

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>

Meeting ID: 367 908 387

Pass code: 376376