there is only the thought for to hurt someone, in a way the act has already done because in the inner every thought will be stored forever. And only when you come to the true feeling of the light there will

be miracles. So be positive: 51/49, more for the good than for the bad. Reverse all the negativity of your tongue.

**3. The commandment of the physical body.** The epic centre of the body is the heart – the I. Hate is a negative commandment of the heart. Turn it to love. Let the light flows to your whole inner body and love it. When the hate is so strong, you can't overcome, beg for the light. Not only utter some words but also make yourself small. Make your conceit small. It is a correction. In the heart we find several wishes of the body.

**4. The commandment of the genital organs (the base).** As we have already said above, this is a subject what is absolutely incomprehensible. For most of us it is laughing. It is against the mind of the thinking man. We say: "What harm is there when I watch a sex movie. I only want to relax". Know there is no cheating in your inner being. It influences your thinking, feeling, although you think this isn't happening. It is because you don't know the mechanism of your true function of the area beyond your waist. This is an area absolutely unknown for the most of us. Even politician and presidents have problems with this. He who is striving for to come in agreement with the higher strengths, he escapes to a monastery, but even there he will not find solution for this fundamental strength.

It is easier to have power over half the earth than to have power over its own foundation. And no body can give him redemption, only when he brings himself in agreement with the laws of the Universe. Because there is a law: there is nothing in the common, what we can't find back in the special. And every human being is a small world. With the univocal instructions and with some help he will come along. But there is a main rule, do not interfere yourself with the mess of another because then your own awareness moves to the other. Of course it will feel good but eventually you will loose the connection with your inner being. You are losing time and you aren't coming closer to your goal. In contrary, it will throw you back in the lowness and the dirtiness' of a low animal. Through the training in the Kabbalah there is the receiving of appreciation because there is the discovery of your inner being within you and wholeness will be the result.

#### ***4.4 Turn your enemy into a friend***

And the greatest enemy is your uncorrected outer wish. There is no other enemy than your uncorrected wish because this will withdraw you from wholeness. It is the stone of offence. To see the world in truth as whole, can only be done by a corrected person. “See and taste how good the light is”, says the kabbalist. Therefore we have to go beyond our reason. A fundamentalist believes beneath his knowledge. It is the attitude of the mass spirit that doesn’t verify.

He who’s not corrected has of course doubts such as: “How can a good government of the Universe let children die?” and the answer is: “I don’t quite understand but I believe the government is good. And although I don’t experience this from within me, this is only because I’m not corrected yet to see it the right way”. You can’t blame a person because he is still in the spirit of the mass. In everything you have to look from within. The mass spirit is still in a human developing phase. He is looking for proof, groups, cults, etc.

Therefore Kabbalah is an individual movement; you have to clear and strengthen yourself. All the manifested wishes in the world are in you. Only when a person has finished the correction within himself he will experience the going beyond words. The ultimate goal is to come to an inner connection with the whole. It is from my inner I give a kiss or warmly shake hands, and not from my outer being. Everything that we do with the outer being is a game. Of course it is not forbidden, but it won’t bring you to fulfilment. Your inner being is whole, warm and loving, act the way your inner being is and not in an artificial way. From the inside you are not higher than your friend because if you were, he wouldn’t catch you up.

The lower you go, the more you will learn and receive from him. And only your inner being has to make itself low. This is not an artificial humbleness but it is the sweetness of your life.

#### ***4.5 The only free choice you have is the choice of your surroundings.***

Everyone has a free choice. It is the choice for to choose your surrounding. Leave your friends behind when they are not in agreement with your striving for fulfilment. If not, inch-by-inch they will wipe the floor with you. And they persuade you to invest your strength in something else. You are a prey for them if you don't make your own choice. In the early days you was with them and you had the same speech and you was in the same gossip. Now it is over and you don't belong to them. And your surrounding shall and will not understand nor accept. Then you have to make your own choice: you have to leave the spirit of the mass. Go and find other people who are also working at their own fulfilment. Do not advertise your inner work. Do not lease your heart. Every person has the right to strive for his own fulfilment; it is not a duty because everyone has to follow his own development.

When he doesn't understand, he isn't ready, may be he will do it later, over one or two years, or in one of his next incarnations. But when life is very precious to you, start NOW. When you have just started you need patience because at first everything is welcome, there is no selection. You are coming from the world of the five senses. And the one who is doing this for years has to have patience too, because he can have the feeling of 'I know better then you'. You are what your intentions are. It is said: "tell me about your surrounding, and I will tell you who you are". Don't be a slave of your surrounding. When you work at your inner being, for 90% you can say goodbye to your old surrounding.

#### ***4.6 Four kinds of people in your surrounding***

**The first group** is the one highest in rang for to let them come closer to you. These are the people who are, just as you, striving for achievement. They also want to live according the laws of the Universe. Create such a surrounding near you so you can come in contact with them. The age doesn't matter; it is all about the inner.

**The second group** is the one who support you; they support your work of correction and study. But for them selves they are still a little bit careful. But they respect your choice. The important thing is they may not lead you away from your achievement. For them selves they need a small

push, but you leave them alone and you don't push them to do the same as you do. Everything in agreement with the laws of the Universe: there is no force in the inner.

**The third group** is they who don't care about what you are doing. They don't stand in the way.

**The fourth group** are the scoffers. They don't have the wish to overcome the material nor the flesh. They are living day by day and they want you to do the same. It is very important to avoid these people. It is said: "Love your neighbours". Do I have to love them? Yes. We are coming, all of us from the same source. When your finger hurts, it is not your finger that is hurting; it is the pain in your heart and in your mind. And this is the same for every person here on earth. There is an inner connection, but we have to work first at our selves. Then you can help others. But now we don't have enough strength, now we have to look for people who are supporting us, who have the same wishes as we have. But at the same time we become stronger, you can see the other, in truth, how he is and then you can love him also.

#### ***4.7 Outside myself everything is perfect***

What you are going to do with your wishes is very important. Everything outside yourself is whole, the problem is; you don't see it. He who isn't corrected suffers and has grief. Once you are on the highest level you can love the scoffers, your enemy. But for now you can't love yourself. You don't know who you are, who or what your inner being is. How on earth can I love my enemy? That's why you have to leave the one who scoffs you. Do not invite them, but either doesn't hate them from a distance. The moment to love them is only possible when you experience the light outside your self. Know everything is good, is correction. So love everybody. We are all on the same path. But first you have to develop your inner being, because this is the one who is abounded and be hated by you, because you emphasise the love for the outer being. Now is the time for effort. And although you won't see the effect right away, it is good. Everything goes step-by-step. So we need patience and know, don't struggle with your inner.

You have to overcome the feeling of sorrow. Don't escape from your own rescue, from your self. Of course don't seek trouble, but when it comes to you, you have to deal with it. You need these moments or even these periods otherwise you will not learn. So first learn the method and then automatically the method will do the work.

It is good to know your inner being can't make mistakes. It is the mechanism what is in potential within us. Once you were young and you had joy but on a certain moment there was the other side, the grief and the misery. If you want to come to your personal achievement there is no other way then to meet these forces and to overcome them. You can compare this with the overcoming of the gravity when we are in space; your inner being has to overcome the gravity of the body. It is a necessarily force we feel as misery. And no doctor can help you with this feeling. When you can't sleep or you have a headache it can be an enormous cleansing; a lifebuoy, the problem is you don't understand it right now. Likely it is something given at us for the corrections in this incarnation. So except it in joy, see it as a marvellous mechanism. But know: don't seek the misery!

#### ***4.8 The four layers in your inner***

**The first layer:** Action. This layer is the lowest: once you have started your correction process this is the layer you will meet at first within you, it is the area of the giving and the taking. This layer is constructed in the consciousness as for 90 % evil and for 10 % good. It is impossible to escape from it. You have to build up the strength to pass this layer. One needs the most power at the start; you can compare this when starting an engine. Starting is the most difficult. When the engine is working it will be easier to keep it going.

**The second layer:** Form. This is the area within you with the structure of 50% good and 50 % evil. It seems easier to go through. We see more acceptances because there is more agreement with the laws of the Universe.



**The third layer:** creation. Here you experience 90% good and 10 % evil.

**Fourth layer:** Shining. For almost 100 % you have the experience of feeling good. Of course there will be the feeling something has to be corrected, but it will be done during the time of the outer correction for whole mankind. This is named the eventually goal of the correction. In this stage you come to achievement and there is an everlasting shining, without up and downs.

#### ***4.9 Show your weakness***

For the most of us the start of the work on the inner is at a later age. You can compare this with; one goes to a doctor when the body is full of pain. Of course for emergencies you have to go to a doctor, but by doing the inner work you can stay illness a step ahead. Eventually everyone has to correct him self. Here we see the principal of the weakest link: dare to see your weakness and work on it. Don't correct what you like; you have to correct your weakest link. Expose it for yourself and work on it. Justify always the government of the Universe. Be fair. If you don't feel anything be free to say so. It has to be real. Your ego is telling you different, but the inner being in you wants to overcome his nature.

We call Adam the first man. He was the one who could be called the first man. Before him there were only humanlike talking and walking animals. A human being is he who acknowledges and lives according the laws of the Universe. The definition of 'man' is he who is in the condition of acknowledging his inner being and works on his development. Learn to experience this. He knows there is no other thing then the light of life. The inner being exist quite a long time, but the acknowledges of the laws of the Universe started with Adam. The four commandments were not entered into an alliance with people who were haunting the mammoths. To receive in an egoistic manner is sin, therefore the inner being felt shame and he had to hide himself.

We have to come again in harmony with the light of life or in other words, with the laws of the Universe. Before one experiences his inner being he doesn't know anything about shame. The closer he comes to his inner being, the bigger and healthier the uplifting shame. What you see is your nakedness, your uncorrected state: you see your ugliness against the weak feeling of wholeness. When you experience this, you already have a very high level of your inner

development because the correction is already working. Feel love for the wholeness of your inner being and not for the person from flesh and blood. Only through this you may feel love for another being.

#### ***4.10 There is no other way for coming to wholeness then by way of the inner being***

People change every time so also during the lessons or trainings. At first there is a natural resistance. Then we become more and more receptively. In a way we go deeper in our selves and not superficial or shallow. This happens by using the wisdom as a tool to enter the hidden. These trainings in the Kabbalah are opening in you certain doors and others will be locked. By living these lessons you will develop some feeling sensors for all the good what belongs to you.

This is the only subject of the Kabbalah. The word comes from the verb 'le-kabbel' – receiving. What is the way to receive all the good without having a hangover afterwards? You have to make yourself small and modest, and at the same time alert and active. Be prepared to be aware of your inner being all the time. In everything you do, your good actions and your study, it will be an extra. And everyone can do this. You have to understand yourself through the flesh, with the heart and with your mind. Through this some doors will be opened and others will be closed. Surrender yourself. There is only one comprehensive strength, one gigantic opening, as well above in the Universe as well deep inside us, and it has the quality of absolutely unselfishness. We have to bring ourselves in agreement with this strength, then this strength will shine on the powers beneath or waist and there will be a resonance. Instead of being selfish in our receiving, we open ourselves for this quality of the Universe that is always there. And it will give you all what you need. There is no other strength that can help you with the developing of your inner being.

#### ***4.11 The left hand pushes away, the right hand pulls***

In this method of correction we see as well the left as the right side are used in the correction. It isn't in the law that both hands pull because there is the principle of 'one against the other'. First there is the battle of the opponents then there is the wholeness. The right hand indicates the aspect of the giving strength – love and dignity – it is the pulling strength. And there is no limit in the giving. The left hand –severity – indicates the pushing strength, limitation. As long a person isn't corrected, he can't receive. In this situation he only wants to receive in a selfish way. Only when these two strengths are working together we speak of a corrected situation – the middle line, and this line is in agreement with the true reality – it is a dynamic balance between these two strengths.

So both strengths are progressing. The good and the evil need each other. There can't be fulfilment without bringing these two strengths to the highest point within you. There have to be in you the repetition of the words: "I don't need any other strength then the strength already in me". It won't be easy; you have to believe in it while you can't see or notice your inner strength because what you see are the opposite forces. You have to work on it, but it is the same in the material world, everything where you worked hard for, is very valuable for you. In our eyes it seems there are evil forces, this is because we haven't yet developed the right senses for to see behind the evil there is the good. It isn't possible for us to look behind. And it is the same for the good strength. So, there is only the surrendering for the light. But for the moment we don't have the strengths to be in agreement with our inner being.

Everyone has expectations and has the longing for an everlasting fulfilment. It is the attachment of faith in the thing you long for that opens or closes the doors of the light, but after a while you feel yourself deceived because the gate of the Saviour, the gate where all the living strengths comes from, wasn't reach. Only when this has happen, all other doors will be reconstructed. Therefore we have to start with working on our selves and to trust our inner being. All other doors are for them who are walking behind the mass. You have to overcome in every situation the opposite moods and feelings. How? By building up the confidence, to go beyond your reason, so you can solve and bring in agreement the opposites to a higher level. In the higher the

evil is always good. Not simply good, because in every situation there is the opposite. It is made in this way according the instruction of the Higher. We can only walk when we have two legs.

The goal and the result: the result is the unity between the two opposites of your uncorrected observation. Now you have gained strength at a higher level. And now you have become worthy to receive again two new opposites. Again there is the situation of the good and the evil but on a higher level, and again you have to work for to bring them in unity. Over and over again you will be showed a new piece of egoism. Don't be interested in the end of this process. There has to be a result on a daily base. Feel every day the opposite in you and know it is only because your awareness is still lacking, and the lack is the correction. It isn't your fault nor is it out side of you. In a way you are perfect already. Only the awareness is missing. So be attentive where your thoughts are. In every thought you open a door and you believe, in truth, that you are receiving the shining of the strength of live.

And this can accelerate the leakage of your energy, because instead of receiving the strength of life you can spoil energy too. Higher means higher awareness, higher reality, and a more enriching experience. What you are doing for a living is not the ultimate goal, because if you do so, you will always be cheated. Of course you have to invest in your profession and of course there has to be the wish to receive the maximum, but when there is no attaching with the development of your inner being, eventually the top will be very empty and boring, and as a result you could act in a very craze way. And if you don't reach the top, your body will abandon you and emptiness is all what has left. Only when there is attachment with your inner being you will receive life.

Don't interfere with the correction of another person. Of course you can give some indications but the work has to be done by every person himself. Kabbalah is a miracle but not magic. Always make the connections with the four commandments. Live according the four commandments. Don't have adulterous thoughts of wishes through your eyes or your tongue, your heart or your base. Your intention is everything. Remember, the words of accusing somebody are wrong, you don't have to say it, and even the thinking of such an accusing is an adulterous thought.

This is the cause of losing your energy. You are losing the clear observance of the true reality, and the true reality leads you to wholeness. Through the adulterous thoughts you aren't in agreement with the qualities of the light. All the adulterous thoughts and wishes you have in your heart means only you have a wish for something or someone, but it is an egoistic wish, coming from the outer being. As long the outer being has the longing, you can't come in agreement with the source of life, because the source of life only wants to give. The receiving with the wish to give belongs to the giving.

What is in the micro is also in the macro. Knowledge about the atom gives knowledge over the whole. And it is the same for the inner. To live our life in the here and now makes we are growing in wholeness and to experience it. Reincarnation is only a coming back for to finish what we didn't finish now. Kabbalah invites you to come to your own inner being. The Universe and the 'I' are the same. Only the 'I' is very small. Open yourself for the true way. It is hard to understand the Universe and the 'I' are the same, have the same qualities, but don't struggle.

## **Chapter five**

### ***5.1 The attitude of self love***

When people start the training of Kabbalah they are full with earthly problems. But very soon one is loosing them. All the excuses for not to work on the inner comes from the ego, the ego is whispering in your ears: “I had a headache so I couldn’t come”. This only means you gave your surrounding the opportunity to bring yourself to a lower level. And this is coming from the ego because the ego enjoys material and outer things and hates the inner. Even the wish for relaxation is from the ego. The ego is afraid for the attitude of: “I don’t need anything. I am satisfied. I have everything”.

As soon you overcome the ego, you don’t need sleeping pills, alcohol, cigarettes or drugs. The strength of the spirito-sphere comes upon you and will guide you to your ultimate goal. Always have the thought for the achievement of your ultimate goal. Know the intention is the most important.

### ***5.2 The collecting of your wishes***

Every person has his own roots. Be true at your root but also make profit of the root from people strange to you. There has to be the wish in you for taking in the deep roots of your inner being. Through this we are coming closer to our source. To take in other people wishes creates room within us; because a wish is shortness and only where is shortness there can be a filling. The more wishes we have the more sensors we have for the light. And the differentiation in our wishes makes it only better. See it as enrichment. These wishes are heavier and more difficult to fulfil. There is more work to do. But at the end there will be an inner connectedness. So experience! Search and you will find the love for others, even for them whom you hated, the enemy and the bad ones.

### ***5.3 Life is in the here and now***

1 - Afterglow or living in the past is the left hand pushing away

2 - Pre-glow or living in the future

3 - Now-glow or living in the here and now; is the middle way, the product of the laws of the Universe. And this is the way to your fulfilment.

**1 - Afterglow.** Never let there be an association or confrontation with the past. This is essential!! Of course it feels good thinking on the past, but it brings you nowhere. When you are doing something, enjoy the here and now. Don't think about it. Try to live in the now-glow with the best intentions you have, because life is now. When you think at someone who has done a terrible thing to you, you live in the negative after-glow. It is the shadow of the past. Some of us are living their whole life in the after-glow. As long as people are worrying about their family, their partner, children, neighbours or colleagues and the suffering they had gone through, they don't learn anything about themselves and, they aren't helping others either. It is all in the name of pre-glow or after-glow. When there is a ceremony or commemoration, you only think at the things you or others had done. You think at the honour you got in that time, but it is misleading you. Don't think at it at all. It had to be happened.

There is a saying 'live for the moment', and this is not the way either. In this we only live with the five senses through the outer being. After-glow arouses only pity in you. You give the power to the past. It only feeds the negative forces. Living in your own fantasy is an error, and especially when you connect yourself with the fantasy of others.

**2 - Pre-glow** is the future you are expecting. You give your energy to the future and not in the here and now. For example: "Over a week we have holiday", or, "Within two years there are the Olympics": expectations becoming your reality instead of the here and now. Fear for the future is not living in the here and now. It is the creation of the shadow. You are taking away the life from you. It is suicide. In the here and now is no fear or hate!

**3 - Now-glow.** Light only gives when you are living in the strength of the now. For instance you are driving to your work and while you are driving you are thinking at the past or at the future.

The shadows of the pre- and after-glow are taking 70% of your energy away so the chance for an accident is more likely. When you don't live in the reality of the here and now, diseases are more likely. Without the attention for the here and now, 30% is left over to see the reality and this reality is the only thing that can correct you. Don't complain! When a meeting is over, directly come back in the here and now. Don't think: "Did I right", or "Was I good enough?" Living in the here and now means you can use the strength for 100%, pure in your actions.

After-glow is a sensible way of evaluation. But when you are in the now-glow, you value the inner being. Coming in the here and now is to follow the middle line. No negative force can attack you. No negative force can bring you down. The middle way is the result from the influence of the light. Only the working with the brains does not work.

You can only work when there is a complete availability. Don't make comparisons but work with your heart, how? By showing the best intentions. In every situation there are three lines. And the application is a pure individual process.

#### ***5.4 The area of the good and the evil is named 'human being'***

1 - In every person there is an opening for the infinite light. The light isn't ours; it comes to us through an opening. We have to experience the opening for to attract the light.

2 - The inner being: The inner being experiences the reality as good.

3 - The skin of the good and the evil: Here we experience the good and the evil. This is the area where we have to work. Every person consists of these two parts.

4 - The outer being: People who are living in this area only have the wish for food, drink, sex etc. the outer being isn't aware of the inner zones.

In the inside of the layer of the outer being we see: education, religion, culture, the attitude of life, the social skills, mental consideration etc. these are all varieties of the outer being. It is very close to the true area but it is still the area of the outer being.



The next layer is the zone where lays the experience of the true good and evil of the person. The deeper we go the deeper we will experience the true 'good'. 'To be good' means we are already in the area of the true good. The area of the good and the evil within us is named 'human'.

Actually it is the area of our study. First you have to experience the whole area. Accordingly we have to reform inch by inch the stadium of the evil into the good and add them in our inner being. The area of the good will be growing through this process and the evil will be lessening. When we choose for the evil the light is leaving us. We are experiencing this as darkness, loneliness and grief.

When a baby is born he only experiences his outer being. For him the whole world is his. But through suffering and experience we come to awareness. The light is pushing us, it is 'the point in the heart', and from the inner we acknowledge there is something lacking. When a person works on him self the true point in him is growing and receives volume. In a way it is the building up of a structure within us. We have to feel all the layers. How? When one is only a thief, only his outer being is active. He can't experience in himself, or in others, the inner: he doesn't experience mercy. He feels he is innocent. Why? We are talking about the inner, but when one doesn't know or experiences his inner, it doesn't exist for him. And the paradox is; he isn't lying.

As time go by we will be more and more in contact with our inner self. The 'battlefield' is the area of the good and the evil. This inner layer is a very sensible one. With alcohol, drugs etc one can make this area evil. The outer being is absolutely evil, it's dead. It's the phase of the "unborn" man. In this stage he is far away from the source of life. He is selfish, only wants to receive for his own good. Everyone wants to receive for oneself. The one and only solution is to train your inner being and develop it by learning the Kabbalah.

