

## Tevet – Lesson 3

### The Tree of Life – Adam & Eve

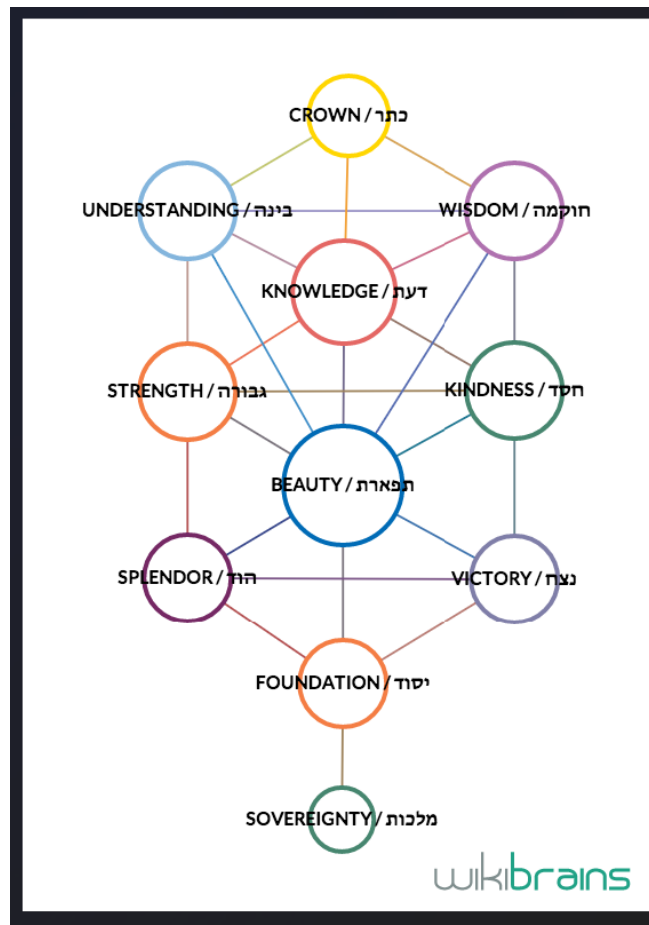
One of the main teachings within the Kabbalah is that of the Tree of Life. The first time we hear about a Tree of Life is in Genesis with Adam and Eve where G-d told them not to eat from the Tree of Knowledge of Good and Evil. Once they did eat from it, He placed angelic guards around the Tree of Life so that they wouldn't eat from it too and become like G-d and live forever.

### Tree of Life – Noah & Shem & Torah

There is a midrash about one of the sons of Noah, named Shem, who the Semites are descended from. In this story, Noah gets mortally wounded and so Shem goes back into the Garden of Eden to find the cure. While there, he eats from the Tree of Life. Shem comes back with a cure and becomes a person who teaches Torah wisdom. Abraham, Isaac & Jacob studied with Shem so that's how they knew about Torah before it was given to Moses on Mt Sinai. Torah is also referred to as "the Tree of Life". Interestingly, the other descendants of Shem happen to be the people who are not Jewish but want to support the Jewish people and learn Torah from them – like Moses' father-in-law, Jethro.

