

# Intro to Jewish Spirituality Practical Kabbalah: Elevating Consciousness

Kabbalah/Jewish spirituality, has recently surged in popularity, even outside of Jewish circles, for a reason...

With deep roots woven from Judaism, Kabbalah literally means “receiving tradition” and was passed down orally from rabbi to rabbi to preserve the sacred message explaining the relationship of the unchanging, eternal, mysterious divine with the mortal, physical and finite world. This received wisdom is much more than an exploration of the mysteries of the universe... it’s a profound adventure inward. Kabbalah offers a uniquely integrated, holistic pathway to spiritual growth – from practical change to deep wisdom and healing.

For centuries, these ancient Jewish mysteries were withheld from even observant and committed Jews, and only recently made available outside these circles. We’re now fortunate to be able to understand, practice and apply this powerful path in a modern context. Kabbalah teaches you to relate to the world from a stance of wholeness and balance. From this stance, we can understand, grow, transform, and repair internally and externally.

Join us in this 4 part series. . It is recommended to attend each session as we build on our accumulated knowledge and experience. However, if a session is missed there will be a brief review of the previous session each week.

Handouts provided.

Instructor: Justin C. Beck

Class schedule:

Jan 28th B'nai Israel

Feb. 4th Beth El Fairfield

Feb 11th B'nai Israel

Feb 25th Beth El Fairfield

Time: 7:00–8:30 PM

**CLASSES ARE FREE OF CHARGE**



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