## Chapter six

### ***6.1 Kabbalah therapy: the therapy of receiving in the right way***

Forces in the Universe and in beings are to see as wavelengths. We have weak, long wavelengths – FM – and through this we can receive local transmissions, the middle wavelengths are for Europe and the short wavelengths are for the US and Australia. We also have radar, which are wavelengths with a far larger reach and with this we can control ships etc. but above this there are wavelengths where no apparatus can receive the forces – these are the inner part of the Universe and these are in agreement with the inner being of man. With our inner being we can travel were no space shuttle can come. Spaces shuttles can go only where material is.

It is possible for the inner to go to the point where the material (mass) changes into zero. In the outer being, and all the apparatus are tools for the outer being, here we see the whole scale of short and long wavelengths but they can only reach the point of material. Even the cosmos and the stars are in a way material. Even the roentgen- and laser wavelengths are, although very thin, radiation of material wavelengths. The inner being is reflecting and receiving the most short and strongest wavelength. One does treat tumors with radiotherapy etc. but the wavelength of the inner being is far stronger. This therapy will lead us to an ultimate development. All problems would be released by the therapy of the Kabbalah because Kabbalah is the therapy of the right receiving. One doesn't need any technology for this. What we need is the knowledge of the laws of the Universe and to come in agreement with these laws. This is enough. We only have to learn how to receive.

## ***6.2 Place of diseases in the human being***

We can find illness on the boundary of the inside of the outer being. In the area of the good and the evil we see the roots of diseases. One becomes ill because one doesn't live in agreement with the laws of the Universe. This is the breeding ground. In the control system of the Universe are no diseases, only when one doesn't live according the instructions and laws of the Universe; then physical and psychological diseases manifest themselves. Illness is a warning; it is a message for to attract the good. Even though the outer being isn't of our interest, diseases manifest themselves first at the surface of the outer being. When one doesn't listen, it comes through the system and the disease can become chronic. It is all a matter of making mistakes.

When one does something wrong for the first time, it isn't an error . Making one mistake can be part of the growing process. Making the same mistake for the second time still it isn't an error. Of course it has grown but only when one makes the same mistake for the third times it becomes a disease, a habit or we make a standard of it. After the third time it will become easier to go along. There is no difference between drugs, cigarettes, alcohol or looking at the telly. All of this can be named addiction from the outer being. Drugs are affecting only the outer being. Dementia is a disease of the outer being.

The inner being is whole and vivid. In the inner part of every person there is a shining sun, and there is no exception. Even the inner being of a person with Down syndrome is whole and vivid. And this is also for them, who are lying in coma! But the outer being is different. Through the eyes of the true reality everyone is good. In the eyes of the light everyone is perfect, whole, because one day he will be completely corrected. Only when he is on earth in a specific body, he can do his personal corrections and bring himself to wholeness. Every one has his personal route, and all the routes are good. We can see, through the outer eyes, only the outside. It is the outer being that feels pity for another person, because for the inner being everything is going fine and according to the Universe's operational system. Therefore constantly there has to be the difference between the inner – the true – and the outer, material being where the truth is not revealed and invisible.

### **6.3 The attitude with the Kabbalah master**

Making yourself small isn't enough. During the lessons the wavelengths are much shorter. Words are only the outer form to bring over the strength into the inner. The laws of the Universe are not simply to pick up. You have to learn them and through this you can bring yourself in agreement with them. It is the area of the inner being. We don't study the outer being. It is not a subject in the study of the Kabbalah.

The subject of our study is the area of the good and the evil within a person because here we have work to do. By working on our self, we come in agreement with our self and with all other people. Religion, etc, are preparations for the true inner work on you. The beginning of the Kabbalah lies far away of the earthly and material knowledge. In Kabbalah you have to make yourself small, tiny, making the outer being smaller. It will become easier for the inner being of the Kabbalah master to harass the student's inner being by harassing his outer being first in order to let the inner grow.

This is what the Kabbalah master does in every lesson with every person. Even the Kabbalah master has his own area of good and evil where he has to work. How can he treat your outer being? Through his inner being the Kabbalah master pretends to harass your inner being, not your outer being, because the outer being isn't a subject for correction. ***There was, is and there will never be a person, who can receive wholeness in his outer being.***

The Kabbalah master is learning from the most secret sources of the light and he knows how to make himself receptive for the short wavelengths, through this he focuses on the outer being of the student and is capable to make openings, from the outer, to the inner being, because there is hidden the high light.

Then the task of the Kabbalah master is to focus on the area of good and evil and he does this with words and strengths. What happens is like a cleansing of your windows. It is a very deep process. You start breathing deep within yourself, slowly all the cells of you inner being will open. But of course the cooperation of the student is necessary. If you come to the Kabbalah training and once at home you are going to nag for example, you will lose your energy, the outer being is the one who is spoiling the energy and makes you exhausted.

Also at home you have to work for 100 % on your inner being and all what you have learned to apply. Dutch people had fought the sea and had fought for land to live on. Now you have to fight to find the land of your life. The goal of all the work is to open more and more cells, the opening to the inner being. And the task of the Kabbalah master is to guide you to your inner being and he does do this by cleansing the windows. And when this is happening you have your own relation with your inner being and through the inner being with the light. Afterwards the Kabbalah master and the student are colleagues and now they can go further, together or separate on their way.

Once you have come to the experiencing of your inner being, it is possible to give your wishes in a right way with the short wavelengths directly to the light. You will be astonished: from a place of the inner part of the Universe you will receive the good and you will reach your goal because now you are on the same wavelength. And this energy will go through your outer being and the good what is deep within you will come at the surface. Once you have reached the feedback every problem lies within your reach for to solve in a successful way.

**Draw. 7**  
**Interaction between teacher and student**

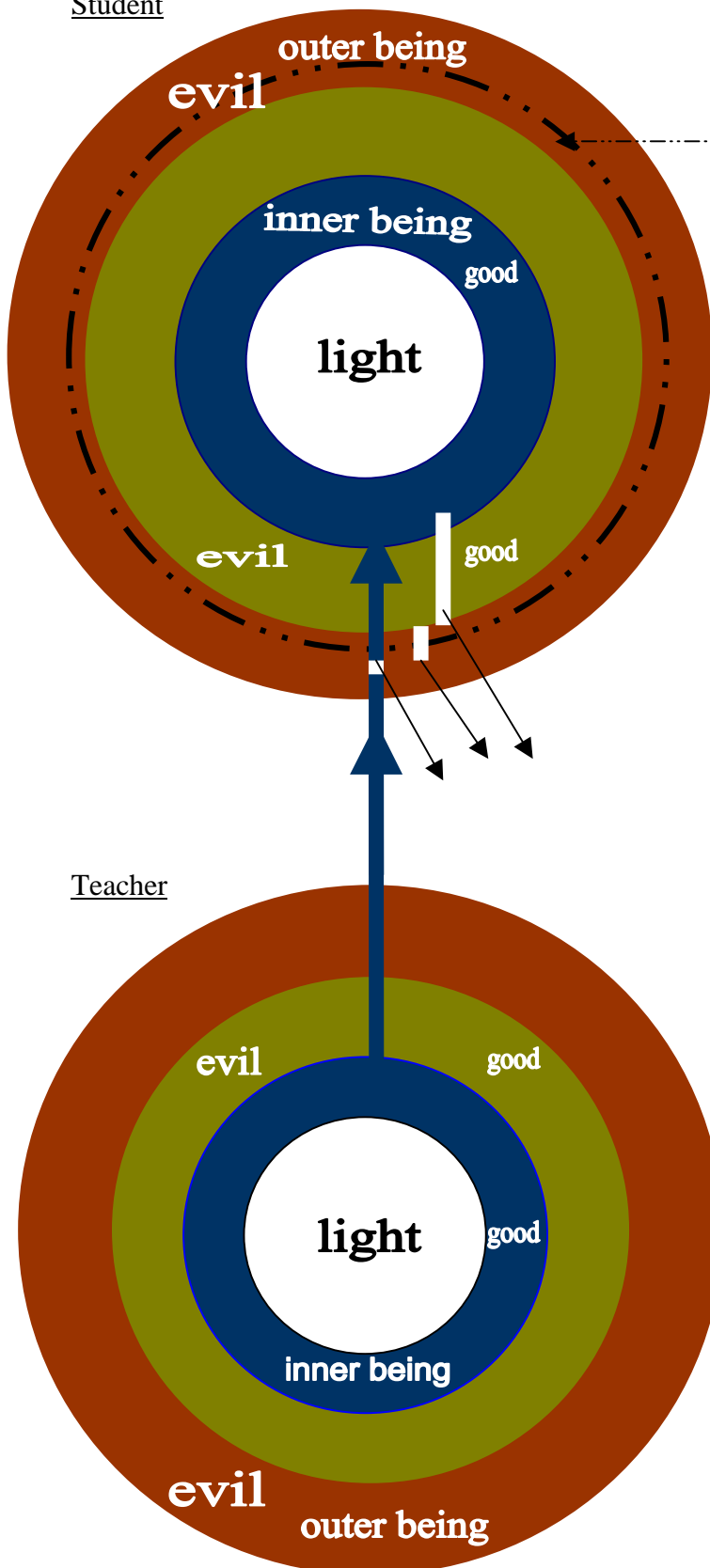
Student

By making himself small from within, the student will become more receptive so now he can take in all what the teacher is saying and brings it into his inner.

The teacher makes himself smaller and lower than any student, because only in this way he can give. He neglects during the lesson his outer being and his area from good and evil. Through this his area becomes more transparent and shines with the inner strength, coming from the inner strength of the teacher, now his words, drawings, gestures etc can flow directly to the student. It goes through the area of the outer of the student to the border of his area of good and evil. It is within this area the teacher 'fires' and stimulates the good within this area for now he can grow.

And within the student starts to grow his inner spiritual pores (see drawing A, B and C) by which his area of good and evil will be taken in by the good more and more. The increasing of the good will be added to his inner being and will never taken away from him. As you know the deeds of a human are only reaching to the area of his good and evil. But the area of his inner being always stays intact. The same relation as we see here between the teacher and the student is also valid in all other ways of interaction, whereby there is a true form of the giving and/of a legitimate form of receiving

Teacher



## ***6.4 Beauty can't save the world***

What do we mean by this? The Hellenistic world and accordingly the Roman Empire were focused on the outer: art, philosophy, gymnastic, sculpture, ethics, building bridges etc. they brought ethics in the world and with a lot of gratitude we make use of it. But beauty alone can't make a healthy foundation under the inner ground. If one is making images he places an obstacle between his outer and his inner being. His true being has gone. But however if one is constructing his inner being, he develops the most beautiful things in his life. But they will not save us because they are the outcome of his self-love and they need correction: the connecting with the inner being.

## ***6.5 Resistance for the seductions***

To learn Kabbalah is to experience and to observe the inner. Only by experiencing ourselves we will learn more about our selves. First there is the experience of the outer being. What you do with your outer being is up to you. In contrast; for your inner being, there are forbidden things. Seductions mean you don't have the strength to say no. One only can learn from his experiences, and from his experience he can build up strength. For example: to win a huge amount of money in the lottery can be very dangerous if you have not developed the strength of your inner being. How strange it may sound, you have to get used to richness. When you win the lottery your thoughts will constantly be busy with the outer being, and through this you will loose yourself.

Even the strength you have built in your inner being will be broken. When a person dies feels somewhat relieved. Why?. Because the outer being stops pushing him. Then you see the inner side but together we see the physical death. To be in the 'now' is to feel the true energy. The light is manifesting itself only in the now. This gives you the feeling of becoming a champion. So don't wait till the moment you are going to die. Try to live in every situation as if it is the last moment of your life. Through this you will near the now moment. To be focused in the now will help you not to live in the future. And there is no time to worry. Even loneliness will be gone. There is no time left for making mistakes. Living in the moment, in the now, is the highest form of life.

## ***6.6 Receiving in the right way***

The meaning of the path of life is to bring you in agreement with the laws of the Universe. In doing so, you'll be building -within you- the strengths that are in agreement with the strengths within the light. The only place where we can find the strength of the Universe is in the big hole within ourselves. There we will find an enormous strength.

What we have to do is to make the inner layers receptive to these strengths, to let these strengths penetrate you. For the light we are beings of a very rough material and it is up to us for to come in agreement with the light. Everything is within the light; we are only building up a rough copy of the light, our “I Am”, the big hole within me. In the light we can find qualities as wholeness, durability and invariability. Bringing ourselves in agreement with the light means, we also bring the same qualities in ourselves. We have a world to experience. The light shining within us has an enormous power. The deeper we go the shorter and powerful these wavelengths will be. And with this energy we can move mountains. But the problem is doubt and a lack of surrendering on the pure true life. We also have resistance for the light. And this is the area of our work.

The light will make matrixes in you because it is so powerful. The more you can come in contact with your inner being the deeper the light comes within your personality. But you have to know the flesh will never be corrected. It slowly disappears when you go beyond your mind. To bring heavy material into movement, heavy power is needed: you can compare this with the launching of a rocket. After a while the weight isn't ballast. Through the agreement in qualities you can come to the printing of the wholeness of the light in your self. It is me who make myself receptive for the light, and now the light can make a matrix inside of me. The light penetrates me, it makes an impression in me, or in other words it puts a stamp in me. This is a legal way of receiving the light. When you make yourself receptive and come to love everything and anything, you will be in agreement with the source of life.



Remember, what you are learning from the Kabbalah has nothing to do with the physical body. You have to wake up within yourself a place of strength. There has to be an understanding of the heart instead of the head. The head is ending, just as all the earthly thoughts. The heart is full of earthly wishes. Learn to go beyond your mind.

Around every head of a human being there is an aura. And you have to learn to bring this aura within you. The reality will become easier. Because of the love for your self there is no place vacancy for your true I. As long the aura stays outside of you, you will have the feeling the future is somewhere outside of you also. What you feel is seduction and through the seduction you don't live in the now. The shining of the aura gives you the feeling of expectation. There will be a change in you through your inner work but old situations will stay in existence, what you receive is extra. To move has a different meaning in the inner world than in the material world. There has to be the willingness to experience a new event. Some events are signals from above. You have to accept and to learn from these signals. Don't hide from them. React and seek the confrontation, but in a right way. Look at them with keeping your mind at your goal. Don't mourn too long. Don't live in the past neither in the future but in the now. Don't think you will be guided; it is living in the past.

## **6.7 Three types of persons with qualities you can use for your inner work**

These three types are:

1. He who has a great fantasy
2. He who is a bodybuilder
3. He who is a charlatan

**1.** The person who has a **great fantasy** doesn't want to live according daily routine. He wants to be creative. It is the same for us; we also have a picture of the future. But what we are doing is to bring the light that is around our head to within.

**2.** He who is a **bodybuilder** has a lot of discipline and is consisted. He doesn't drink and is very picky in what he eats. He has a goal in his mind. The building up of his physical body and muscles are higher then fat. A bodybuilder can achieve a lot. It is the same for us; we have to be as bodybuilders but for our inner being. This work also needs discipline and perseverance. In a way we are 'inner Arnold Schwarzenegger's'.

**3. The charlatan** is someone who works in a very cunningly way. And you too have to be very cunning for to reach your goal. In the inner work you will meet your ego and the ego is much stronger then you are. You have to play a game with your ego, but a very serious play. You have to overcome the ego, overcome but not kill. In a way you need the ego. At the end of the correction the reminder of the ego will bring us the strongest light. But for now, you have to play with your ego and feed him now and then. You have to calm down and to satisfy your ego. Otherwise the ego will thwart you. For example: a person wants to stop with smoking cigarettes, he has to lay down everywhere a package of cigarettes and when he sees one he has to say: "Later". This gives the ego hope.

After having done an exercise with our inner being we will feel an inner pain, just as when we have pain after a physical training. You have to build up slowly. The more you can endure, the more happiness you will experience later.

## **6.8 What is happiness?**

The more you limit yourself the faster the proceeding will go. When there is a lack in the limitation it means there is a lack at confidence. You have to limit the stitches you feel inwardly. When there is an outer feeling of stitches you can use an ointment. There has to be limitation but it has to be a limitation with happiness. If not it is useless. In the higher there is unity although it may be seen as controversial in the material world. For the outer person restriction is something he doesn't like. But the inner loves it. When there is no resistance from the inner you have to go beyond your reason, even when it will hurt the outer being.

So what is happiness? Happiness, joy is a condition needed for to progress, for the unity with the higher or for the next step in the inner. It is the feeling of uplifting. And this can only be done in happiness. A wish always comes from a situation of shortness. So how can I feel or do this with joy? When there is no joy in your request, your request will be as nagging. Joy or happiness is a sign of sincerity. In a way there is joy when you go to a chirurgic because you know afterwards you will be released from your pain. A limitation for the limitation isn't right; it is a primitive way of thinking as we see in every religion. It doesn't work. Only with joy, in happiness you can come to fulfilment.

## **6.9 To receive the light by way of a screen**

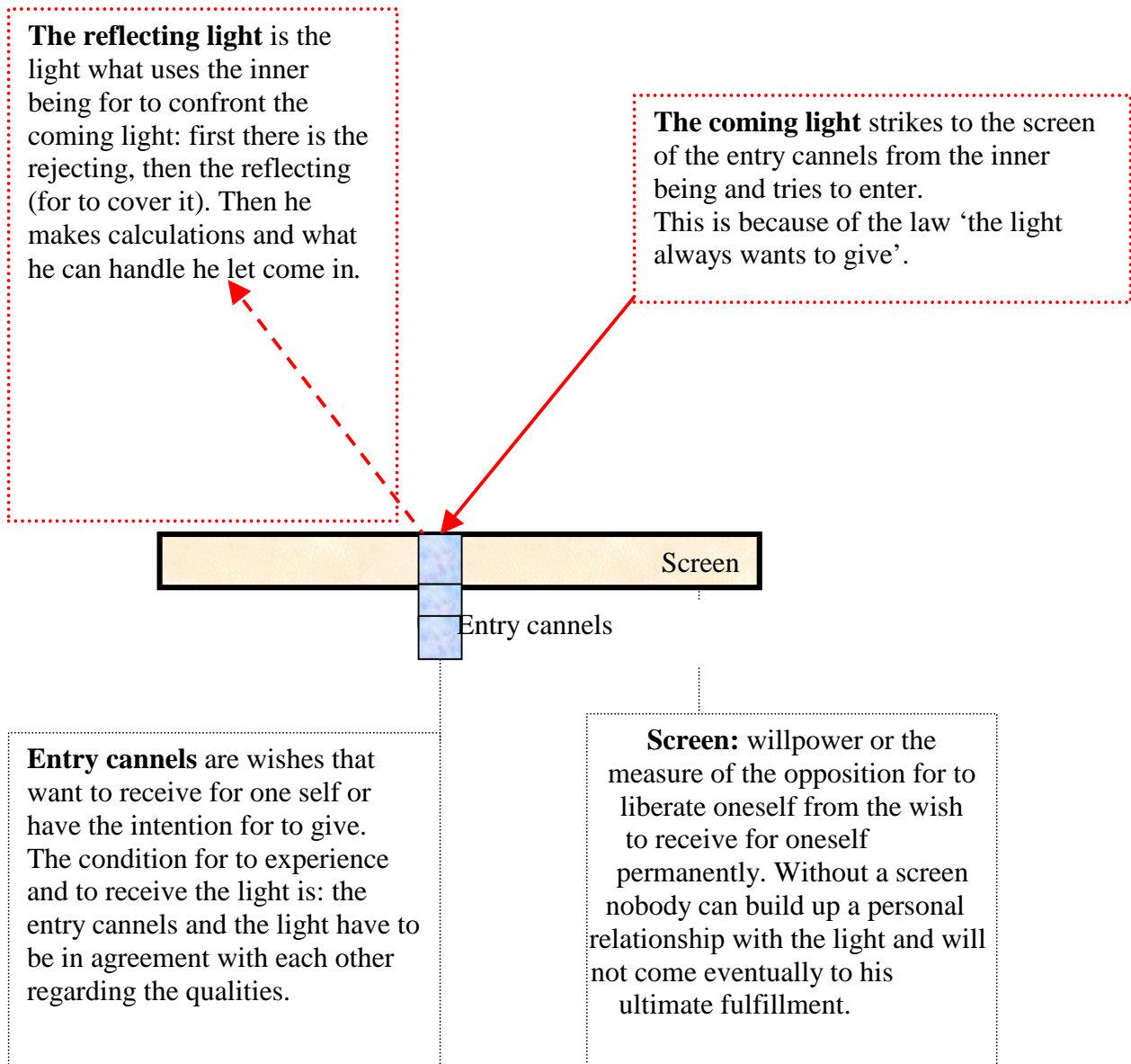
All the four forms presented in nature are receiving light and pleasure. When a person wants to receive the light he has to build up a screen within him. This is a system of filters from different kind of letting through, coming above the inner organs of awareness, and through this he can come in interaction with the oncoming light. The screen is to be seen as the added power to overcome the self-love and through this strength he can come in interaction with his inner being. The screen makes us receptive for the light. In the Universe is a system from rough upgrading of the light, and this is named the control system. This upgrading of screens and filters are there to veil the light more and more.