### Map of Creation

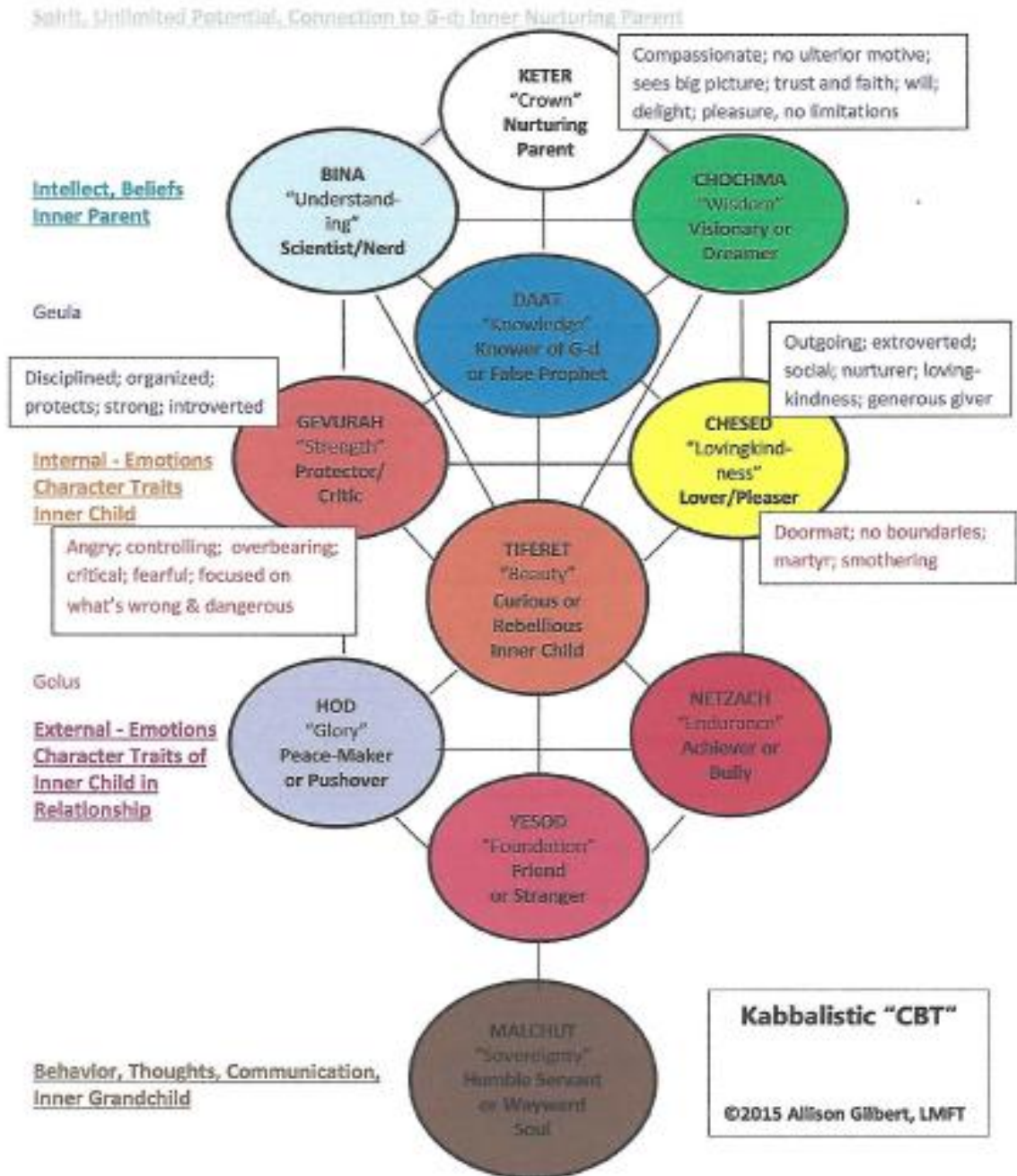
"Sefirot" is a term used to describe the Kabbalistic Tree of Life. The Tree is actually a diagram of the 10 different spheres represented by circles. They are a map of creation. Essentially, G-d condensed and limited His light, which is called "tzimtzum" (an idea espoused by the Ari – see the card in the previous lesson) and the sefirot are the containers for this light. The sefirot are the path from the Infinite to the finite. It is also the path for revealing the infinite within the finite.



