

PERSONAL KABBALAH  
USING THE KABBALISTIC TREE OF LIFE TO INTEGRATE SPIRITUALITY AND  
SOCIAL WORK

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ABSTRACT:  
**PERSONAL KABBALAH:**

Using The Tree Of Life To Integrate Spirituality And Psychotherapy©

By

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Kabbalah is the study of the flow of universal creative/life forces, creation, God, the beginning of time, the cosmos, and the structure function and dynamics of the universe. Personal Kabbalah is the study of our individual relationship with these universal forces and the journey of the soul. It deals with human nature, life, death, reincarnation, love, destiny, and service. The Kabbalistic Tree of Life is a universal paradigm; a map offering steps to higher consciousness and ways to help us reach our highest potential in all areas of our life. It's our guide to spiritual enlightenment and Self realization and transformation.

Through discussion, meditation, energy psychology, and practical steps, Penny Cohen, author of *Personal Kabbalah: 32 Paths to Inner Peace and Life Purpose*, will explore the primary principles of Kabbalah and the steps on the Tree of Life to experience inner peace, open to your own truth (innate love and creativity), live with unconditional love, and find and fulfill your purpose, and make a difference in the world.

**About the Presenter Penny Cohen:** Penny Cohen has been counseling lecturing and conducting workshops nationally at professional conferences, universities, and organizations on personal, career, and spiritual development and on Kabbalah for the past

fifteen years. She holds a Master's degree in social work from Columbia University, is a licensed psychotherapist, certified hypnotherapist, EMDR and Energy Psychology practitioner and Life and Spiritual Coach. She is the author of *Personal Kabbalah: 32 Paths To Inner Peace and Life Purpose*. Penny works with people individually and with groups in her office, onsite, or on the telephone. She also facilitates weekly study groups. To learn more about Penny, please visit her website, [www.PennyCohen.com](http://www.PennyCohen.com) or contact her at Penny@PennyCohen.com.

## **PRESENTATION HANDOUT**

### **PERSONAL KABBALAH: 32 PATHS TO INNER PEACE AND LIFE PURPOSE**

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Kabbalah is the mystical tradition that underlies the Judaic, Greek, and Christian esoteric philosophies of the West and parallels those of the East. The word Kabbalah means to receive. It's receiving insights into the purpose of existence and our individual relationship to the universe and our own purpose in life. It's receiving the "way of pleasure."

According to Kabbalistic teaching, man's primary purpose is to unite with the Divine and open to the passions of the soul. Personal evolvment in Kabbalistic realms is concerned with finding answers to the questions: Who am I? Why am I here? What is my purpose? How can I fulfill it?

The Kabbalistic paradigm of the Tree of Life is a universal map of existence that everything is organized around. It depicts a systematic approach of universal principles and processes to help us return to our divine nature, (our innate love and creativity), get answers to those "big" questions, and experience peace, love and direction in our lives. In order to climb the Tree of Life and become a vessel to receive Divine light, love and wisdom, we need clarity and openness. We need to become clear channels. That means we need to work on our physical addictions, personality flaws, and livelihood. The primary areas of focus, therefore, are on personal health and fitness, family and social relationships, finding our purpose and living a life of service.

Personal fitness involves being responsible for our bodies and maintaining balance such as: good eating habits, proper exercise, sufficient sleep, meditation and a pleasing environment.

Psychological evolvment comes with monitoring our behavior, doing a life review, redeeming ourselves by making amends for misdeeds, transforming harmful, negative thoughts, judgments, and expectations, and forgiving others and ourselves. It's reaching a state of harmony, balance and inner peace.