All of this is needed for a person so he can build up the screens and in the same amount he will receive the right quality of light. Light is filling the world in agreement with the control system of

the Universe. Screens are everywhere and they can the light go through or take in the light. Even the greatest scientist makes use of a small ray of light, in the amount he can handle as a person. It is up to us how much of the light we can receive; we only have to learn to build up the screens, over and over again.

### Draw. 8

#### Interaction between the coming light and the entry cannels



## Chapter seven

### ***7.1 They fife W's and fife A's in every situation***

A very important tool is meditation. Through meditation you can come in contact with your inner being and become attached with the true goal of life. You can't compare this with making a deal as we do in our world, you can't make a deal with the laws of the Universe. In every situation there has to be meditation, continuously there has to be a connection with the light: in your work, during a meeting, at home etc. Each time you feel attacked or torn away; when you have the feeling the light has turn away, then meditate! Meditate as soon as possible, because then you have the strength. Without effort it is impossible to come in unity with yourself, once you feel the unity, life will become a great adventure for to come to fulfilment.

There are situations or events that torn you away or bring you out of balance, to the point when there is no unity with the light, then you have to ask yourself five questions: What? When? Why? Where? Who? These five questions have in every situation the same five answers.

1. **What?** What ever happens, your answer on this question is: **it is my reaction**. A tsunami is horrible, but it is all about your reaction, your awareness. This always will bring you back within your own boundary. Only within your own boundary there can be a comprehension of the light, of your own inner being. When you let your self being dragged in whatever the circumstances will be, you are doing adultery considering your personal correction, your ultimate goal.

2. **When?** What ever happens, the answer always will be: **now**. When you are thinking at tomorrow you are playing adultery considering the situation of the moment. You lead yourself into the past and you are taking away your life, the life forces of the now. It is suicide. Do not mourn too long. Don't stay too long in a situation. Always look at a situation with your inner being and with the moment of the now. Only in the now you have 100% strength for to handle the rough reality. Don't think too long about the future, a flash is sufficient.

3. **Why?** And the answer on this question always has to be: **it is for my correction**. Never, and remember never try to argue with your earthly mind, it always will go wrong. The why isn't given at us, you can't feel the why of the seemingly misery you think you are involved. Always there has to be the longing for your personal development and fulfilment. Don't give your heart the chance to drag you away. Close your heart for the drama's because they don't exist in the true reality. It is only the spirit of the group and we want to liberate ourselves from these chains.

4. **Who?** And this question always has to be answered with **'I'**. It is always a condition of the correction. And not only you have to know this but you have to be convinced of it too.

5. **Where?** And this question always has to be answered with **In Me**.

When you keep in mind these five questions and you give yourself these five answers, life will be successful.

Meditation is an inner operation you do within you; it is the building up of an inner strength for to give answer with all the power you have within you, justify yourself with heart and soul in every situation. After a while these answers and questions will arise in you atomically. Always there is the seduction for to penetrate and disturb you.

Only when you come to meditation in every situation with these five questions and five answers you can handle the situation. Through this you develop a screen, and with this screen you are building up the strength for not to receive in an egoistic manner. You are constructing a filter through these meditations and through this you will only receive what is good for you, what will bring you to fulfilment. As a result these five answers will be reflected through your inner being. It is a game, because it is good to receive something. Only what matters is the how. Is it good for me? Do I have enough strength to resist or not? What matters is what you are going to do in a situation.

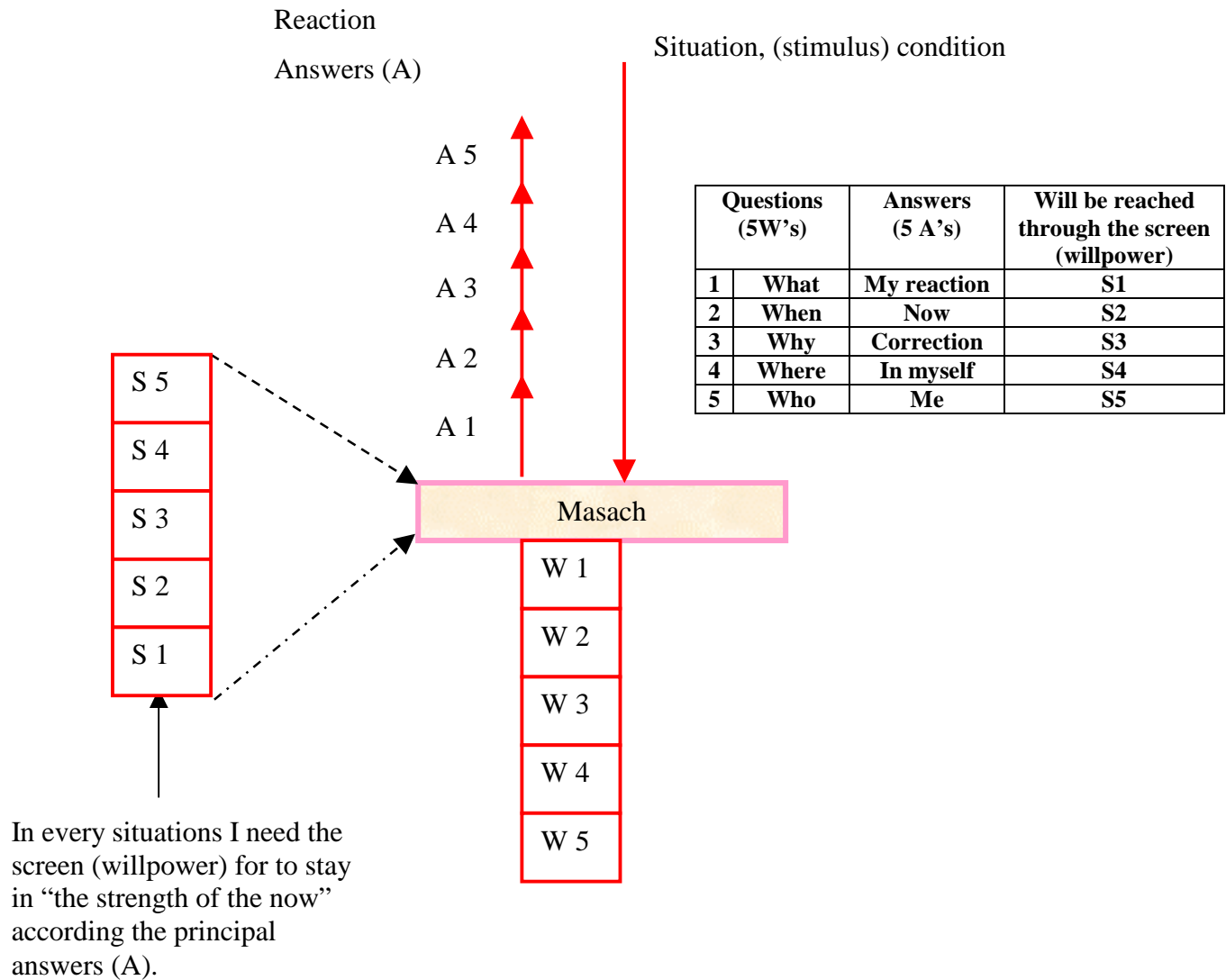
At the surface of our senses we are building up the strength to realize these five answers. It is not only a knowing of the five answers, we have to feel them too. Then we are in the position where we can say, what ever happens, it is happening to me so now I can make a correction, I can't

blame someone else; it is a response of the outer being. In every situation, science, technique, craftsmanship, politics, illness or whatever problem, there has to be a justification through these five answers. Once we have this strength, every situation will be a child play. For example you get a fee; you are in the position to say, 'this is good too'. We have to pay the fee and we can do this with joy, instead of to hate the policeman and being angry. When you feel anger you know you haven't correct yourself. Each of these five answers has a certain power. Every correction gives power; when we don't correct ourselves, we have a shortness at strength. And we can change this. It is the strength of the now. To live in the now isn't easy.

Suffering is a side effect. It isn't necessarily. We suffer because we can't give. First we have to work on these five answers, in every situation we have to transform the old answers in these new five always-correct answers. Then we will reach the optimum of the openness for the light and the light will give us the right solution. What we are doing is to lift up the sparkles of light out of our egoistic wishes. Once we have brought them to the upper body they can be corrected. And this needs a lot of effort, but the reward will be tremendous. Now you can understand the saying of the resurrection of the death, from our death wishes. Our work is superhuman and under human – it works on both sides of the body. To be human is egoistic. We get the light out of the darkness.

A dream is from the past while we have to live in the now. So don't give it a lot of attention. It is your reaction. It is a correction. Each time when there is the feeling of not feeling good you have to be aware it is good for you. Bring in remembrance these five questions and give answer with these five answers. They will always fit. Don't give the answers because now you have learned to do so, there has to be the strength to experience them. There will be a difference between the strength of these five answers and the state of affairs. When there is a question there always is shortness. The answer is the feeling of light, pleasure you are receiving in the solution. When the situation is too strong for you, you have a feeling of shortness, of darkness.

**Draw. 9**  
**Meditation one**





Every situation (stimulus) that you experience or in which you find yourself in, is to be considered as a coming light: pleasure, seduction, challenge (positive or negative). How handling this? How can I overcome every situation, every condition, without exceptions, so I can come closer to the ultimate goal I have set for wholeness and the completeness in myself? When we see ourselves in such a situation we have to ask ourselves five principal questions, which are in every relevant situation or condition. We call these questions the *'five W's that reflect our shortcomings'* and they need five principal answers. These questions are remarkable because they only need one answer that is always valuable and will give the perfect solution. But it is not enough to know simply these answers. Don't take them as unimportant because your inner will need strength to incorporate them. The strength of every answer in every situation forms the 'living in the now'.

To achieve this, I have to bring the feeling I'm experiencing in a particular condition, to a situation of agreement between these five Answers and my five W's. So first I start to work from within to reduce the difference between my subjective feeling and the true 'living in the now'. How? I reduce the difference by inner meditation, to build up the strength so now I can confront the coming light (for example: a condition where I feel a lot of pressure), with the screens of the now I have built, that can withstand the free penetration. Accordingly now (as a rule) I will automatically determine how much of the light (pleasure, awareness, information or a particular situation) I can receive in an unselfish (free) way.

You have to work with these five answers, they will fill the shortness in you, but it is you who have to give the strength to take in these five answers. They have to become a part of you. A screen is the strength of altruism. In this strength is hidden the power of these five answers. Eventually we will come to the aspect of the receiving through the giving. We are learning how to work with the laws of the Universe. While your outer being is in agreement with your inner being, there's something wrong. The work of the inner is always in contradiction with what we think. It is a fact of life.

When we want to give and we aren't capable of receiving, we haven't built the strength to receive these five answers. You have to work very hard to realize these five answers in your inner work, in every situation you have to confront yourself with these five answers. In doing so, you will be building up the oneness in yourself, the strength, the emulsion and cohesion in every situation. Everything outside of me is light. Every condition is a tickling for you to do your work, that you may come to awareness. What is good or evil is only a feeling from you. And you have to react adequately at both of them. When you only want the good you are a child who wants some candy. Then you only follow the law of nature. Therefore it is very important to strive for wholeness. Don't be too comfortable with yourself; don't play the good one or the saint. It is this side or the other side. It doesn't matter. Don't react in other way, be sincere in who you are. Don't be angry or let anyone make you angry.

The experience of wholeness rest upon the defence of the inner in any situation. Then we'll see how the five differences slowly dissappear. In our daily life we say: "I want, I want, I want". But the true assertiveness is to eliminate the differences between your reasoning and these five true answers.

Don't hesitate, as it's written, to turn one cheek to the other after you receive a smack.

Everything has to be seen in the context of the ultimate goal, which has to be an agreement with the light, represented by the five questions and the five answers. Why was your behaviour so ridiculous when you received, for example, a fee or a sudden gain? You couldn't eliminate your shortcomings. When you say 'I', you bring it inside you, to the inner being.

Never bring it outside yourself. Here we see the reason why religions don't work. There is no salvation because you only use your reasoning.

We also see a common attitude: "I don't understand it, so it doesn't exist". You only speak about the inner but you don't experience it. You have to bring it within your own inner context. Then there will be a connection with the light. Because whatever happens, happens inside of you.

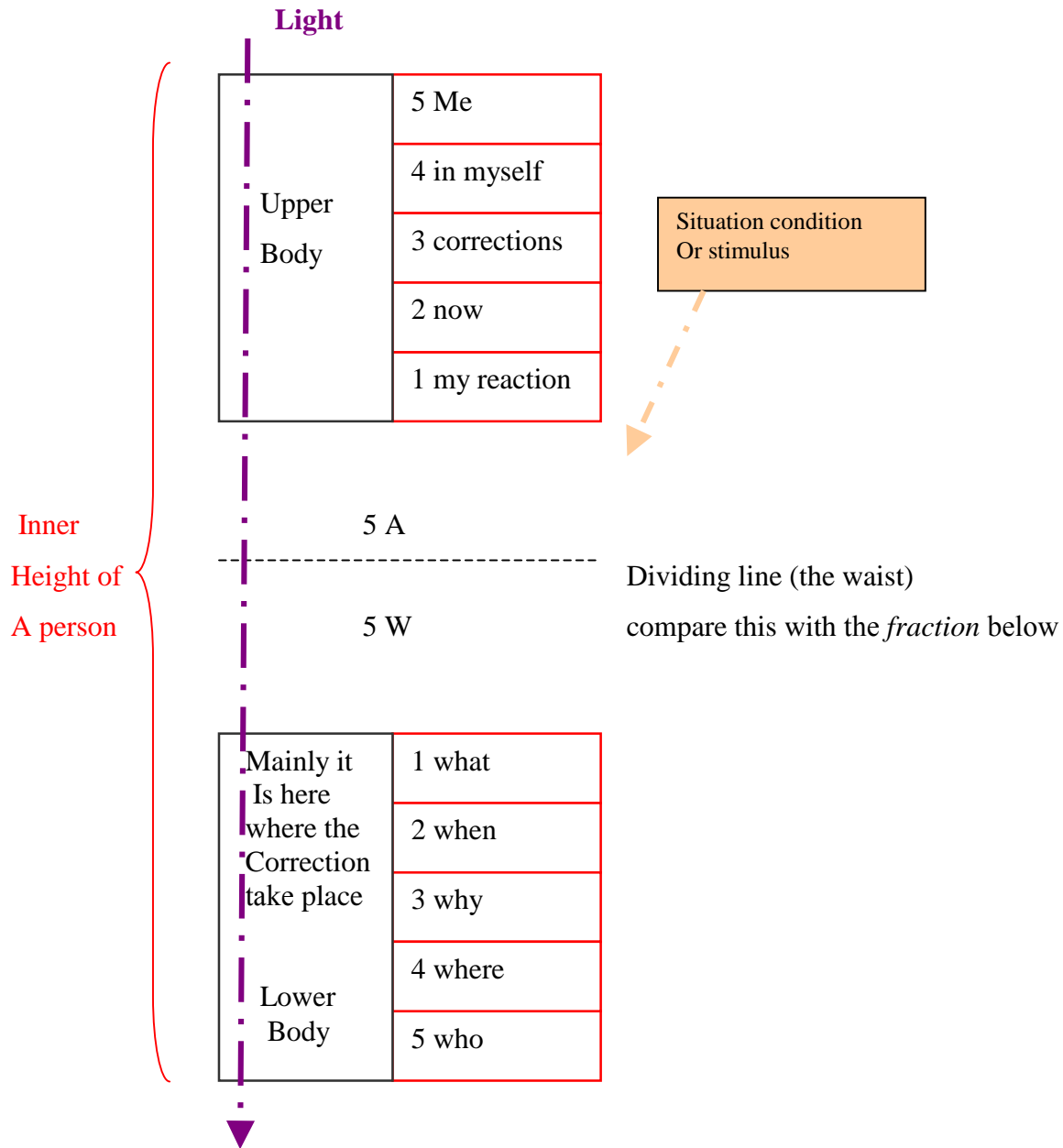
Something wants to penetrate you. You have to build up the strength within yourself so you can see the context.

After a while, all the questions will be seen as only one. Never, and I really mean never, give control to your emotions. Of course you may cry: it is human, but it would also be the same if you were performing an act: it isn't real. You have to realize, there was, is and will be no drama, it is all in the game. Whatever happens outside of you, bring it to your inner. Everyday you must develop a union with your inner.

You have to experience the sensation of 'This is what I longed for'. Now it is the time and the right place to come into action, because there is no place for other things in your heart. Whatever you do, from this moment on, will give you everlasting pleasure.

## Draw. 10

### Teamwork between the 5 W's and 5 A's.

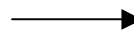


Look at this fraction: **with** an small divisor and a big dividend: when you bring your 5W's in agreement with the 5A's the W's will be resolved. Then, you come closer to the ultimate correction and experience the wholeness in every situation.

5A (dividend)

----- =  $\infty$  (The maximum feasibility)

5 W's (divisor) that strives to zero - 0)



## ***7.2 The greatest pleasure comes after the deepest disappointment***

It is good to have questions: through these questions you will receive the light. And a question is a shortness: it is a thing we need. You have to find the answer for and in yourself. Then it will be like a explosion. Learn to live with the eagerness to solve the questions you have. When you answer your questions, it will give you more pleasure and better result than any other thing in the world. And don't interfere with the problems of others.

Do you know the reason why someone wants to kill himself? Don't tell him/her: "Are you out of your mind?", or, "go ahead". They will make their own choice. The question always has to be within you: "Why am I living for?"

If people don't want to work on themselves and they don't bring these five answers to a solution, it is their problem, not yours. It is their life; they will have less energy and may be depressed. They are looking for an excuse for not working on themselves.

When a person loses more than 50% of his wishes, will automatically long for suicide.

There is no balance in him. His wish to die is bigger than his wish to live.

Keep in mind this can be their middle point: When someone has reached the lowest level, the deepest disappointment, it can be his turning point for coming to life. Then the answers from within will flourish, and this is the greatest victory one can have. Now the love for life may grow. This is the deepest feeling one can have. When you argue with someone who wants to commit suicide, you are taking away his chance to grow. So; how can we help others while we haven't corrected ourselves? Purify and build yourself up. With this, you will help others too.

## Chapter eight

### ***8.1 Light will arise in us our wish to receive.***

Light is singular and unchangeable. The fields of strength are not within the light itself. You can see them as qualities. It is us who are changing once we have brought ourselves in agreement with the laws of the Universe. There is nothing in the common what we can't find in the particular. Now we are going to experience the ladder of our inner being. So; why do we speak about screens and the coarseness of the light? The light is structured in such a way that we can experience different layers. Our task is to bring up the strength for to reach the lowest level of the coarseness. Once we have reached this level, the coarseness will disappear. Every uplifting is a step towards this disappearance. This is what we have to long for and what we have to put into action.

It is the light imploring us to be received. So how can we experience both aspects of the indivisible light, the light itself and its wish to be received from one and the same source? Within the light there is the root or the source from our inner being. The darkness in which we live is so dense that we can't see the path that leads us to the source. Our existence must be an inner existence. The body is only a costume. You can compare it with the clothing of a spaceman and the inner being as the spaceman. We aren't the clothing but we need it for going out to space. Our costume is necessary to experience the slow atmosphere here on earth. But the inner being is the one who's receiving the life, not the costume. It is the same when we speak about astronauts; we don't speak about their clothing, but about the person who's within. It is the same here on earth. Within the person are the inner being and the area of the good and the evil. If you want to come to fulfilment you have to purify the evil from yourself; not from the flesh, because the flesh cannot be purified spiritually. And purify yourself has the meaning of bringing yourself in agreement with the light.

So what is the building material existing deep within us? They are the fields of awareness. And all the strengths are connected with these fields. Our true inner being has fallen down. All our strengths of life were once broken. This is the reason why we doubt. Every being has to make himself receptive and therefore we need to develop our self. This is how we are structured.

First we need the wish to receive, then the wish to give. Why? Once a person has the will to receive, he receives the light in all kind of varieties of pleasure and satisfaction. It feels good. But at the same time he receives also the taste of his own qualities. It is the law: a mother has to feed her child. Nobody can come to the aspect of giving before he knows there is absolutely no giving in him. The giving lies within the receiving. The light has the quality of giving and receiving in the same root. So, when a person experiences the quality of the light, he feels shame. Why? When he is receiving he also achieves the aspect of the giving. He sees the giving as higher and therefore he has the wish to give. First he wanted to give only for to give. Then there is the awareness that giving feels much better, it is real, perfect and higher. At first we gave only for giving because we didn't have the strength to receive in a giving way. But there's a difference: it is not the receiving of a child, but we are building up strength. They aren't alms: we have gained it because the outer being has worked very hard.

Is there a difference between the receiving as a being of our world and the receiving of the inner being?

During the process of transformation from egoism into altruism, we are forming receiving stations, receiving cells, and everything comes from the same source into these cells. It's intention is that you change. You have to change the nature of your receiving. As long as we stay in the selfish receiving mode we will not be developed. There is no inner movement that will bring us to the ultimate goal. It isn't wrong because this is the material that we are made of. But today, as we evolve in our development, we can go faster and faster in a very conscious way, there is an inner request to receive in an altruistic way. It isn't wrong to receive in a selfish way. It is only a stage in your development. A child plays with his toys. Do we blame him for playing with his toys? There are no rules. No codes. It is an individual phase of development. But you have to do this on a 100% voluntary basis.

