New Virtual Practical Kabbalah Class

Rabbi Steven Silvern will be leading a new 12 week virtual Kabbalah class starting **Monday, November 9 at 7:00 p.m.** There are many forms of meditation. Practical Kabbalah adopts “focused meditation” and provides a framework for directing one’s focus. As you might imagine there are complexities beyond the simple structure of the Tree of Life (the 10 creative energies/sfirot). R’ Joseph Gikatilla (1248—1305?) in his book *Gates of Light* brings a system where the various names of God become the focus for meditating/praying and provide keys to understanding. We will use *Gates of Light* as the basis for exploring meditation focused on the names of God. The class will also take a look at the Ba’al Shem Tov’s practical Kabbalah through monthly explorations of his Torah study.

Meeting Link: [https://us02web.zoom.us/j/367908387?pwd=YjVNSjNkTXRiYjZvSFNaOEwra2VFUT09](https://us02web.zoom.us/j/367908387?pwd=YjVNSjNkTXRiYjZvSFNaOEwra2VFUT09)

Meeting ID: 367 908 387
Pass code: 376376