As we work through our personality flaws we start becoming truer to ourselves. We're more objective and less critical. We discover our own values, morals and ethics and set our own standards. We begin to live by free will and intention rather than conditioned programming. When this happens, we begin to see the cause and effect of thoughts, speech, actions and opportunities. We notice patterns and observe synchronicities that are beyond the five senses. This often manifests in the feeling of having a connection to something greater than ourselves. Kabbalists refer to this force as the *Ein Sof Or*, the endless light or Divine radiance. We begin to sense that we are here to fulfill a higher purpose. Rather than "searching" for it we can discover it by looking back on our lives. Our purpose is often shown to us by either our greatest challenges or else the talents we are born with. When we start identifying the challenges and work at either overcoming them and expanding upon them such as helping others with similar issues or else developing our talents to the point of uniqueness, we start on the path of Divine purpose and service. When we focus on a path of Divine service and work at what we love, work becomes love. We feel more peaceful and content. We begin to

experience more joy, fulfillment, success and love in our lives. We bring the Divine down into everyday living and radiate that to others.

**WORKSHOP DISCUSSION**  
**BASIC PRINCIPLES OF KABBALAH**

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**ONENESS**

We are all one – in energy and thought. It may be likened to a candle flame that lights ten other candles. The flame of the first candle is the same exact makeup and consistency as the flame of the other candles. We are all one in spirit and come from the same source of life.

**CAUSE AND EFFECT**

What we put out comes back. Think of throwing a pebble into a lake and you watch the ripples forming around the pebble. If you watch it long enough a wave will form and come back towards the center. In the same respect, what we put out in thought, feeling, speech and action, comes back in some form.

**AS ABOVE SO BELOW**

What happens in the spiritual world affects the physical world and what happens in the physical world affects the spiritual world.

**LIFE, DEATH, AND REINCARNATION**

We keep coming back lifetime after lifetime to learn the lessons to emanate godliness.

## **ATTRIBUTES OF THE DIVINE: THE TEN SEFIROT (Spheres)**

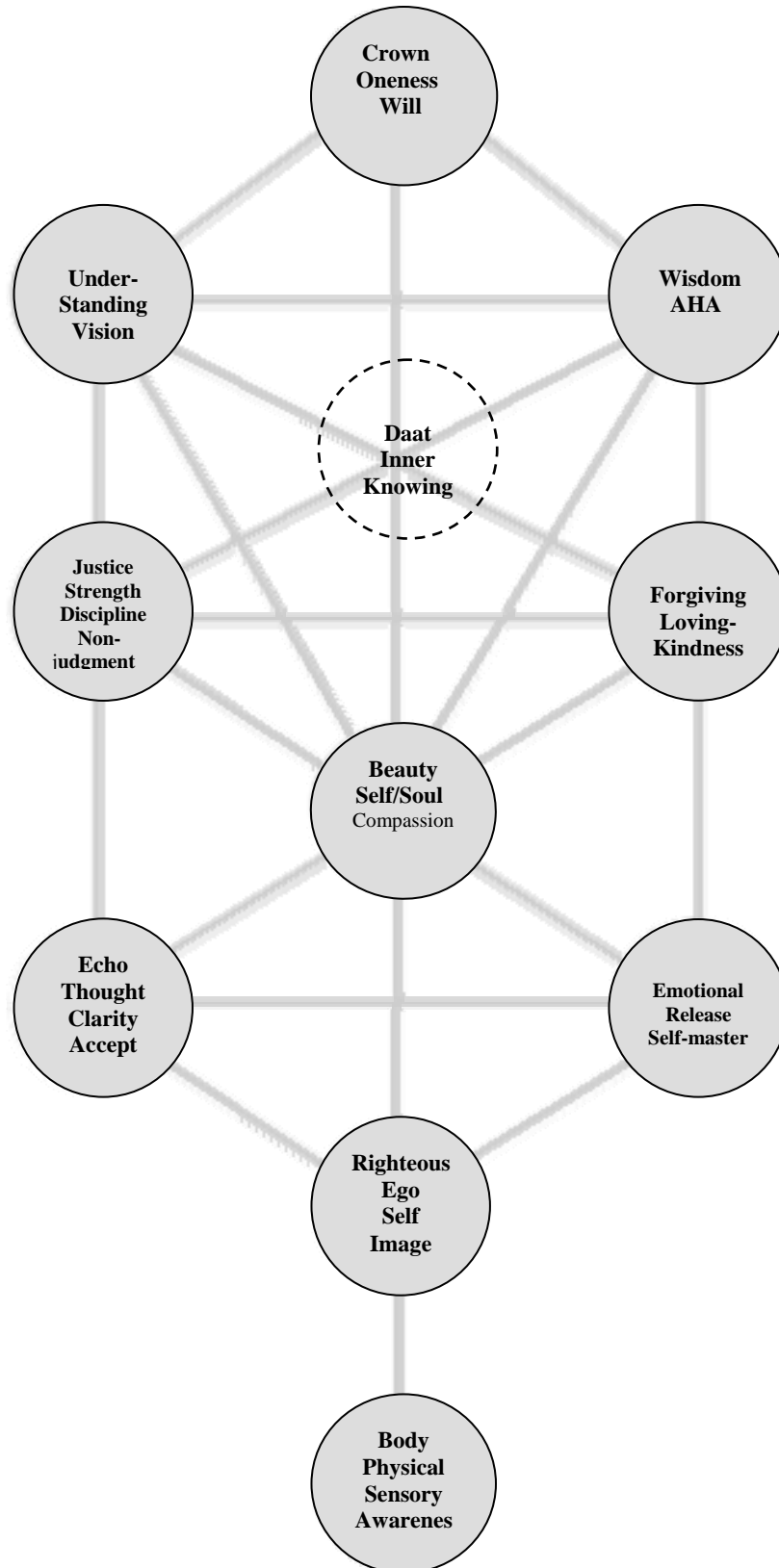
To emanate the attributes of Godliness we climb the Kabbalistic Tree of Life. See below.