Progress always goes hand in hand with readiness, and your progress rest upon your readiness for giving up your earthly mind for the sake of the higher mind of your inner being. There is no loss. You only gain. You may have questions now, so you may need some preparation. Work on it, but at the same time you have to make an effort to surrender to the laws of your inner being. In this you gain a lot of inner strength and insight and you will see the realization of your life's goal. You have to annul yourself. Don't talk about yourself. The battle is within you, but it has to happen not in a forced way, it has to

be done in a soft and gentle manner. Of course you have to make efforts but you must not force yourself. Don't cry or feel anger considering whatever might happen to and within you. All the misery you see in the world is reparable, except anger. You may feel sorry and come to remorse, but anger breaks the inner and you would have to start again from the beginning. So, your heart must be free of anger. It is very important: anger is a quality not a condition.

## ***8.2 Everything has a meaning***

Everything has a meaning. Even a louse should not be killed. A louse is only looking for your warm and full-of- blood body. From now on we have to be very careful not to harm animals or human beings. This will give you an enormous correction. Say 'thank you' when a mosquito sting you. Humans have more intelligence than a mosquito. The mosquito only wants to receive. Also show respect for flowers and plants. Let them live. This is also a correction. Don't throw away the leftovers of your food. Even if you are a millionaire, the operational system doesn't look at your bank account. On the contrary, He looks for the little things that you do. So when you attend a party, take only what you need. Food gives strength to your body. Don't throw anything away. The food in your plate has to be eaten, and, - unless you feed an animal with your leftovers - , it will become waste. If you want to become rich – and this means you are satisfied – you have to be very careful with these things. If you neglect this you will never have enough. Save the goods you think you may need and give the rest to others in need. It's better if they use them; so give it away rather than throwing them at the trash can. It is difficult to see a mother, with milk in her breast, feeding her child with rubbish. She doesn't eat the same food the child does. Instead; she eats adult food, a "higher food" and gives her child a different one.

In the upper part of the body,- from the waist up-, the food is good. Below the waist we see the evil. The food that hasn't been used, becomes waste. In everything we see the aspect of good and evil, to give and to receive in a selfish way. Both are necessary. You can't taste the good without having tasted the evil.

Once there was a certain moment the light shackled up everything for to make the right emulsion, so now every element consist of two things: the higher and the lower. This has become the atmosphere were we could live. Every human being has the wishes and the strengths that are in the world. But at the same time, every person has his main and individual ingredient.

When you see misery, see it as yours. You can't close your eyes. Every day a human being has to make correction because every day is different. You already have taken in yesterday. This means we are acting conform the agreement with the laws of the Universe and not because it is within our nature or because we expect a reward.

### ***8.3 The last generation will have the most light***

There could be a question in you: this generation is so selfish, how can there be something good? We are the waste of all others waste from all the people who were once living on earth. The first generation was the most pure. They received their food. For them a correction isn't needed, they don't have to come back. Their task has been fulfilled. We belong to a later generation. There is no waste in the Universe. The smallest wish is the highest product. The last generation will have the most light. There is no disappearance in the inner. We are working on the whole. When you work on yourself you are working on the whole. We are correcting ourselves for the common good.

The light is there for everyone, for nature and humanity, even for the plants. Everything has their roots in the light: stones, plants, animals, all of them have their roots in the light. They also have ten fields of strengths. A lion for instance eats an animal, but he only eats what he need, the leftovers are for other animals. An animal isn't egoistic.

A human being is made in a way he has all the four forms of nature. Our nails and our hair for example are related to the mineral world. It is dead material while it is still growing. When an animal eats plants, the plant becomes a part of the nature of the animal. In a way it is an uplifting for the plant. The same is happening within us. But the uplifting happens only when a person eats what he needs. Everything is connected which each other. A good deed gives an enormous resonance. We also have to respect the stones and the mountains. A physicist can explain how



craters are working but everything has a reason, is essential for the Universe and the human being. When we damage a mountain, some day we have to pay back for the damage we have done today. The last and great correction depends from us and only from us and not from fate. It only can be done through our sincere desire and our sincere wishes to live according the laws of the inner being.

## Chapter nine

### ***9.1 Wholeness is in your heart***

As long people are living on earth they are looking for wholeness, he goes to holy places and there is such a place. It is within your heart, there we can find the holy temple; the most perfect place is within your heart. But one still looks for this place outside of one self. He thinks he will find love in Rome, Lourdes, or Tibet or at the wall of mercy in Jerusalem...but it is the same as eating cookies, after an hour you are hungry again. So grow up!! Become an adult in your inner. Don't think a physical place can bring wholeness. It is the opposite: it is us who dedicate the place.

The temple of the outer being had been destroyed by the higher strength Him self: first the Babylonians and later the Romans who finished the job. It is a holy place where the temple is, but when we are not corrected we will only feel emotions. There is a principle: nothing comes from above if we haven't first evoked it here below. So don't wait.

In holy places we feel joy because our ego is quieted. There is so much power from the good that the evil becomes invisible. What we experience is our inner and we project them on ourselves. The good in us arises. And what isn't corrected shelters for a moment, but it hasn't been done through our inner effort. So, when we are in holy places we have to be very careful. Holiness and evilness are going hand in hand. Mercy and severity are both strengths, structural present in the Universe. Only mercy doesn't exist, but you experience otherwise when you are in a holy place, it is the inner being that is experiencing this. What you experience is the story what has been told to you. This is the reason why the Higher strength has demolished His own Temple so we could make a place within ourselves: 'the temple of our heart'.

There were four conquerors of the temple:

The Babylonians

The Persian

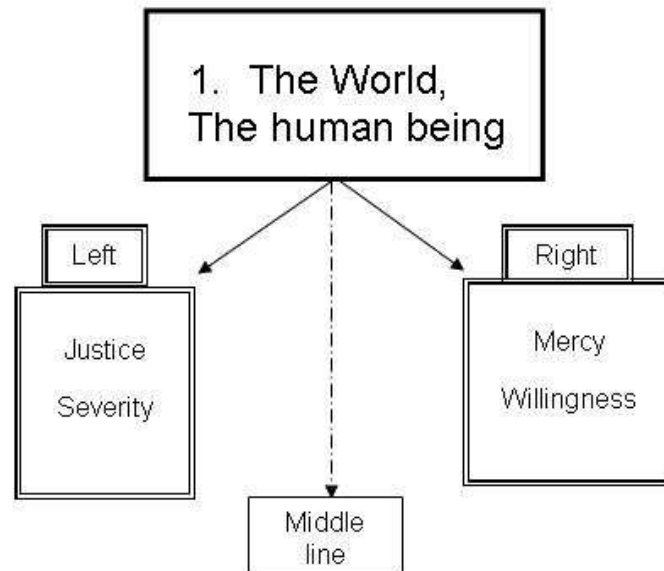
The Greek

The Romans

The Greek invasion brought statutes in the temple. Others had brought pigs. We are only talking about qualities. Only when there is a very strong desire for liberation we can experience the eternal.

These are the counterparts of the four treaties in every being. Against the treaty of the eye we see the evil eye. Against the tongue that praises and brings honour we see the evil tongue. Every person who is working on himself has to conquer these four points of misleading in every situation.

## Draw. 11



### Formula of the perfect temple:

#### 1) The personal perfect temple within the inner being

$$T_H = f(C_p)$$

##### Indications:

$T_H$ : the perfect temple in the heart of every being.  
 $f$ : the function of....  
 $C_p$ : the personal correction of one being.

#### 2) The perfect temple of whole humanity

$$T_M = f(C_{\Sigma m})$$

##### Indications:

$T_M$ : the perfect temple of whole humanity.  
 $f$ : the function of....  
 $C_{\Sigma m}$ : the total (  $\Sigma$  ) at personal corrections of all beings.

All what we are doing is to make corrections to build up our temple. For the personal temple that is within your heart, is the holiest place of your inner being. With every correction you are building up the temple of your heart. In every small detail we now see the light of the Universe. The temple only means 'to be holy within your heart': meaning you experiences all the ten fields of strength in every facet. All your strength and power has to be directed to this goal. Serve your own personal correction and at the same time you will be serving the whole. In the right we see mercy and love. In the left there is justice and severity.

When you return from a holy place you feel demolished: jeveryone there seemed to be so kind !. The positive powers were so strong and it was if you got a big spiritual injection but in reality, this is not who you are. You shouldn't feel as if you received a reward. When you are back home and you feel the power has abandoned you, you see how ugly your self-love really is. So be careful. Of course there was love, but with th your ego was growing too. You felt yourself immensely protected. Back home, the light had left you. Your ego, your self-love was connected with that love, but the love for yourself wants to destroy the true 'I ', he wants you to make mistakes.

Only the light can illuminate the middle line. Life is too short for comedy. Otherwise your effort is 100% or you will remain in the comedy stage. The ego only survives when you make mistakes. It kidnaps all the high power for herself. And this isn't good because when a person receives in a selfish way, also receives an inevitable sensation of darkness. But when you ignore your self-love, then she has nothing to eat, and jointly, hidden inside of you, there are the sparkles of the giving.

## ***9.2 Who is talking in me: the self-love or the true 'I am'?***

A fruit tree can carry a lot of unripe fruits but the farmer picks and counts only the fruit that has ripened. He doesn't consider the unripe. The same should apply to us, but the spirit of the mass doesn't consider the differences. The unripe fruit is sour: we can't eat it. But everyone needs to be counted and, eventually, everyone will be counted.

As a rule of thumb: when someone invites you to reach the precious inside of you, for example to overcome your self love, without any effort from your side, be sure it's a fake. There has to be an effort, and there has to be an awareness of what you think and feel as very strong inside you. Habits or "getting used to" are traps.

Feelings are a part of you. They are coming and going. Be careful with them, don't allow them to make you dependent. When you make efforts, the strength of your efforts will make carvings inside of you, and through this it will be easier for the correcting light to come into you and to awake the hidden sparkles inside of you. The evil in you is only there because of your errors. When you are focused and alert you will be protected inch by inch. What comes into your mind is a rough material and needs to be carved.

You have to live in **the Now**. Every day you have to question yourself: "Who is talking to me? Is it my self-love or my true 'I'?" In a way you are polishing yourself; like a diamond cutter polishes a diamond. What you are doing is making visible the best of you. All corrections are based on the laws of the Universe. Your question has to come out from a deep need. From deep despair. Because when there is despair, the solution is near, don't give up.

So what to do? You need strength to fight and overcome the shortness by struggling against your self-love. First you have to learn not to make mistakes. Then you have to learn to do the right thing, so at the end you can say: "Yes, I triumphed". And this is possible for everyone!! Self-love is the rock where every human being trips over and shows that we're always in need of strength. It gets its power out from the strength of goodness. It lives at the expense of the good.

When someone is merciful, his self-love flies away. Self-love means: receiving for oneself. It is an egoistic form of receiving, coming from dark powers. Where is shortness, be sure the dark powers are there too. Shortness is to experience less than the ten fields of strength. Everything consists of ten fields of strength, but not everyone can observe them. Some observe three fields of strength. Others, five. We can always correct this inner blindness. There is nothing wrong to be initially blind, because then there is the longing to see and the appreciation of the light. Know that, before we can see the shining, there will be darkness first. We have to bring everything to completeness: not 50-50. There has to be a 100% effort to achieve the correction of the self-love and to transform it into selfless giving. Only then we will be allowed to grow up.

There are only two strengths in the Universe: the right and the left strength. These two strengths are always there. The middle line is a combination of these two strengths and arises only when there has been a correction. It's not a third strength. Only in the lowest part of a person we see the ego.

This is the uncorrected part of the wish to receive; it is a mix of unclear powers. Where there is severity, it is the severity of the law. A person who is corrected can justify everything in this world. He sees all as the outcome of the ten fields of strength, and he perceives everything as absolute good, as a result of the control system of the Universe. But he first experience it as severity. When you correct yourself, severity becomes mercy in your perception. When you persist in doing good, and all the sparkles of the good are in the top of you, you go beyond severity and you only experience mercy; although there is severity in the background as well.

The light and the universal control system will be experienced as mercy through our corrections. It is possible to experience the inner world completely if we perform our corrections with the right intention and surrendering, and not simply as actions to be performed for us to obtain what we want. In some way the world will become a better place for you every day. And you will experience this. It won't matter if you receive punishment or reward: it will be only an instant in your correction process. When you say or feel that the world has worsen, you still have shortness. Then you are attached at your self-love, at severity. Once corrected, all the laws are in you and you are the living outcome of the law. The laws won't be necessary for you anymore: they will be carved within your inner being.

At any moment we can learn these laws and experience them in four levels. These four levels are in agreement with the four layers of the four commandments. What are the qualities around the eyes? Here the person experiences 90% of evil and the other 10% as good for him. Of course, from the point of view of the four commandments, this only mean that he has the strength to live only according to the commandment of the eyes. The others commandments are hidden for him. When a person is only in the layer of the eyes, he feels life as somewhat evil. But a person who has the inner strength to live according the next commandment, the commandment of the mouth, experiences in his inner 50% as severity (the evil) and 50% as mercy (the good). Everything is within us. Inside of us rest the ability to see the world as whole, perfect. Becoming aware is to learn the codes and the laws of the Universe.

When you are capable to live according the commandment of the heart, you feel that the world is 90% good and 10% bad. And when you reach the area of the field of strength named 'base' (where the genitals reside), and you bring yourself in agreement with the light, you become attached

to and in optimum relationship with the laws of the Universe. The correcting process will go further and further until all the self- love is transformed into goodness.

But there is no chance of a 100% correction because the finishing touch will come only after the '*gmar ha'tiekoen*' – the ultimate correction for the whole mankind. In this stage you will comprehend that we are all connected with each other, and that our common fulfilment depends of the complete correction of each and every human being. And when my personal ultimate correction has happened, the bad will be transformed into a transparent goodness, and I will truly be a free person. Everything will be done. The task will be fulfilled. Remember: the sun always shine behind the clouds.

### ***9.3 He who makes himself small will see the light***

How can there be an agreement with the light, when you only receive while the light is the giving?

When you transform your egoistic nature, there will be no reason for the light to be separated from you. Then you will be dignified to receive the light with the intention to give. But those who remain in the area of their self-love, will not have the chance to come to fulfilment. And to come closer to the light or to go away further and further from the light, only depends on his pride. When he overcomes his pride, he will come closer to his ultimate goal. It depends only on every person to reach an agreement with the light. He has to uplift [his inner] to the laws and make himself small from within. The smaller you become,- considering the true reality of course -, the closer you will be to your goal.

This doesn't mean you have to humiliate yourself before others: it is an inner movement. When someone pretends to humiliate you, you have to make yourself smaller from within! Remember: only from the outside your feeling of self-confidence can be touched, **never** from the inside. Only a human being can give others the feeling of confidence or the feeling of humiliation, but it is all from the outside. The light brings us into a low situation so now we feel ashamed. But this is on purpose. Why? Because the light guards us from feeling arrogant and helps us in liberating from it.



Always talk with a soothed voice. This will guard you from anger because anger brings people to the state of egoistic receiving. When you have liberated yourself from anger, you will feel mercy and servitude in your heart. And this is the finest quality you can have. Through servitude you will come to alertness. Now you will always think about the questions: “Where do I come from and where am I going?” During your life you live as a cocoon, just as if you were dead. But when you think about these things, you will become happier and you will be satisfied no matter what happens!. When there's an inner modesty considering everyone, eventually the light will shine upon you. This gives you the feeling that you have come to realization, and in a way it's true! Why should you be proud of your earthly wealth?

A person may be rich or poor. If wealthy, does he have the certainty he will always remain rich? Is this wealth because of his merits? It doesn't belong to him; he only receives it. And the honour he feels is very fragile. There are so many examples of wealth loss in this world. So, how can he stand firm for a dignity that doesn't belong to him? And he, who is proud because he has so much wisdom, take a look at the wise men from the past. How many wise men were there eventually? Many, certainly. But they also had ailments, like dementia, or - in some other way-, their wisdom was taken away. What was left of their wisdom?

So, always make yourself small and let the light raise you up. Always clear your mind and think about what you are going to do or to say.

#### ***9.4 Let yourself not being dazzled***

This is a time for awareness. If there is someone who says he has seen the light, then immediately ask him/her: 'how did you do it?'. All the meaning of life is to take fate in your hands and this won't happen if there is a sudden flash of light that overwhelms or control us. We must have a desire to take in as much as possible, but when we don't have enough strength to withstand it all at once, then inch by inch, because the light always and constantly wants to penetrate us from all directions: from the inside as from the outside. Even the light we already have taken in has - so to speak - no limits. It is difficult to stay focused and to impose limits, specially when you have tasted the light (pleasure).

Inside of us we feel an intense pressure, stronger than the strength we have and it pours out entirely. The light enters the head, and from that field of strength, enters the 'mouth'. It actually resembles our physical mouth with which we eat and drink. Earthly food is also a form of light. It is digested and then brought to a higher stage. What we don't need will be expelled. The same happens with the inner processes. The light enters through the 'mouth' to the next field of strength: 'the navel'. The light pushes from the inside and from the outside. At a certain moment it becomes unbearable and pours, but the remains of the light will stay forever: this is why we want to receive more and more.

#### ***9.5 Being deign in scarcity and being humble in abundance.***

At the beginning a person can't distinguish how high or how low is his position in his inner being. Then suddenly he jumps and lands on a higher position, but he experiences it otherwise !. He seems to be at a lower stage. When in a higher stage you feel smaller, and when you are in a lower stage you feel yourself huge: This is a fact. Always remember: when you feel yourself small it's possible that you are at a higher level. People know when you have grown up because you have risen the quality of your inner strength.

## **9.6 *What is guilt?***

Never feel guilty. It doesn't matter what the subject or object is. It is forced upon us from a past event point of view. Although you may have made a lot of mistakes, it is not in the structure of the inner being to feel guilty. It is not your inner saying 'I'm sorry', but your selfish outer being. Your self-love wants to feel good. Of course you may have some regrets but only because you have missed a chance to correct something in your life. Don't let this moment go away: feel it deep inside of you. Be aware of it, so the next time you won't forget to correct yourself. To feel guilty is only a waste of time. Remember: when you apologize, most of those apologies are a product of your selective feelings.

You can't apologize for what you did yesterday, because today you are another person.

There is no need to feel guilty about something that happened years ago: you already ate the fruit.

## Chapter ten

### ***10.1 What can I do with the cynical people around me?***

“There are people around me who are very cynical and they bother me. I don’t have enough strength to resist their negative influence and I let myself get involved. When this happens I feel angry and I don’t want to project the anger on the cynical persons. Then I feel worse. I feel it beneath my navel. And I feel the anger in my head. I have lost all the strength to talk. My goal disappears from my sight and I can’t connect myself with my inner being. This gives me the sensation that I’m wasting my time. I can’t be creative anymore. What can I do? The worst thing is I can’t walk away from the people who are doing this to me. In what way may the Kabbalah help me, so I can reach the goal I have set in my life, despite the cynic people around me who feed my anger?, how can I free myself from these evil influences? ”

Let us first consider how these problems are born. Do these problems originate from people who are also working on their inner being in order to achieve fulfilment, or is it just nagging people? And, if these problems create us a deep despair, how do we react to such situations?

Yes, it's possible to connect this with the inner work and we can use them for our own benefit. For instance: you may have a mortgage and say: “I know I have to pay the rent, but the bank is very insensitive to me. I have not the strength to serve my obligations”. For me, these are negative forces. I feel anger and I can’t be creative anymore.” You may replace the bank with your wife, a police officer who gave you a fine.... it’s all the same, even though you might think it's a very personal experience: ‘This is my life and my experience’.

Constantly the outside world influence us. Of course there's nothing wrong to have problems, and they are always the same, everywhere. It is a matter of the earthly environment. When you walk in a pine forest, all the trees are pines. You are in a problematic environment. And you have to work at yourself, and when you do it, you will experience more and more light and this will encourage you to work harder and more at yourself. This is the work you have to do by yourself and the reward will be huge. These problems are only a reflection of an uncorrected position.

Of course it's wonderful when you experience this because now you are aware that there's something good inside of you that opposes the evil. There are two aspects. But many of us see everything as being bad, vicious. First you have to change your paradigms and then search for the answer in the lessons you are following. When someone behaves cynically, according to you, this only means that you have deserved this attitude, it is you who raised this cynical feeling. When there is a positive strength within you, you radiate this to others and then no one can touch you. Do you remember the story of Daniel in the lion pothole? He wasn't eaten. Why? There was no resistance, no brutality, but affection and love. Then no evil forces can touch you. You don't give others a chance. When you work at yourself, the evil, the bad within you, won't be feed any longer. It is enough to have a tiny bit of evil, but no more.

Do you remember the five questions (the five W's) in every situation? "Everything outside me is only the perfect and unchangeable light. What I feel is my reaction". Let us consider the reaction of being angry. When we experience anger it makes the strength look evil, but in reality it's absolutely different. Your behaviour influence other's reactions. Of course: some people may not be pleasant for you, but who says you have to socialize with them? Choose your own environment. Choose another people instead of the cynical. But never, and I really mean never, walk away from your inner work. It seems a contradiction: "I feel anger but I don't project it to others". Why?. And the answer is: "That projection, in reality, refers to yourself". Then you have to work on you and only then you may grow: Be happy! The best advice is, **don't show your feelings to others**. Justify every situation. Don't allow any situation overwhelm you. Specially anger. What do you achieve when "you talk about it", a very popular saying these days?. It's only asking for judgement. And no one may judge others, neither you or me can judge if someone is cynical or not, because we haven't done all the corrections within ourselves. This is only the attitude of a child; this is only a escape from reality. When you behave this way there won't be any growth at all.