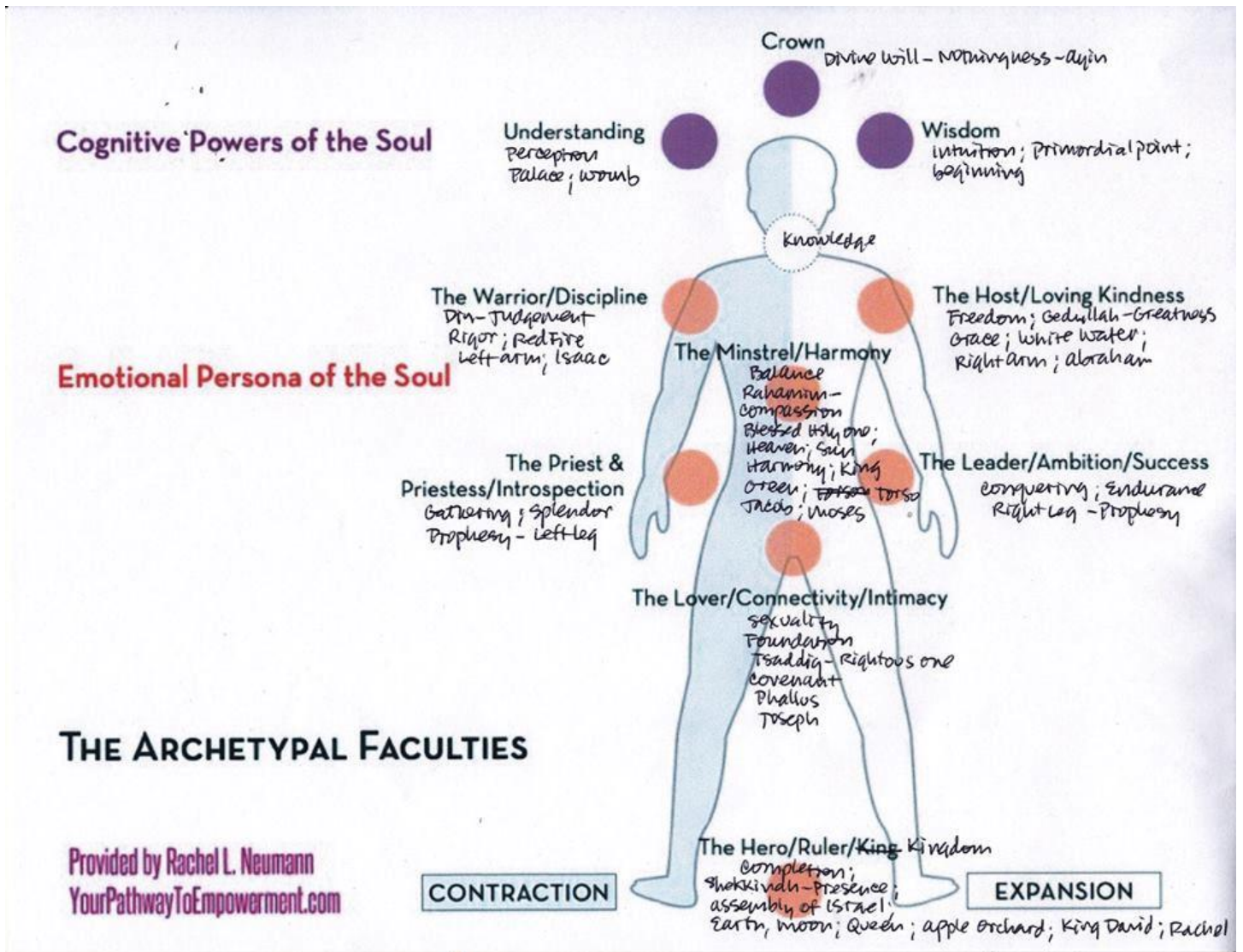
### Soul Map/Soul Powers

The sefirot are also called “Soul Powers” and the human being is mapped out on this Tree. Each sefirah (singular for sefirot) can be seen as a particular character trait in our personality. When we interact with the world, we are using each of these powers of the soul. Sometimes we are more familiar with one over another – one sefirah may be more dominant in each individual. Mostly, we hang out between the two sefirah called, Chesed and Gevurah. Love and fear. The sefirot are also mapped out on the body. For example, there is a sefirah called, Chochmah, connected to the right brain while the left brain is Binah.

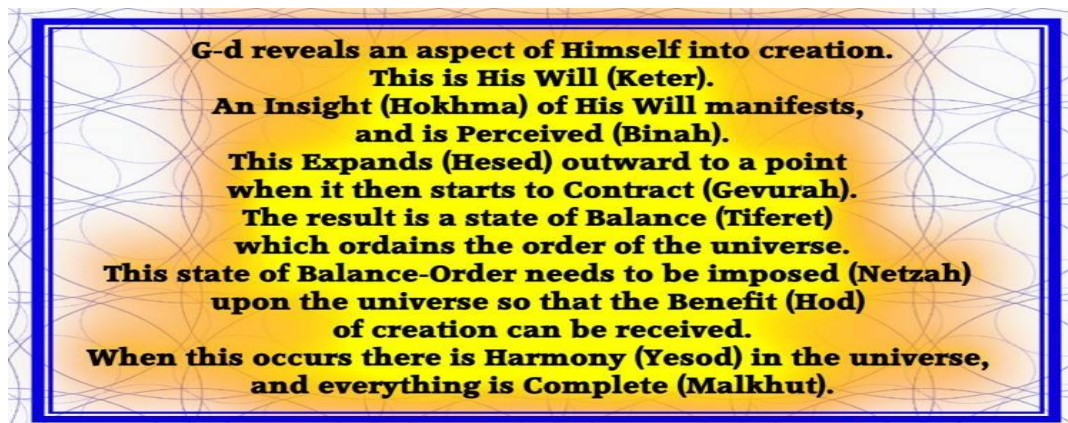
The following image is something I created to assign a particular personality to each sefirah. I was hoping this would make the Sefirot easier to understand and remember. I also assigned both a negative (Gelus) way and a positive way (Geula) that each Sefirah would show up in a personality. The top 4 circles are associated with the mind. The next 5 are associated with the emotions. Yesod takes all of the above and shows up in our relationships while Malchut is behavior and communication based on how we are expressing all of the other sefirot.



The Tree of Life can also be superimposed on the body. The following is a diagram that Rachel Newman mine came up with showing how the Tree is associated with the body. She also associated each sefirah with an archetype name.



The following is an image that shows how the Tree is an unfolding of Creation:



**Assignment:** Study the Tree of Life. In the next class, I will be clarifying the diagram I created.