

Viewing Psychology Through the Lens of Kabbalah

In today's world, there is a growing interest in understanding, on one hand, the mind-body connection and on the other, the relationship of spirituality to human experience. The gateway to comprehending and also utilizing the profound link between spirit and psychology is through the lens of mysticism.

The great advantage of correlating mystic experience with the study of psychological reality is that, whereas psychology focuses on the operational dynamics of the psycho-emotional plane, mysticism overlays this process with a spiritual perspective. It does so by effectively reaching higher levels of consciousness experientially and by establishing increasing connection to Self through introspective process. Psychotherapy pushes toward the healing of trauma and the restoration of cognitive and emotional balance. Mysticism moves toward revelation, expansion of consciousness, enlightenment and inner peace. The complimentary inter-relationship between the two disciplines should be quite obvious. So should the great potential benefit of "seeing with both sets of eyes".

One of the most profound and applicable forms of mysticism, in this regard, is the Kabbalah. The central focus of this ancient and evolving wisdom is the Tree of Life, which represents the very paradigm of creation and the creative process. As such, its teachings are directly applicable to understanding the multidimensionality of human experience. The basic premise that the Kabbalah operates on is that we are all souls with highly individuated consciousness living as part of creation as a whole. Therefore, the more we understand about the mysteries and nature of creation, the more we come to understand ourselves, our life experience, our life purpose, and our relation to the Divine.

The Kabbalah specializes in identifying and working with the patterns and overlays of human consciousness as well as the ways in which the different realms of our experience interact to affect daily life, belief and behavior. The Four World approach of the Tree of Life provides a deeper understanding of what is transpiring on all levels of an individual's experience and psyche. Its insight penetrates behind the curtain of the subconscious/unconscious and presents us with an integrated picture of all the overlaying patterns we are dealing with, seen from the vantage point of their spiritual roots, psycho-emotional reality, and practical implication.

By adding to contemporary psychology the mystic perspective of the Kabbalah and utilizing its wisdom in a modern context, it becomes possible to see every human being as the microcosm of universal consciousness. From such a vantage point, one is able to effectively map out and clarify the dynamics of an individual's current spiritual and psycho-emotional reality. Taking this route in evaluating and working with clients is truly transformational, in my experience. As you can well imagine, the potential for insight and the implications for therapy are indeed vast.

Rabbi Steven Fisdel

New Seminar Offering from Rabbi Fisdel:

Kabbalah for Therapists

Rabbi Fisdel will be presenting an intensive introduction to the basic tenets of the Kabbalah, its dynamics, its view of the nature of reality and human experience, its psychological implications and their practical implications. Specifically designed for therapists and mental health professionals, this two-day experiential workshop is the first in a series of free-standing seminars encompassing the principles and application of Kabbalah to spirituality, consciousness, diagnosis, and therapy.

Presenter: Rabbi Steven Fisdel, MHL

Rabbi Fisdel teaches and lectures widely on Kabbalah, the nature of consciousness, meditation and the practical application of mysticism to the process of inner repair and soul development. He is a Spiritual Counselor, published author and the founder of the Center for Jewish Mystical Studies.

When: From 9:30 am – 4:30 pm, choose between
May 1 & 2, 2010 in Berkeley, CA
OR
May 15 & 16, 2010 in Palo Alto, CA

Lunch will be provided

Price: \$295 if paid two or more weeks preceding the seminar; \$325 afterwards.
Mastercard/Visa or checks are acceptable forms of payment.

CE's: This course has been approved for 12 hours of BBS Continuing Education Credit by the Board of Behavioral Sciences, Provider #PCE 4712.

Advanced Registration Required.

You can register by downloading our Registration Form from our web site's home page, or by calling (510) 558-6870.

<http://www.classickabbalist.org>