You are who you are, and this is valid for everyone. You will never know what the other is thinking. You only see his outer manifestations. And when you experience this as cynical, it only means you are the one who is cynical. You are only projecting on others what is yours. This is the territory of a psychologycal game and psychology has nothing to do with the inner work. If you think otherwise you are busy with wishful thinking. You have to work on your inner, whatever your situation may be: your husband, your neighbour, the bills you have to pay....

Everything outside of you is perfect and belongs to the unchangeable reality. You can compare this to when you want to correct a child. Although your face is severe, from the inside you feel love. Anger is the outcome of losing something. You are losing your goal. Your goal is your most important achievement.

When I'm still irritated and inclined to earthly things, how can I successfully use the Kabbalah training? How does the correction process work, no matter the problem? There is no difference between a mosquito that stings you or a very complex problem. If you feel a difference, you are behaving like a child. When you blame the mosquito's bites, you don't have the strength to see everything with love: you are still escaping from your problems. As long as there is no acceptance within your heart and soul of the true reality, others will be able to offend you, meaning you aren't working appropriately in your inner. When someone insults you, don't feel offended. Is this very hard for you? You may say: "This is mad and illogical". But you have to accept this!!! There is no other way. There has to be absolute peace when someone insults you. If not, it means you have some work to do. And only that work will bring you to wholeness. Always see the two sides of the medal and, at the same time, you will be building up the middle line. Now you can love everyone without expecting a reward.

No matter if someone is cynical or not, don't allow this to affect you. This would be an enslaving love for this world, for the human being and for the animal.

'Love is a two sided road' is a saying from an egoistic person. He isn't aware that he needs help.

In a way you have to learn to be introverted, extroverted and somewhat in the middle, but most of all you have to develop a strong connection with your inner.

## Chapter eleven

### ***11.1 Let money go and it will come back to you***

Money is only an object. Money is the manifestation of all the evil that is in the human being and is a by-product of the uncorrected humanity. It doesn't have any agreement with the inner world and the longing for money is one of the most difficult aspects to correct. Our mistakes, wishes and deeds are food for the evil. It is very important to recognize your thoughts before they become wishes. Once it becomes a wish, the evil feeds from it and the selfish love is used as fuel, and she will do everything to please herself with unclear things and deeds that are prohibited.

And there is another thing you have to be aware of: the evil may disguise herself with the clothing of goodness. As soon as you feel relaxed, because you get the feeling that you overcame something, then it becomes subtler, such as money, and whispers: "What is wrong with money? I can give it to the poor"

Money wants to conquer you and make you his slave. If we want to be one with our inner, we have to disconnect ourselves from the eagerness for money.

Earning money is not wrong. The problem lies in the relevance that you assign to it, and this will bring you to no fulfilment. This is a very serious problem. To give money less priority is the first thing you have to do. For many of us it is easy to do dangerous or illegal things to get money.

Sometimes earning money can become more important than life itself. It's the evil within us wanting us to fall and to take us to the shadows of non-existence. Don't be sad if you lose some money, if you do so, you will be living in the past or in the future. "I will, I will, I will..."; but this doesn't happen in the now. And if money is your master and saviour, what else do you need? And this master says: "I am your gate to freedom".

Of course, that doesn't mean you have to go the other way, to poverty.

Don't pretend to break the evil because some day you may need it. No one can come to fulfilment without his own evil.

Around the head of every person is a circle of light, and from there you have to give permission to the light to enter you. Constantly the light is pushing because the light wants to enter into you. This is a stimulus for your personal growth and wants to bring you to your goal. Grant permission to the light to enter you. This is the work we have to do! When a person sins, falls down under the domain of unclear wishes and forces. The salvation is in your aura. When someone is, for instance, addicted to money, the evil uses his aura to fuel his unclear wishes until nothing is left around their head. It is said: "Evildoers are dead during their life". This means that their aura is gone. Nothing can nurture them.

Of course we can see externally rich people, but in their inside they have nothing. You can see them as mummies. Only material things make them feel alive. When you invest in earthly things, you will receive earthly things. But this is not the reason why you have received your aura, your true light. When you die, your property goes to others and you won't see anything of it anymore. The legacy of the evildoers consist of their errors. Where's true love, money is not important. Connect your money with your wellbeing, meaning, let the money go and free your heart. Then you will make true "money".

To be a fool can be very important. What does it mean? How can you come to wisdom without being a fool first? We learn from the mistakes we made, we achieve richness through poverty. When you dare to make mistakes, you are being human. We can only learn through the opposite within ourselves and from the world outside, so come to this understanding and make it your way. Evil is a part of our existence. This is why we do nasty things, then feel mercy and finally we choose to do the good. Isn't the outer reward greater? Remember, when a sinner comes to remorse he is in a place where no saint can come. True remorse receives the highest reward. If you think: "I have been a good person for forty years", you will achieve less than the sinner who comes to true remorse. The sinner (he who receives selfishly), annuls himself and reaches the deepest point within him. And when he can crawl on his own, his reward is immense and he may achieve the crown of light.

We have the power to exceed the greatest saint among men. Carry your sin. Don't be afraid of the wishes; have them as many as possible. Be eager for your friend's wishes and, - if you have enough strength -, even for the wishes of your enemies, until the moment you can carry all the sins of the world. The more wishes you have within you, the more work you have to do. And the more work you do, the deeper you will come within your inner. And the deeper you can come in contact with



your inner the more light you will receive. This is a law of the Universe: “The light gives only what is necessary”. If you hardly have wishes, you will receive the light according to the few wishes you have. And the opposite is also true. When you are pleased with yourself because your bank account is plentiful, you have a wonderful job, a great family, a nice house...what else do you need?. Nothing will bother you. You have found your master. Let's say: the master of money. But when you live in the now, the evil can't get any grip on you. With affirmative or positive thinking you will only build 'air castles'. For some time it may be okay... until the the bubble bursts.

## ***11.2 Trust beyond understanding***

A good businessman always thinks: 'how can I please my client?'. This could be seen as weakness, as a trick etc. but it's only a variation on the same subject. When there are questions you can go on and on endlessly with your earthly understanding and achieve nothing. A question has to come from your inner shortness and from the longing to understand the control system of the Universe and to justify this system. You may say, e.g: “I don't have the strength to understand it yet”. For example: you can't understand or accept why an evildoer does bad things. There is only one solution: go beyond your understanding. Have a confidence beyond your understanding. When there is no justification for the existence of the evildoer, how is it possible to justify the control system? Don't "try" to understand. When you say 'I forgive', this only comes out from your mind (the moral or psychological) only to make you feel good. It is not of your inner concern. You only disconnect yourself from the important things. But when you trust the control system of the Universe, and assume that everything that has happened was for your own good and for the good of mankind, everything will function in wholeness and there's nothing to forgive. When you can do this, the Kabbalah method will uplift you and the light will give you everything. Nothing will come to you if there isn't a question, a wish, a shortness first.

War is only a reflection of our inner condition. Don't be misled. In the end, this is also a consequence of “my reaction”. All the misery we see is "my" reaction, my problem. Try to feel the absolute joy. Although in shortness, you have to justify the control system of the Universe. This is your challenge. Your work. Accept it. Everything is good and goes well. This goes beyond the outer being. Now you understand why you have to go beyond your understanding.

Your intelligence is only a stand in your inner path. You may use it, but for the inner work it's an obstacle. You have to keep it apart. You can feel backed up by it, it satisfies your ego; it is a macho thing. You have to overcome the wish of being intellectual, because you can learn and learn and still have no understanding of the true reality. The intellect is only a fragment of the whole picture; the truth is simple and brilliant, but the intellect covers the truth. When you are small but you can go beyond your understanding, you are greater than the intellectual one. Even the Kabbalah method is simple to understand if you are receptive.

### ***11.3 Even misery is useful***

In our society, we commemorate several events. We judge it useful to make connections. Of course we love it. We feel pleasure in it, but still... our intellect, our moral, is an invention of the ego. We do it only for our ego. The ego loves it. "See how good or smart we are". We think it's good, but it's only a cover up, a selective way of perceiving things.

Don't cry when someone dies. Remain in the present, in the now. Live each day as if it was the last day of your life.

Even then you are in need of the strength to go beyond your understanding. To have the confidence that all the evil and the misery are constructive. This confidence will flow into your experience and then you will be able to 'see'. Your intellect can't walk along with your trust. Going beyond your rational mind is more a matter of confidence than intellect.

Someone from the west crushes his heart with his brains. And someone from the east crushes his brains with his heart. Both have a shortcoming in the observation of the true reality. The true reality can only be experienced when the heart and the intellect come together, to shalom – (peace). So, neither the intellect nor the feeling may overrule the other. The void we feel is the missing dimension. But filling the shortness in a mechanical way is not a solution. Both must grow in harmony within you.

Every thought that isn't in agreement with the laws of the Universe is an error. If a person has some ideas and they don't have roots in the laws of the Universe, they will take your body, growing with claws and teeth. They will become powers embodied within the person and they will take away his creativity. Why? After these ideas take the head, they can't exist by themselves: they need a body in order to be sustained. Ideas need to be embodied

Delusions can only embody when you pay attention to them. An unclear force allows the delusion to embody and this absorbs your energy. Don't give them a body. If you do so, these embodied ideas will create you problems, because they will start an independent life.

They are the cause of several structural misleading in every situation and in every decision we make.

### ***11.4 Rules for asking questions at yourself and to others***

There is a principle before you ask a question at yourself or at others: there has to be an inner attitude of unconditional justification when considering the control system of the Universe. You have to have a desire. And your orientations have to go beyond the reason, meaning that your question has to be far more than intellectual. Your question may not come out from your intellect or from your material necessities. Don't let your question be an intellectual one, to know for knowing. Instead, the question has to bring you closer to your goal. By doing so, the questions you have will bring you closer in your agreement with the laws of the Universe.

Nevertheless, it has to be a familiar question for others. They should have a relationship with the subject. The questions you are asking here in this course have to be in agreement with the subject of the training and not otherwise. And these questions have to come from an absolute love. It has to be an uplifting and in no way to humiliate others or whatsoever.

Overcome the habit of asking questions only to show others how brilliant or good you are, or because you want some attention, or other unclear intentions. And the worst of them are the skeptical questions. Maybe it's better to remain silent and to concentrate yourself in listening. Ask yourself what is wiser: being silent or opening your mouth? There's a story about a wise man: "All the days of my life I learnt from the wisest men, and the best thing I learned was to remain silent". Only when you are 100% certain, and you feel it from deep within that the question is in agreement with this advice, you may ask a question. Your Kabbalah teacher will not give you an answer with a simple yes or no. He will guide you to the answer. Although his answer might bring you into confusion; you have to make an effort, because the solution is within yourself.

Every person has to find the answers to his own questions; the teacher only gives a direction. The confirmation has to come from your own roots. Never take the opinion of your teacher for granted. There has to be a phase of digestion within the structure of your unique personal being and you have to go through this process.

## Chapter twelve

### ***12.1 To see a person from his inner inspiration and goal***

Characteristics of a human being:

- A human being has a package of egoism that he has to transform into good
- A human being is someone who can receive the light
- A human being can feel shortness
- A human being can be satisfied, not like an animal after eating, but also when he lacks earthly things, food, drinks etc.
- A human being notices there is a shortcoming in his inner development, because he sees the perfect light as opposite to him.
- A human being strives for the good in himself and in his surroundings.
- A human being cares about others. And this is very special.

A very special mark of a human being is to be able to feel the pain of another person stronger and heavier than his own pain. When this pain exceeds your own pain, we see the birth of a human being. This isn't something given to us in a natural way. We have to develop and practice this special feeling.

Only the light is good. What we have now is very far away from the light. Light is the quality of absolute unselfishness, and we don't have this quality. A very important step to achieve this is to feel the pain of others and project it within you. This is a great secret. When you only feel your own pain, you are within your ego, within your own prison. You have to be receptive, otherwise you won't feel other's pains, and we must also be receptive to the light.

With this you will develop a great and special organ of awareness. It will be easier to withstand the pain coming from others, and through this it will be possible to increase your inner volume. And in the next step you will be capable of feeling the pain and shortcomings from the whole world. It is a huge increment of your needs. With this you will receive the perfect wholeness, the perfect remedy.

## ***12.2 A short story about a vagrant and an addict***

Once upon a day I was walking with my wife by an Amsterdam street. About twenty meters before me I saw a homeless person, wrapped in a blanket, coming into our direction. He smelled awfully, I have to say; I am very sensitive for odours. My outer being wanted to go to the other side of the bridge. But then I thought: "If I do so I will offend this person". Then I got the feeling of pain and I said to myself: "No, I can't do that". I tried to think about different reasons why he couldn't be living a normal life, because in the Netherlands there is a very good social system, but when I took over his pain inside of me, something wonderful happened: the awful odour wasn't there any more annoying me. To feel his pain, was that enough? Shouldn't we give him something else?

Another day it was raining and I saw a begging addict against the wall of a house. She asked for money. We had a banana in our bag, and I gave it to her. But she threw the banana back to me. I understood that she wanted money to buy some drugs. But for this longing I didn't have any feeling. I could still feel her pain, but to free her from her pain I would have to give her something different. Of course you have to give, but not in a way the other can abuse it. It is very important not to corrupt the control system of the Universe.

## ***12.3 What happens when you take over someone's pain?***

This is a very important thing. It has to be done with the right intention and the right strength. It's only possible to take over the pain from another when you are very receptive. And something wonderful happens when you do so. In a way, the sufferer makes the light feel sad.

We are made in His image. He wants us to grow. When a person takes over the pain from a fellow, the pain will be brought to The Highness. The one who's taken over other's pain, has a certain reservoir of wishes of his own and the other's pain is being brought in there. He becomes a pleader to The Highest for his fellow man.

Although I can feel my own pain, I don't ask for my pain to be solved. It is the desire that lies therein to feel the pain of another person as if it was my own pain. I am begging for my fellow man, but the pleading comes out from me. From deep inside of me.

There is a law: “When you beg for another person, it is you who receive first”. In a way you begging stirs up in the Higher spheres an effective resonance. There is only one connection between the human beings and the strength of the Universe, regardless if we see this or not. But it was me who stirred up this strength so I’m the one who receives first, and not only this. I receive double: double health, double blessing. I’m the first one who receive relief to my pain, just in the same measure I’m in need of, and the other person's portion goes to him/her. We can’t see or feel this secret, but you have to know: “Nothing disappears from the inner [spiritual dimension] of the Universe”. All strengths are for those who arise the good.

Does the vagrant receive even if he did nothing? He receives because I made the effort to be receptive for him. He didn’t do anything. And this is possible because we are all connected by way of our roots with each other. A mother does not feed her child because he/she did something good. Even a naughty child receives from her mother. The same happen to us.

You may be receptive for othe'rs pains but **never** penetrate his field. Don’t interfere. This is also a law of the Universe. If you do so, you will damage yourself **and** the other. Why? Because we aren’t corrected by the light. Instead, we act as if we can correct others. Therefore, we have to be very careful in showing our mercy to others from the outside. If you do so, he might feel less important and ashamed, although he may not show this to you from his outer being.

Me, and left from me he  
who has pain.

Drawing # 12  
LIGHT

His root

His root

severity

loving kindness

He shows  
pain//shortness

My own  
shortness

I take on myself the  
pain of A, and  
request blessings for  
him along my own  
request. I bring him  
to my root

**Person A**  
**He who has pain**  
**(He who has shortness)**  
**(left)**

**ME**  
**(middle)**

**Person B**  
**Lucky devil**  
**(Has everything**  
**he wants)**  
**(right)**



## **12.4 Your own territory, two by two**

Adam was the first man who became consciousness of the laws of the Universe. When we read or hear: “Adam was created”, this is what has been meant. It is said: “He could see from one point from the world to the other point”. Meaning, he had no boundaries. He was whole and he had an absolute connection with the laws of the light. But, when he started to receive for himself, in an egoistic way, his comprehension lessened dramatically, even the reach of his work area wherein he had to work was decreased. Then, he and his offspring, continues with the egoistic receiving in all kind of way. Through this the area around a human being decreased enormously, and in this area we could receive the shining of the light in a direct way. Now we have to make corrections for to bring ourselves in agreement with the laws of the Universe.

Every living being is under protection and the government of his own high root and through this he can grow. In some culture this is named the aura. But we don't speak about sensual, magnetic fields of strengths, because they are material, although very sensitive. The root of a person is much higher. It is a defined area, or canal consisting of two by two meters around a person and it reach out from him to his root into the higher spheres. This root is his guardian angle. And his guardian angle gives responsibility to the high light and even further, at the infinity.

Within these two by two meters a person can do his corrections. In a way it is a column of circa two by two meters around a person. This is the limit mankind had to deal with as a result of his egoistic receiving and it will last till the eventually ultimate correction of the whole mankind. Be aware of your area: it is two by two meters. Beneath a person we see the area of his observation within this world. From the left and the right side he receives the radiation or vibration that enters his area through small ‘windows’ within these two by two meters. There are two forces: loving kindness and severity. From the left we see the vibration of the intellectual and from the right the vibration of the heart. When there is an over sensitivity, excessive attention for the heart he will lose his intellectual insights. It is not the intention to make shutters within you.

Don't escape to a monastery or to a desert because you only run away of your own corrections. These vibrations are there because within the area of two by two meters you aren't strong enough. Let the radiation enters inch by inch. It may not hinder your inner work. The meaning is to let in

a small portion within your area and not too much since it could pull you out of your area. If you feel it is outside your two by two meters area, don't remain attached. If you do, you will experience the feeling of having left alone by the light and there isn't protection any further. Your guardian angel is within your area of two by two meters, and no more. It is this light surrounding you, wanting to enter into you, shining on you, wanting to give you all the blessings, life, health...

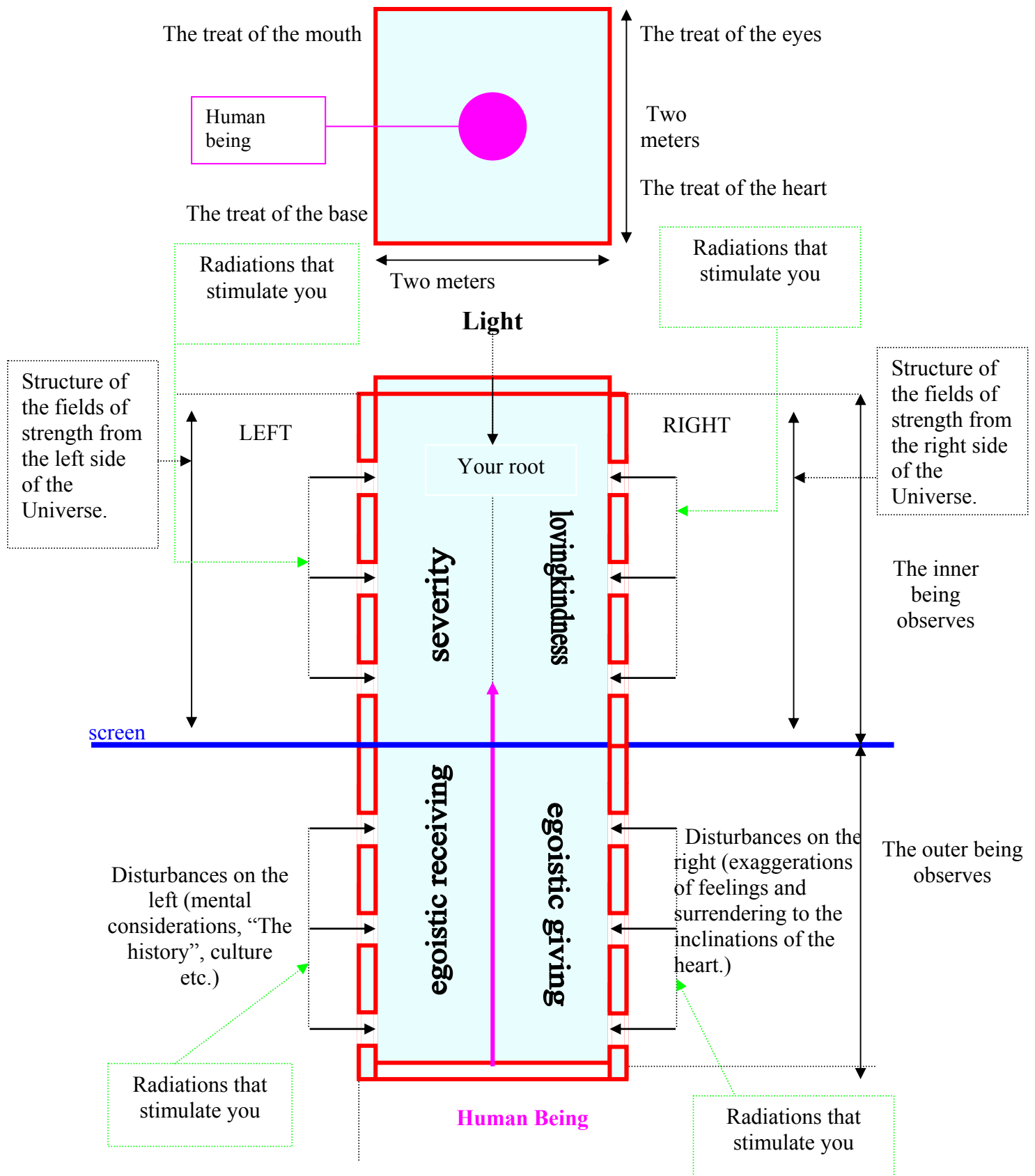
In everything we see the particular and the general. The particular within the individual, within your territory of two by two meters. And within this field you can do your corrections. In this field you feel your expectations. And at the same time there is the common, that you experience as your surroundings. Here, in this surroundings you give up your territory for the common good. Of course, your particular territory still exist, and only in this particular environment you will uplift yourself in the certainty that you are a part of the common. While at the same time you feel within your field the vibration of the left and the right, the time will come when you will have enough strength to enter into your inner and develop it. For example, if you feel angry by some noise, your irritation is a reaction of the outer being. We don't have to stay in our 2x2 territory forever. Start to grow from the inside so that the noise that enters you by way of the windows, don't make you angry any longer. In this way you can uplift yourself within your own territory of two by two meters. And within this area you receive help and the shining of your own root and from the light.

Our inner world is broken. All our inner wires and connections are broken. Although it's possible to show your feelings to another person, we are separated entities from each other, just as we are separated from the strength of the Universe. This is the reason why we think we have freedom: we don't experience the connection with the higher strength. When we have reached our inner being, it seems as though we are loosing our free will because now we feel the connection with the light. What was broken here below will be restored from above. In our inner world the wires will be slowly restored, although in a very subtle way. Our inner can only grow when we correct ourselves, leaving the system of impure forces behind.

This word 'impure' might give us a wrongful idea but we have to overcome these associations. In the right we have the system of pure strengths. And we are between these two strengths. The higher you rise within your inner, the more you feel oneness between these two strengths. We have to bring these two strenghts into the middle line, but they will yet exist.

# Drawing # 13

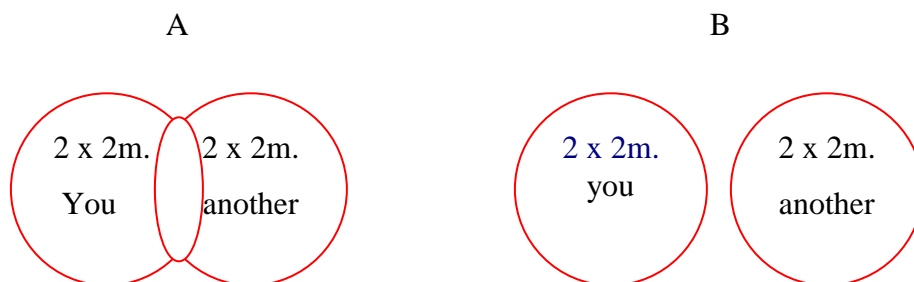
## My own territory: 2 x 2 m.



Is there a way to stay within my area of two by two meters and look 'out of the windows' and at the same time to withdrawn myself?

Wherever you go, your area goes with you. When you penetrate the two by two meters area of another person, in a way you violate with your interference the inner privacy of the other. Never listen to the inner experiences of others. This may seem a contradiction to us, but the person who is talking damages himself and you are damaged too for listening to him. Never listen to his/her past experiences! When you go to a home for elderly you hear them only talking about the war. Never lease your heart, be always independent, except when you can take away the pain from another. For a man it is forbidden to come within the radiation of the two by two meters of a strange woman. He of course may enter the area of his own wife because they are united with each other. Both partners have and keep their own area and their own canal linked to their roots. But in a way we are, from above, all connected with each other, according the same principle: the special and the common.

**Draw. 14**  
**Don't interfere within the area of another person**



- A. In this situation you penetrate within the area of the other person and now, not only you restrict yourself but the other person too.
- B. In this situation you don't penetrate within the field of 2 x 2 m. of the other person. You don't interfere within the own area of the other person.

Try to feel from your own root the pain of someone else. Collect the pain of the other person within your two by two meters. Together with your own wish take them both up high to your root, and from your root all the good comes down. Now you don't bring your pain, shortness or lack up high, but it is for the other person. When you do this in an upright manner the solution and blessing you had aroused, will come from above down to you first. But your intention is not for yourself. Never do this for your own good. The work is to bring it within your field but the intention may not be for yourself. What is happening with the pain of the other person you have experienced and taken away? Don't care about it. The only care was to bring it up high within your territory of your two by two meters.

You can find these two by two meters everywhere in the Universe. These are the four corners and they are in agreement with the four places of the four commandments within the person. If you work within your own field, the light shines upon you. And what was, is and will happen is not your care. The only thing you had to do was to plead for the other. And above there is a tremendous greater reach than your two by two meters. From above we are connected with each other.

The blessing comes from above through the canal; it comes from the root of the vagrant down to him. Sometimes we don't understand why we receive something while we didn't have a feeling for it or didn't expect to receive something. We weren't consciousness but another person was, he had felt your pain. While you were yawning the other opened his awareness for you and the light and the blessing came back to you.

Be greedy for the learning, it will go faster and faster and without any trouble it will enter you. The inner doesn't need the mass information. The rough information is there only for to carve little trails within your inner being, within your organs of awareness. In a way every being has to work within his own area of two by two meters and on the other hand he has to occupy himself with others. In the Kabbalah we are speaking over one person, one human being, because within a person there is everything, and while we are taking in the wishes of the other, we are increasing our canals of receiving. Don't take only pain and negative things, please take over his success also.

Isn't it better to give the vagrant some money instead of taking over his pain? How does this work? Am I only working for myself or do I indeed helping him?

From above I have my root, the strength lying in mine root. And further there is the endless light and from there it comes down in endless varieties. Every person has his own root, even the person from who I have taken the pain. You already know there are the special and the common, in the special I have my personal root and through this root I'm connected. In the common there are roots working with each other. The vagrant has his own root. It was me who had done an inner effort for to take over the pain from the vagrant and to bring it within my field.

As we have told above we have windows, and by way of these windows a person take on all kind of shining, as well the high shining as the low shining. The opening to the outside within a person is named field of awareness. There are people who only see misery: always nagging, they only feel good when they can nag. Know who you are; in what way are you manifesting your self? Is everything good in your opinion? Or are you the one who sees it different. It is you who is the reason for the nagging.

I receive by way of the windows the radiation, and through these windows I can feel the pain of the other. Pain is also an aspect of the light, so is pleasure. It is strength. Pain is the opposite of pleasure but the source is the same. When you admit you have shortness, you are already in a very high level. When this is an acceptance within yourself you can work on yourself. Without pain there is no development. Pain is a direction of something. When you notice it will benefit you, choose for it. A child wants immediately pleasure. Some adults are like children. When the pain leads you to a higher awareness, brings you closer to your goal, accept the pain, but never search for the pain.

I am the active, doing part when I take over the pain. Of course I have my own package of shortness and with this package I plead by way of my inner being to the light. And now I add the pain from the other person, just as a wagon is connected at a locomotive. Through the power of my will I pull it to above because it is me who wants to be in agreement with my root. And in my root there is no shortness considering the pain. And when I do so, the shortness I have will be uplifted too. And by way of the higher canals of my root it will go to the endless light. And from the endless light comes a reaction, a remedy, in the measure of my willpower and intention. And

it is my root that receives the greatest part from the high light. And after a while it is me who receive also a portion.

The secret is this; I pull up high for the other person, but there is a law: my petition will be answered first because it was me who did the pleading; it was me who pulled the wagon. And through this my package of 'receiving organs' will become larger. The greater the shortness, and of course I have to build up within the inner the strength to pull up – the greater the answer will be. The remedy. Through the pain of another person I'm making my shortness larger and it is me who receive the most when I do this with pure intention and great sincerity.

What is happening with the other person? It was my request that goes to my root and much further. Above my root the area is much larger then the two by two meters. You can compare this with a distribution system of powers. There they can see all the connection as well the common as the special between people. Their appreciation is tremendous when they see a person taking over the pain from another and when people are looking for agreement with each other. In the higher spheres everything is one, whole, united. The higher you come, the more oneness, it is like a pyramid.

It was after Adam's error that there were imposed more and more differences. In a way people were disconnected from each other. Through the work I do here below, for example I take over the pain from someone else, I connect myself with other persons. And from above they give me an enormous strength. And it is me who receive first because I had done the work. Nothing disappears in the inner world. The laws of the Universe are absolutely righteous. But the pain wasn't mine; therefore a part of this pain will be distributed above my root. For a part it goes to the root of the vagrant. And he receives a part of the medicine from above, although he hadn't any part in it and although he doesn't know me.

My inner being is connected with all inner beings. It is the outer being that is disconnected. There has to be oneness once again. When I close myself for the pain from the other, I can't receive nor experience anything. In a way one is too much absorbed in one's own pain. If you don't like the smell of another person, don't think they will give you from above a nicer smell. The control system is for people who are growing up. From above everything is connected, is

whole, one. The more you come down, the more separating. But when we bring our qualities in agreement with our higher roots, the result will be seen here on earth. With your inner part you can look below. And you will bring all the perfect laws to below and lift the world up.

The endless light had said to Abraham, who lived according the four commandments: “He who blesses you I will bless too, and he who curses you I will curse too.”

### ***12.5 He who goes with the flow***

You need a lot of strength for not being jealous when a person has everything and to feel gratitude for his happiness. It is easier to take over the pain from another person then to accept his happiness. If one has misfortune my pain will be less. But his happiness isn't mine, just as his pain isn't mine. How can we be happy through his happiness? It would be marvellous to have the strength to share their happiness. You will go forward very fast because we are connected with each other, although we don't feel this with our outer being.

So what is gratitude? It is the same as with pain. Let His happiness passes your windows just as you did with the pain of another person, if you can't do this you will close the door for this part of the light. When you can be grateful, you receive also a part of His happiness. When not, you close your field of two by two meters. And then miseries will be your part. When you complain, and it doesn't matter when you are right or not, you close your field of two by two meters. You have only to deal with your root, not the root of another. Everyone has his own root. The root of a tree doesn't feed the root of another tree. Each tree has branches of its own.

I'm satisfied and grateful for the person who has much happiness and I bring up his happiness, how, by way of gratitude, mercy and by praise. Feel satisfaction and be happy for him for everything the light is giving to him, know the light is good. Evildoers are dead while they are living although they are living here on earth. They need a lot of effort. It would be logical if the control system would reward them. When I want the inner I'm prepared not to be rich or to feel satisfied even with a little, because I want to come in agreement with the light. He who has happiness works very hard in this material world. A director creates work places etc. they receive according their investment: try to justify this too.

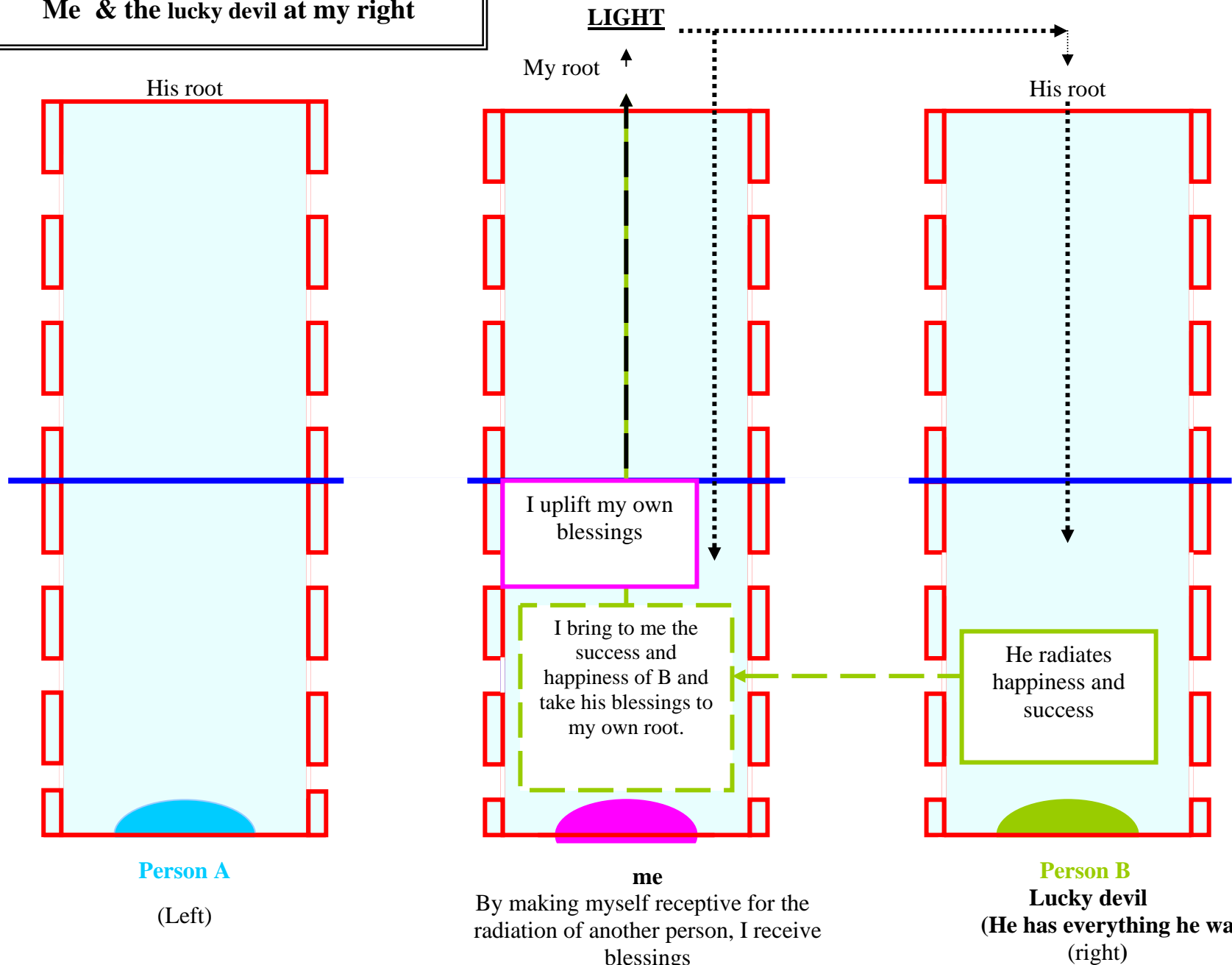


Think about a politician, all the sorrow he has, the sleepless nights, all the endless meetings, missing their family, shake hands, have criticism etc. feel gratitude for their earthly reward, but also be grateful for your enemy. How? It is the same as with the pain, make a package of their happiness and pull it up with your request, or by praising, prays the high strength and you will broaden your receptive organs. And my prayers will cause a glorifying reaction from above.

Every good petition is build according the laws of the Universe. And these petitions always begin with praise and then make your request. Suppose you are going to the queen, first you have to bow and praise the queen. Then you may become nearer and if so, with a deep gratitude you will look up to her face so she can see how you are appreciating her. She feels you love her. It is the same with the inner, and your lower being will not annoy you. All strengths will go up. My praise will go to my root, then to the servant and eventually arrive at the Ejnsof. My praise is not for what He gives me, but for what He gives to the other person, even when it is my enemy. Especially the last is the most profit. Learn to give to others. The praising of the light for another person restores your inner oneness and of others. “Nothing comes from above when it hasn’t been waken up beforehand here below”. In this you do, here below, the work of the higher strength.

**Drawing # 15**  
**Me & the lucky devil at my right**

severity



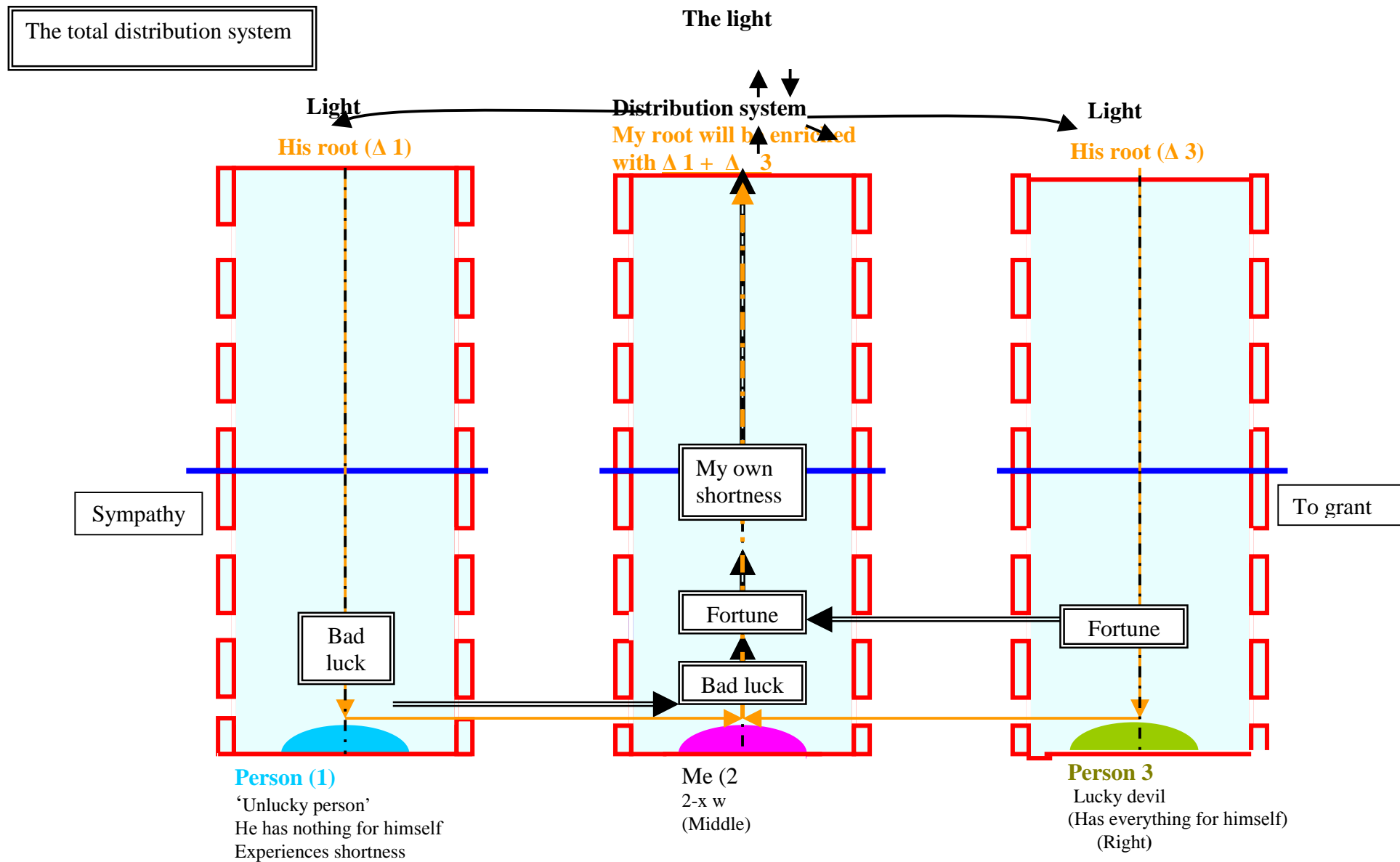
contentment

An enormous radiation is the outcome of the oneness we have realised. It is me who receive first because I stirred it up for the other. It was me who wake up. It goes beyond my root up to the distribution system of the Universe because this is a very justifying system. All roots of all the beings are connected in an organic way. The root of the vagrant, my root and the root for he who is always lucky, from above we are all connected with each other. Above is harmony and here below we lack the harmony between the roots. And by way of this system he who is always lucky, receives even more. And he is receiving so much; he comes to the feeling he wants to be generous although he doesn't understand this feeling. It is the quality of the light what is feeding him with the feeling for to give. Here below we are coming more and more in oneness. The person who has always luck and doesn't work on himself is as a child.

It doesn't matter; you can take them on, the vagrant or the lucky one. What you do is making tracks of good actions. One good action wakes up another good action. Every good action is the bottom for the next good actions. This gives you strength for to do more and more good actions. You have never too much strength. Through this you build up strength and slowly you are pleading for your friend, neighbour, your street, your environment, the city, your country...and the whole humanity. There is no place for enmity. Take everything within your two by two meters, the worries and happiness of all the people; with this you justify the control system of the whole world. The angel of death will even love you, meaning your own evil will be surprised of all your acts of giving.

And through this the wish to receive for yourself will die, will cease to exist. There are the positive strength and the accuser. And the accuser will point right away when you do something wrong, in strength. You can't bribe this accuser. He searches for the hidden death. He can't find anything wrong when we are doing our good deeds, even when we suffer pain in doing so. When you only think about yourself, there will never be an end. The intention is, we have to be liberated and you can do this by lifting up your field of two by two meters and -after the corrections-, return to your own place.

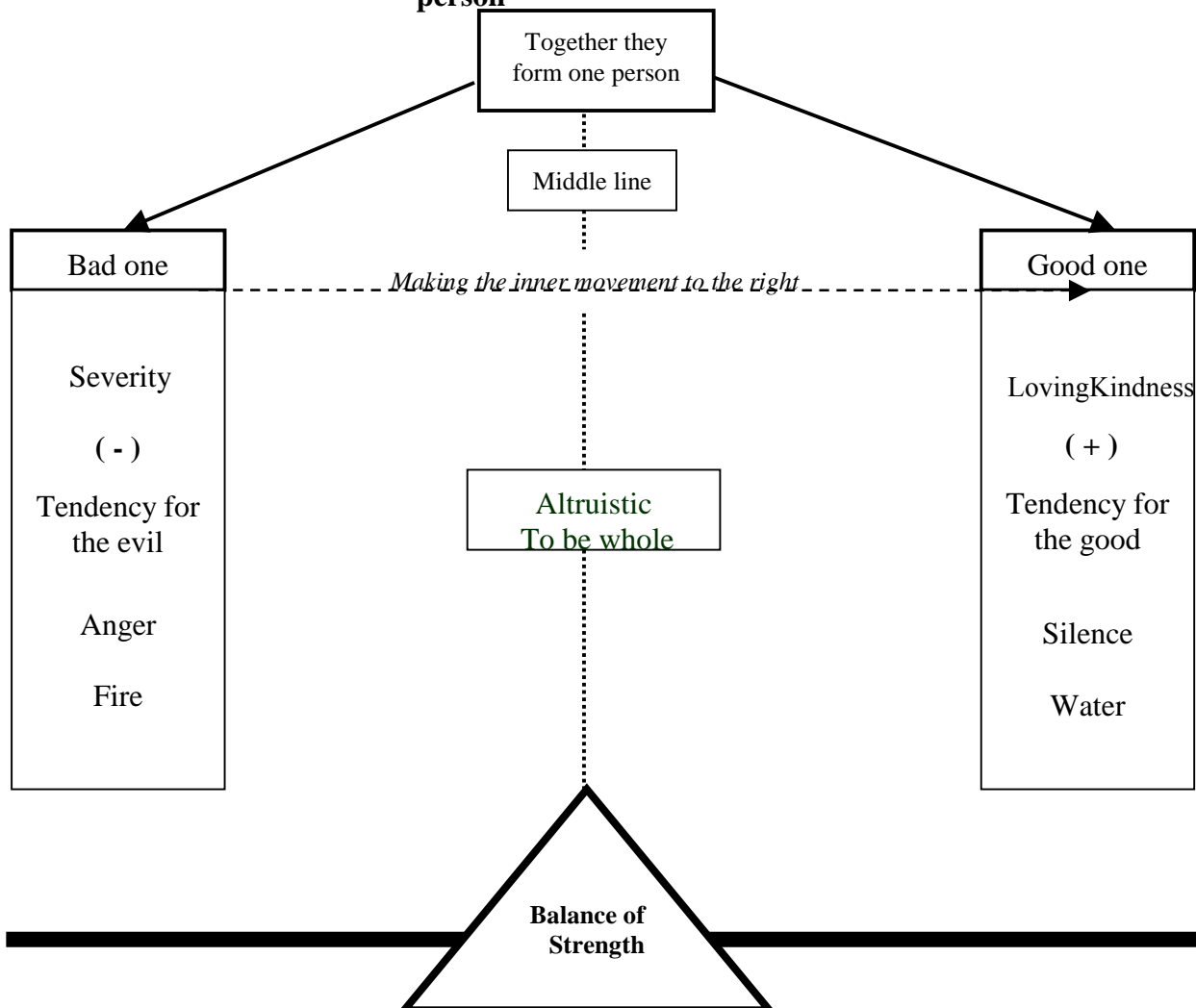
During the training I put participants in a wagon and pull them up, in an inner way. I pull them up and it comes back by way of your root, as is explained above. Even if you don't understand, accept it!



## 12.6 We are always speaking about one being in Kabbalah

We have talked about the vagrant, about the lucky guy and about myself, but in truth, we are only talking about one person. I have these two by two meters area and within this I have two strengths: the left and the right, loving kindness and severity. All these are experiences of the inner world and these are the steps for the fields of strengths to comprehend the laws of the Universe. Communication in this is only possible when we are on the same level. Of course there are more levels but we haven't the comprehension for these levels and we lack the words to explain. I will in every participant start an inner process of the true self-knowledge. And what you have to do is to be receptive. In our world we can't experience these inner steps from the fields of strengths because there are no screens or inner fields tangible. All inner connections are broken.

**Draw. 17**  
**Everything is within one person**



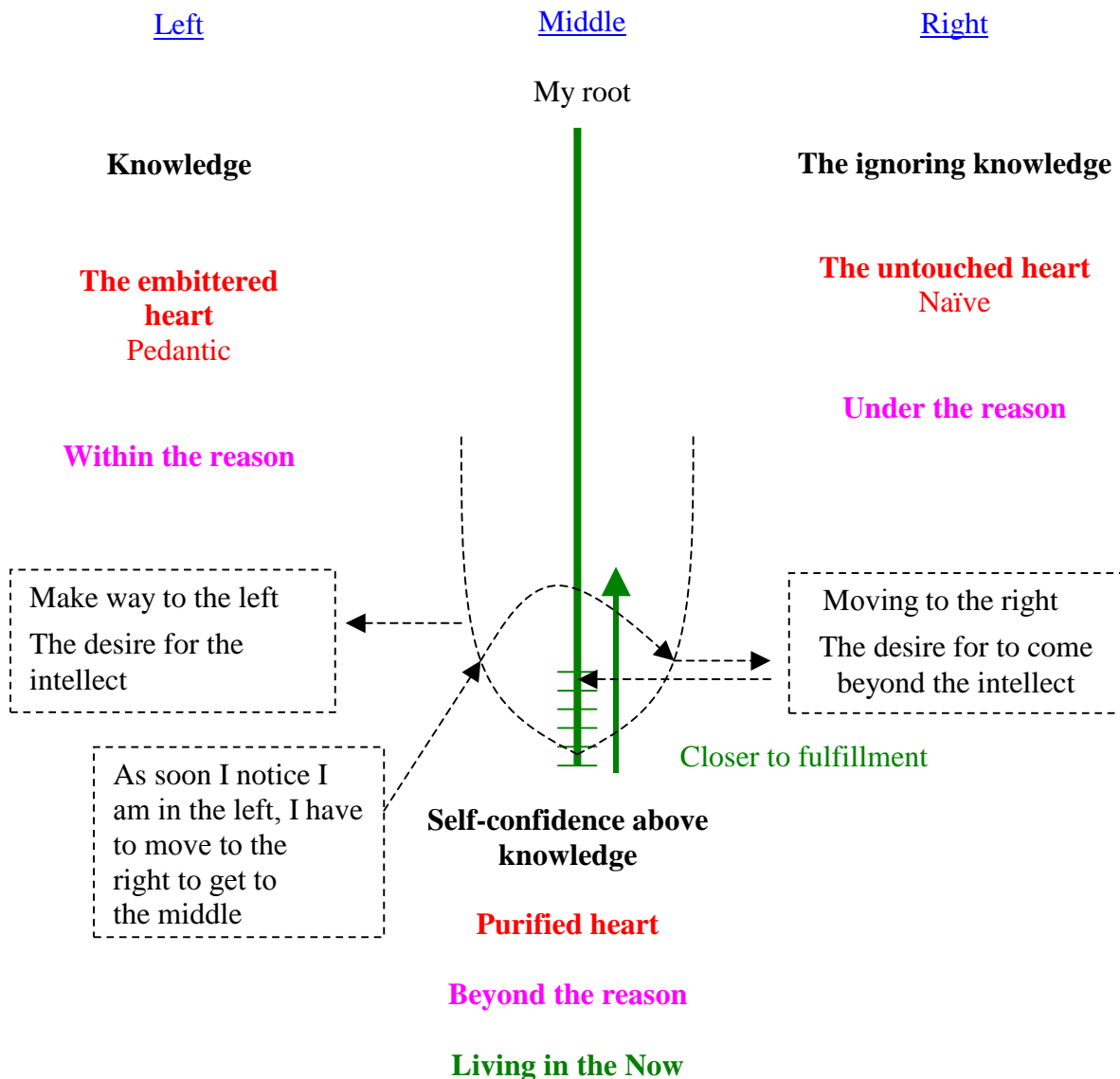
The vagrant, he who has luck...we have to take in these opposites in our self. We can have a feeling of fullness and later we can feel lonely and poor. Both strengths are within us. We have to live with them, learn this. First there is the awareness they are outside of me. And slowly I bring them inside, deeper within me. Through the left side I make contact with the vagrant. Everything in the world is built according the system of agreement in quality. We have to do the same. It isn't possible to come within the canals of the vagrant. It isn't given to us to look in another field of awareness. The only thing I can do is to make contact with the vagrant by way of my left uncorrected side. Bring in memory the five questions and five answers as you have learned. Do you still remember them? It is always your reaction; don't react outside your two by two meters, when you do so you are committing adultery. In our left we feel shortness. This is the side where we feel heaviness, severity. What you have to do is to build up the strength to go to the other side, the side of loving kindness. The light himself brings us to the middle line. I know it's hard to understand; it goes far beyond the reason of a human being.

As long as a person yearns only for lovingkindness he is like a child until the moment comes when he feels he is growing inside. It is hard work, we have to do this inch by inch and in every step we have to mix severity and lovingkindness. The true reality is the middle line. Both strengths have to be within you in the right measure to have a perfect burning response. It is as fire versus water, the one gives flavour to the other and viceversa. Every day we have to work on the integration of these two powers. For instance: your computer has broken, the first reaction is from your outer, the one that is in need, but your reaction pulls you away from your own field of two by two meters. The task you have to do is to go from the left side to the right side. And through this the true reality will be the result. The light of solution will only come if you have done the work in the left side **as well** in the right side, the result of this will be the middle line.

Don't think we can do good deeds. If we have only the right side without the left side it is as a belief without knowledge. The left line is the side of our need and it is as a belief within knowledge. The line in the middle is the line of belief above knowledge or we say about this line, to go beyond the reason. And this light is the light of instruction – from the laws of the Universe. When we are working on our self, we will come to the experience of these both lines, the outcome is the feeling of 'coming above waters'. When you are in the water and you rise up, first your skull will rise above the water, then your eyes, your nose etc. it is the same with all the ten

fields of strengths within the inner being. If you are under water, you only feel severity. And your ego is connected with the severity. When you only groan, you only experience severity. But when you are on the other side, the feeling of contentment, you don't see the severity, and this isn't good either. When you see only lovingkindness you are under water too. Lovingkindness without severity is like belief under reason. Everything is in one being. Through your own strengths you are capturing the whole Universe.

**Draw. 18**  
**The path to my root**



Whatever you do, do it with sincerity. What you do, do it with all the strength you have in you, otherwise don't do it. There has to be awareness for 100%. Only then you can work with your receptive canals completely. When you are hungry, eat, not because it is 12 o'clock but because you are hungry. When you eat at 12 o'clock it has to do with the culture of your country. When 12 o'clock is in your country lunch time, be hungry at 12 o'clock. Only then you can give the strength, have the pleasure for the food. See in everything your field of two by two meters. Every nation has his two by two meters. Every nation has a root of its own, in quality, and protects a country. You can compare this with your hand: the fingers of your hand are connected with each other. Each finger has a protecting root and the whole hand has a protection too. The higher, the more common the protection becomes. The higher you come, the closer you near the endless light, the inner root, the more widely, further the strength will be spread in the Universe. In your inner you can see the entire nation because everything is in one being.



## Chapter thirteen

### ***13.1 Always keep your goal in mind***

Suppose you see a ruin in the middle of your town and you dislike the place, as soon you know there will arise a new building the dislike will be gone. It is the same with the understanding from the structure of the Universe, the more you understand the faster you go forward. First we are focussed on the common principles. We are working with them while we are working on our selves. There are two intrinsic strengths in the world: lovingkindness and severity. But from above they aren't visible. See the comparison with a seed. When a baby is born, within the seed everything is there, will he be rich or poor, intelligent or stupid etc. but there is an exception, it is not inherent in us to be a crook or a saint.

Within the program there is a missing link, will he bring himself in agreement with the laws of the Universe or not. Don't think he who is more intelligent goes faster; intelligence has nothing to do with working on your self. Every person can change himself and come to his finish. Try to read, not only the things necessarily for the study, also what gives you life. The intention is to come directly in contact with above, with as less distortions. The true reality is the middle line, the true way, to live in the now, to go from your intellect to your feeling, and otherwise. In a way your personal way seems to be specific and disconnect from others and though everything goes in one direction: the fulfilment of whole mankind. When you come to the training, leave your earthly worries behind. It isn't easy because we do things automatically; we are slaves from the outer. But remember, it is you who can make the choice.

### ***13.2 Interaction between the inner and the outer***

What we see as the inner is everything what is higher with respect to the lower, and what is lower is the outer. The higher step lets down his lower outer part. While the lower step wants to be in agreement with the higher, it works with his inner part. It is the outer part of the higher what comes in the inner of a lower step.

There is a principle: if you want to achieve the good, you want life, always go within yourself to the lower parts of you're higher and become aware of this within yourself. Feeling and intellect have to be as one: not only in the thinking or in the feeling, but there has to be the experience both are integrated within you. When there is only the understanding your intellect is not complete. Each step has the obligation to help the lower and to give at the lower, and the higher step enjoys this. So each lower has the obligation to become one with the outer of the higher. For instance: when you are near the king and you beg for mercy, you bow your knees; your face is at his feet.

It is the same with your inner in respect to your higher step of your inner being. There is no shame because everything is happening between your own channels. The higher is the lower part of the next step in your inner being. There are layers within you, you have never experienced them but everything is within you. But when you are focussed in being buried alive and try to survive, you only become one with nature which is lifeless. Everything is within us, the plants, animals, lifeless and the human being. The meaning is to become one with the human aspect. When you comprehend something, the light is shining. This means you have now become in contact with your inner part. Stay in contact with your personal awareness. Inch by inch, through this awareness you will come in agreement with the qualities of the strength of your root. You only feel discomfort when you aren't in agreement with the laws of the Universe, meaning receiving in a selfish way. When you feel depressed, don't take alcohol or drugs but work on your self. When you neglect this you will only stay a piece of nature.

It is possible to make from the biggest outlaw a beautiful being. Only the outside has been damaged. In the inner there is no handicap. No inner can be damaged. The shortness we feel is there for the correction. In the eyes of the endless light even a disabled person is absolutely perfect. One is born with a handicap for to do certain corrections, invisible for others. Don't feel pity for he who is handicapped, conscious or unconscious he works on his correction for to come at wholeness.

## Chapter fourteen

### ***14.1 Language and the meaning of words***

From the first start the human being always has felt the connection with the inner, between the inner root and the material thing. All animals were brought to Adam. He had to give them a name, and he has given all the creatures a name, so they would be named. He had seen the connection between the inner laws and the reality. Before there was the Babel-like-confusion, there was only one language. This language was the inner connection between the strength of the root and his earthly manifestation. After a while he got further away of the laws of the Universe. More and more layers were there. Each development meant a new layer around the essential, the inner. On the one hand we name this progress: humanity realises new dimensions and feel them. But on the other hand it was an alienation of the light and we became less in agreement with the laws of the Universe: we were uprooted; there was a lack for the source of life.

Then came the period of the flood. Only Noah and his sons survived. From this generation came another generation till the time of the Babel-like-confusion. On the one hand the Babel-like-confusion is the cause of the error of receiving in an egoistic manner. Humanity wanted to build a tower, as high as the sky for to be independent from the endless light. They said what all generation say: “Let us make use of our brains and what we can’t understand doesn’t exist. We don’t want to see the laws of the Universe”. What we did was creating a new building in where we didn’t need the laws of the Universe. It is an allegoric story but everything is meant in strength.

It wasn’t in His thought to have one language. The intention was to be one with our inner, to be what we are from the inside and to develop new forces, to come to new layers. Therefore we see so many nations, different facets for to come to the understanding of the Universe. Each nation has his special forces and together we have it all.

Each language is in agreement with the root of their nation. All nations were spread around the earth. But they lost their unique connection between their language and the inner roots. Nowadays we can't see the strength hidden in the word. For example the word dog, or *hunt* or *hond*, or *sabakka*, there is absolutely no agreement within these words. The origin of the language in which we could see the agreement is lost. The origin of language is the language wherein we can see the everlasting connection considering the humanity. The origin language is the language wherein we can see the laws of the Universe. There is only one language left, the language wherein the Torah is written, here we see the agreement between the inner root and the earthly manifestation. Reading these words is enough; you don't have to go outside and to look at the stars or to an animal for to see its development. Everything is to find back in the word. In a word, in a name you can see the development of the being. Whether he should make the development is up to him. Only one language is enough for this connection. It is just as with Microsoft. They are taking care for the language of the computer while you are working on your computer. We buy new computer games and other programmes without worrying about the control system, which is hidden for us.

## **14.2 Your first name**

There is still one connection between the root and his manifestation here on earth during the everlasting process of roughening: your first name. This bound exists in every language. In every language we see the need of the nation. There are languages with only the numbers: one-two-three and 'more', because they don't need more, but in their first name is hidden their root. In the first name we see the destination, the guidance and the protection, no matter the language. The name given by your parents has been whispered in their ears from above.

Through the combination of the letters you can see the choices hidden in your name, in the name we see the destination and the fulfilment of the person, also the road he could better avoid. The combination of letters makes visible the destination. You can have a word with three consonants, but also two or four. Simple names and old words, for example from your parents or grandparents, consist only of two consonants. The more consonants a name has the more combinations you can make. If you have a word with five consonants hundred-and-twenty words

are possible. There are so many strengths hidden in the name of a person: you only have to look for the right combination.

In the forehead of a person is to see if he is working on him self or not. A true master in the Kabbalah is a specialist in the inner of the human being. He can feel the way of the diseases within the inner being. The outer being can ruin the inner being. When we are talking about diseases we mean the lack of correction. One day a specialist of tarots cards came to me and asked me some lesson for to do his work better, but after a while it wasn't possible for him to lay the cards. In the tarot you have to remember all characters, and this is opposite in the Kabbalah, don't remember a thing. Before there is the learning you have to experience first, it had to fall in you, and don't worry, it will fall in the right place.

Kabbalah teaches you not to remember, there is no remembering in the Kabbalah and this is so different from the learning you have learnt in school. Here you will learn the experience is the understanding. The inner can't do anything with your outer understanding. It is all about your experience, what you receive, your feeling and not what you remember. You can't remember the inner with your outer memory. Don't struggle; try to be aware, this is the way to return to your inner. Repentance is a permanent tool; this constant attitude will lead you to your fulfilment. If you ask: "Is it possible to arrive at the finish?" then you are asking a question with your intellect. Every corrections, even the smallest works in your whole body, it deepens all your corrections till you come to the end of the correction. The smallest correction has its impact on the whole of correction. What you have learned today has his outcome in the rest of your package of fields you have to correct.

## Chapter fifteen

### ***15.1 The inner evolution of your high and depth points***

When we don't suffer we feel the world is ours. When we have misfortune we feel depressed and then we ask: "what is the inner" or "what good is there in the Kabbalah for me". The true life is only in the now. Only the now exists. So why is there the feeling of suffering? Why can't we work as a computer? What we don't need, delete. Why does it stay in our head and doesn't disappear if the true existence is in the now?

We all need this for to bring us to our goal, for to correct our selves, to govern the world in the way of: he who does well receives the good in life and he who does the evil stays in the past or in the future. The feeling of despair is only there when we have no account in the control system.

Every life has his ups and downs. For instance: from condition one I know the maximum height and the maximum depth. Now we take the middle and everything what is above the line is to be seen as an uplifting and what is below is to see as a depression. But not in the inner, there is no disappearing in the inner. We only receive more. The awareness of uplifting is when we are above the middle and we notice the suffering when we are below the middle. But we can't go from one way to the other all our life; we have to come further and further in our fulfilment. What we see as the right line is above the middle line, lovingkindness. And the other line is the left, the line of severity, evil, at least according to our feeling. In the middle line we don't have too much joy. When I have too much joy, more than I can handle it becomes adultery, either in our mind or physical. Too much of altruistic joy can lead to a hysterical attitude, but inside there was a little joy. A person who suffers can find the strength to work on himself or the suffering can provide him an opportunity. The art of living is not to escape from these situations. And the middle line is the result where we feel neither too much joy nor too much suffering. You must know that a correction is not always the same: they are all different. Therefore, it's impossible to say: "follow me".

Quantitative conditions are for the inner as one although you can feel changes. Only when we see the development of a new quality in our conditions we can speak of a new situation. Within one condition we see all kinds of qualities all in agreement with the specific quality. When we are here we have something common though we work all separately. In a way we have one common condition and on the other hand we are different. When we create a new quality a new situation has arisen. Our task is to learn from what we have had and not to let overpower our self with the old situations. The result is an uplifting of you although you won't recognise or understand this immediately.

Don't try to evaluate your situation, neither at the beginning nor later. Don't say: "I feel bad", and start the discussion from within, or say: "I'm not going forward", why? You will always lose the discussion with your ego! See Adam and the snake, Adam was losing from the snake, the intellect of the earth. Know the intellect of the earth is more powerful than the inner being. The intellect gives you the most perfect arguments, and you know he is right. The snake makes use of your inner strength because from herself she has nothing. She exists but it is you who have to overcome and to transform. Never, and remember never try to break her; she will break you before you had even a chance. Without feeding eventually she will change or transform into the angle of life. (Remember the fairy tale of the frog and the prince.) At first the snake looks bad, but it is only temporary. At the end you will see it was all comedy. Never curse your intellect or what you think is bad within you, if you do so you only curse a part of yourself. When you say: "I don't want to see the snake", you deny a part of your field of strengths within yourself and fulfilment will become impossible.

When we have doubt we feel the snake. Don't ignore the snake and don't start to argue with her. Only be aware of it. The snake is helping you; she directs you on your shortcomings. She says: "You are a good person, the others are bad", she gives you the feeling of a saint. "Your life is perfect", but it is all a masquerade. Never accept a good advice from a bad person, only experience the strength. When there is sensation, the snake will be there. Try to become aware of your real situation, learn to do things inch by inch. Never feel proud about what you have achieved. Why? Because at the same time you will feel there is still a shortcoming. And be satisfied with this.

Nowadays you see the slogan: “Feel good, feel super, that’s Kabbalah”. Of course, one is paying a lot of money so they have to feel good! The snake is part of the control system. With purpose she brings you to the other side of the path, not because this is what you want, she is helping you to grow up. If you don’t listen to her advice and you see it as your shortcoming, the snake becomes smaller. Always be aware, she can be very subtle for to seduce you on a higher level. In every level we will meet the snake, till you have achieved the complete correction. It is you who becomes more refined and altruistic and the snake does do the same. Always be aware of the snake, if you forget her you will get the feeling you have reach the top and the top is far, far away.

We are absolutely strangers here on earth, it is our inner being who is the true me. When you go to another country you have to learn the laws and traditions of that country. But above all, we have to learn and to live according the laws of the Universe. Only then we will be free. We are as anti bodies if we neglect these laws. Have the feeling you are living in every condition and situation. In the left side of our inner we can find the snake. Accept this and don’t run away. Try to find out when the snake is talking to you. You can’t learn this by reading books. What we are learning in the Kabbalah training is to experience, not as a slave who is leaded to the slaughtered, but as someone who has control over his life.

Inch by inch you will be uplifted when you work on your self: new conditions will arise, different from the first one. And this can happen in one second or it can last for more then 70 years if you stay in the lifeless nature. What we are doing is to intensify the speed of the correction so the frequentation of your inner can change as much as possible. Twenty-four hours per day you have to work on your inner, at home as well at your work.

Make contact with your root, with the maximum of your highest and depths points. In our world we say: “Forget, burry the suffering or feel good and forget the leftovers”, it is only a variation of drugs, he who’s taking drugs wants to forget his life or seduce the pain of his life. A person who is acting in this way is as a child who is running away from pain. A child is running to his mammy and she kisses him, and everything is forgotten. Pain is a feeling we experience when the natural resistance is broken. Natural resistance in this means your ego pours out his heat over



you. See and experience in this way. Nothing disappears from the inner; the cure always lies in your inner.

During the work on your inner a new level arises, the second condition in which you grow higher than the first. But it gives the feeling of falling down because it seems you are now in another country. You have to be careful because you have only achieved a small piece of the whole. Again you have to build up the strengths in this new level. In this second stage you start with fluctuations again. Don't meditate in a way of bringing yourself in a lifeless aspect. Nature neither deepens your suffering nor increases the joy. An animal can only grow physically. First it eats one kilo of meat, later five or fifteen kilo for the rest of his life. An animal can't eat more, while a human being eats more and more.

Don't try to escape from your highest or deepest point. In the second condition you achieve a new highest or deepest point, let it be higher or lower than the first. The difference has to be positive and constructive.

The increase of your capability to live your sorrows and joys will be written in your inner account. Feel yourself comfortable as well above **and** below the average. In a way it is an art to have both ends because they are leading you to your goal. In this second situation you can experience a new higher level, but remember it don't have to be the absolute highest level. To experience the difference from the last one is enough. Everything is relative. The first suffering was experienced! It is written in you. Your work rest only in the extra.

And this is a very great secret. When you escape from the deepest point you can't experience the highest point, they are connected with each other. Your highest point only means you have the strength to confront yourself with the light shining in you, in a maximum way, meaning you can confront the light, the pleasure because everything is pleasure. In a way to take breath is pleasure too, but you are the one who have to do the effort to reach this height. When you do so you will come deeper and deeper within yourself, a deepening you had never reached before. Sometimes you have the feeling of the highest point and then the feeling of the lowest point: both come from the light that penetrate you. What you feel is the resistance against the good, against the experience of your own dead wishes, all repeating itself in a third condition. Don't be afraid of

these varieties, you need them to move forward, to grow up. A person comes to the Kabbalah when he is ready to start the battle between the good and the evil within him. This is an enormous battle to be compared with a wonderful play in a theatre with you as the main character. Don't say you can't do this. All strengths are within you!

There are situations existing within our personal correction. On certain days we have the opportunity, separately of our effort, to receive the highest and deepest point from the strength of the Universe itself. If we want to make use of them we only have to make ourselves receptive. In these days we see very favourable strengths coming to expression. One day we receive enormous joy and on another day we receive another form of joy. We can make use of them for to strengthen our highest points of joy and of suffering. There are also days where we have to be very careful. Don't mourn at such days, rather, use these days to build up your lowest level.

You can compare this with digging a water well. The deeper you go, the clearer the water will be: the more it shines. On one hand we can be sad and on the other hand it is liberation. All these special days are helping us to make use of the strength of the Universe.

In what way can we make use of the past and the future while we have to stay in the now? There was once a patient of Freud with a certain syndrome. She lived in a dream. You could say she expected a prince on a white horse that should take her to his castle. For her all other men were impostors. And the great psychiatrist decided it was better for her to stay in that condition. It is free for everyone to make this decision. But you have to know the control system of the Universe wants us to experience as well the white (the good) horse as the black (the evil) horse. In a way you have to accept your lowest as well your highest points and be satisfied with both. Some people only want to have the white horse and therefore they ignore the Kabbalah.

Why is it so difficult to live in the now, to experience the inner life and to remain in absolute serenity? We are all products of the past; all of us carry the suffering and the experiences of the former generation within us. It is not only the suffering of the past we carry within us but also our knowledge. And without this we couldn't handle this life. How could we be in peace with each other? We don't strive for serenity; this is an escape from the reality in our eyes. Meditation for the meditation is only a way for to bring you in agreement with the lifeless nature.

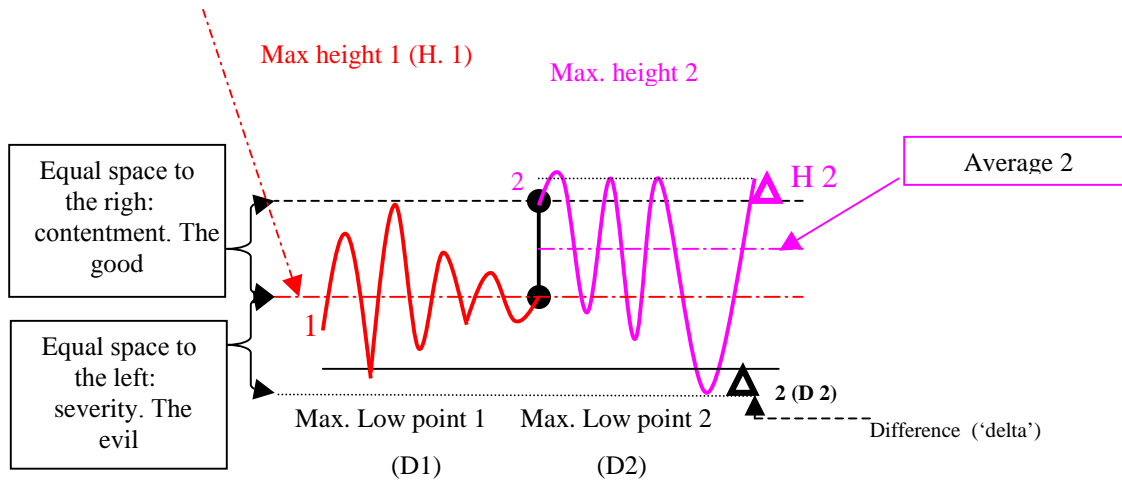
We have to work as well in the right side as in the left side: that's our work. Don't strive for the average; you have to come in every situation to both ends: know how far you can go. If you stay in relaxation you withhold yourself only from your unique destiny and in a way you will only be searching for your inner death.

Serenity is the result of our work. It comes from your inner being. It is not given to us to sit in serenity and let others do the work. As a result of our work in both lines we receive serenity. If you are longing for serenity is because the snake is whispering in your ears. You have to wish the inner work and not to listen your body. Life is always in the now. In every present moment we become aware of an impulse to correct a new egoistic piece of our self. Every present moment comes into my awareness and brings me a new piece of egoistic self-love in front of me, and it is me who has to correct it right away.

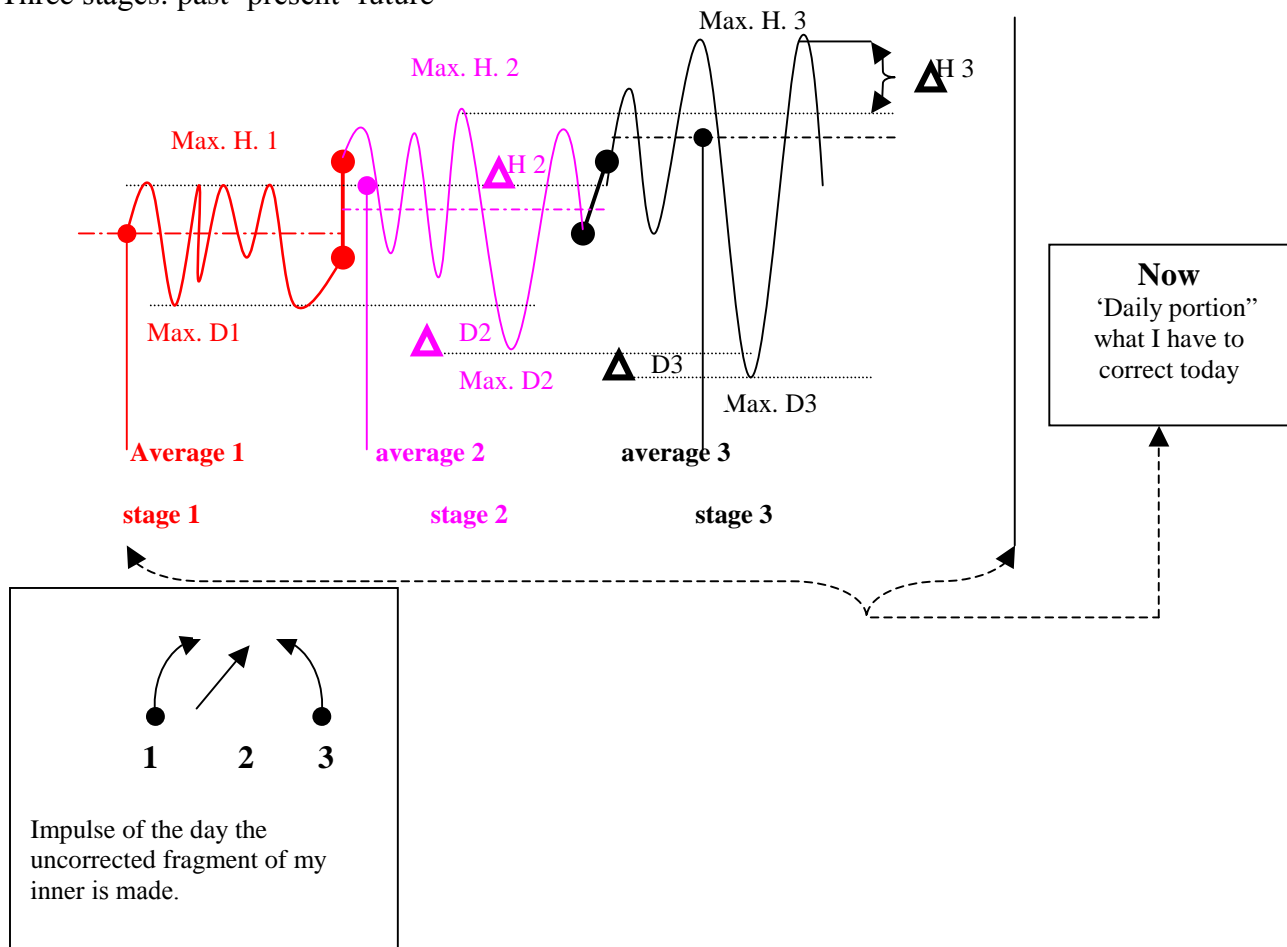
My work is to do this job every day. Each day a new piece of an uncorrected ego arises in me, whether I like it or not. It happens. It is an activation of the light given to you so now you have a work to do. Unfortunately, most of us say: "I don't have time". Today they have an important meeting, tomorrow the children, etc. If you neglect this daily portion for the correction of your ego, the work stays on your desk, just as when you have returned from a holiday. Try to live in a conscious way, live each moment in the present and try to correct your daily portion of your ego. This is the only way to maintain the strength with no stress. We feel stress because so many old pieces are lying on our desk. What a misery! Whose fault is this? When I neglect the impulses of the day, they only pile up and I can't see the new impulses. It is hard to see the reality. The carriers of energy pulses now block the light you should be experiencing every day. You built so many layers around your inner being while the light within you lives only in the present.

## Drawing # 19

**‘Time’ within the inner. The process of changing conditions, expressed as fluctuations of the inner mood: upraising and downfalling. Ups and downs.**



Three stages: past- present- future



How can we make a distinction between a true impulse and a impulse from the snake? When you have a lot of questions and you are always talking about them, the question will be lost. While the light still wants to enter, give an answer to your question. Learning one syllable each time is enough. When the snake orders you to do something, it is the impulse of the day. Listen to him and take advantage from it, but never go into a discussion with the snake. He is very cunning.

When you overcome the snake, you also overcome the daily impulse. Inch by inch you get some feeling, you will know who is talking to you. Never try to break the snake. The snake isn't there for you to fall down, to break you. He wants to seduce you; you have to overcome his seduction and then you will achieve the right life, the strength to live. Without the snake you would be the same person along your life, there would be no changes. Today we remain between the good and the evil.

Through the Kabbalah teachings, you will choose the good more and more without ignoring the evil. Be aware of the evil and transform it into good. Don't say that what is outside of you is bad because then you are saying the control system is bad too. Say to yourself that everyone, even the biggest scoundrel, is better than you. When you can't accept or understand this, you only withhold your progress.

When there is still inside you the attitude of thinking 'I'm better than..', you have become a prisoner of your own snake. Say to yourself 'every person is better than me'; and you will be closer to the truth. Why? Your opinion isn't from the perspective of correction, awareness or shortcoming of the other. He may be farther away from his correction, but is there nothing for you to correct? Maybe the thought that you are better than him?. Each person will reach his goal and in the eyes of the light we are all perfect. For us we have the aspect of time, but in reality there is no time.

What is your prospect when you live in consciousness? In the inner there is absolutely no place for regret in whatever you have and had done. No moment think at the past. When living in the now, look at every impulse. The snake only gives us the bill of what hasn't happened yet. It comes from the uncorrected impulses and from your listening to his seductions. You are building up a pile. Don't listen. When there is no thought for seduction or for guilt you will go forward very fast.

If you do otherwise, the fulfilment will be later. Living in the now means to accept your daily impulses, work them out and let everything from the past passing by. There isn't time for fixation of the past. Your task is to live in the now. While living in the impulse of today, the light also will shine in the past and it will be automatically corrected. But it isn't your work. Leave the past for what it was. It isn't your business. It doesn't exist. It's a ghost from strength living within you. But the facts of your past have already been processed within your system. What you have done wrong in the past, you can't correct, but living in the now clears your past and the strength will come anew for you to arrange again. What you had done was building up shelters and now the light will break them down. And then you have strength, which was stuck in the past, but now it has been liberated.

And there is another obstacle: the knowledge. There is a knowing given to us for our help. Wanting to know is a tickling of the brains. Scan your knowing: does it bring you to your goal or not, does it help you; do you need it? The endless light gives us His instruction in a simple and easy way. Taste and feel joy. What you are learning here in the Kabbalah always will exist, even when your physical body falls apart. You are only taking with you the effort you had done in this live for to learn how to work with your inner being and what you had done with your inner. The result is measurable and is taken with you. Not the knowing is important but the receptivity, like a candle for the fire. The light penetrates the wax.

To know gives only better looks, even from the inside. But without these looks we are only pitiful beings considering earthly standards. For the earthly man he finds it pitiful when another person works on his soul, on his inner being. The meaning of the word soul is praise, inner: to come in agreement with the laws of the Universe, working on the soul at the cost of the material. Now it tastes bitterly, why? Because for the earthly outer being it is pitiful, he doesn't have the taste for this work.

## **15.2 About a true request and true shortcomings**

What is anxiety? Anxiety comes into this world in the form of ghosts: overcoming them is a mental work. Not a matter of psychological exercises or therapy. This won't work. You hear all kinds of stories and maybe you will receive a medicine to reduce your anxiety but when the anaesthesia disappears, the anxiety will be back again. What you feel is a true fear and it is always accompanied with the love of the light and the control system: "Am I doing enough or not? Did I bring myself enough in agreement with the true reality or not?" This is the basis of your anxiety and when you can bring your anxiety back to the basis, you will be liberated from all others fears in your life. All other fears are coming from your self-love who is giving you the anxiety. Working in your inner will liberate you deeper and deeper from all the others fears which aren't rooted there. The problem is, it's against our nature, against the nature of our physical body. When the physical body can't see any reward it's impossible for him to make any movement, because the body, the outer being always wants a reward.

There is absolutely no fear in our Source. The wish of the light is only to give and we have the wish for to receive. As long you have only the wish for to receive, the fear will haunt you. Not a constructive fear, but anxiety built up within your own mind. And these are products of the unclear powers; they don't belong to the source of the light. Fearing the source of light, and the endless light is very powerfully and powerful, means you want to bring yourself in agreement with the light. If you become aware of this all the anxiety disappears. What reminds is the question: "What can I do", or, "In what way can I feel more love for the light for to come in agreement and attachment with the light?" Everything will be solved. Inch by inch, of course. The act of giving is not in our nature. You have to develop these acts. Through meditation you can have a relief of these anxieties and set them free. Know the fear coming from self-love is endless. The disguise will be different, always another disguise of your fears though.

What helps you are your inner insights, accompanied with the growing trust and self-knowledge, and with the giving up from your self-love, all of this for letting go the fancied anxiety for to come to the true fear. There is no other way!! A massage can't take away the pain that is within the spine. Every day you have to build up the strength to go to the right line, to the side of lovingkindness. To where the feeling of wholeness is. This isn't a lie, because in that moment you are whole. And then you go to the left line. This is what you have to do while studying the Kabbalah.

Your trust has to grow, what you will feel is a tremendous field of strength coming from you.

You will be amazed. All the oppressing strengths will set you free.

### ***15.3 Have trust in the light and in yourself***

What you are doing is asking for solidarity and strength, strength for to have the force to free yourself from your fear. Once you have done this and you have succeeded you will notice a tremendous explosion of strength and faith. And this is helping you for the next time; stay in your fear and ask for solidarity and strength with the light. The deeper your intention the clearer the answer, and when the answer is there the fear have disappeared. And this gives you strength for to have confidence. The next time you can overcome more fear. Fear is only there because you already had overcome a piece of your fear, inch by inch the light shows you a new piece of your evil and that makes you scarred because you don't have the strength for this new piece of work.

The outer world doesn't give you any fear; it is coming from your lack to see your own evil. Look at your own evil. The more strength you have the more you can see your own evil. And of course this will give you a form of anxiety because for every new piece you lack the strength to look at it. This is your work and through this you will progress. For to overcome all the fear we have to structure our true shortcoming. Shortness means prerecording cannels and without them we can't have fulfilment. Shortness is to have the real fear, not the anxiety of our world for all the material earthly situations. These are only things the snake is whispering into our ears for to suck us away from the strength, for the snake it is important we stay addicted in our earthly anxiety.

Therefore you have to build up your shortcomings to come to your true fear. This fear is a prerecorded channel. The true shortness is to see the source of all my blessings: this is the fear I have to feel because there is the light. And I do everything to clamp to this shortness. "Do I have enough love for Him?", is the true fear. Have mediation in your own way and try to live according this fear. What we are learning in the Kabbalah training is only profitable when you apply this to your daily life. Through this, our confidence will be bigger and better every day – This is our study. Let it happen within you!! You will come closer to your Source and to your absolute fulfilment.

**Shalom.**



## Draw 20

### Self-confidence and knowledge

- |             |   |
|-------------|---|
| <b>I</b>    | We see a proportional grow of knowledge and confidence in a person. Trust and reason are going hand in hand. One experiences this as a condition of uplifting.  |
| <b>p. 1</b> | The beginning of the period 'within the reason' in a human being. There is an increase of his knowledge but his self-confidence stays on one place. He experiences this as a condition of stagnation and of falling down. |
| <b>II</b>   | The period from "within the reason". The experience of falling down grows.  |
| <b>p. 2</b> | The end of the period "within the reason". He gives up his attachment with his reason.  |
| <b>III</b>  | After p.2 he goes further with beyond the reason by way of his self-confidence. Now he experiences an enormous explosion of strength, an additional feeling of energy and fulfillment.                                    |