# KABBALISTIC TREE OF LIFE FROM A PSYCHOLOGICAL PERSPECTIVE

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The Tree of Life Diagram viewed from the bottom up, left to right depicts the ten steps to higher consciousness and oneness; union with the Divine.



**THE TEN STEPS ON THE KABBALISTIC TREE OF LIFE**  
**FROM THE BOTTOM UP LEFT TO RIGHT**

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**Physical World: Body and Environment**

- Take good care of your body and environment and develop keen sensory awareness
- Connect with nature and others

**Foundation - Self Image - Ego**

- Develop a healthy self image
- Develop a strong internal foundation by affirming a power greater than yourself.

**Mental Clarity - Thinking and passing on information**

- Work through self-defeating beliefs and negative thoughts.
- Notice the synchronicity of thoughts and happenings and the co-partnership with a higher power

**Emotional Release/Self-Mastery**

- Overcome the fight or flight response and master emotions
- Have faith

**Beauty/Compassion/Awakening: Soul**

- Awaken to higher consciousness: angels, archangels, spirit guides.
- See the beauty in everything.

**Judgment/Strength/Discipline**

- Overcome evil urges and being judgmental and critical and practice self-discipline
- Develop inner strength
- Experience the awe of a higher power

### **Mercy/Lovingkindness**

- Forgive from the heart, not just the head
- Live with unconditional love
- Practice acts of kindness

### **Understanding/Vision**

- Understanding from a global perspective
- Develop a vision

### **Wisdom**

- The “aha” experience that comes with having all the information and then letting go.
- Receive divine prophecy and revelation.

### **Oneness/Will**

- This is the union of everything. In this union there is all knowing, all potential, all love, all presence.
- Live totally in the present.
- Set the intention (will) to live the Divine attributes

When we live the Divine attributes we live in a state of inner peace. We are open to love, fulfill our purpose and share it with others. That's how we bring heaven down to earth.

**Recommended reading:** *Personal Kabbalah: 32 Paths to Inner Peace and Life Purpose* by Penny Cohen, LCSW

**ABOUT THE PRESENTER:** Penny Cohen, LCSW, has a masters Degree in Social Work from Columbia University. She is a Psychotherapist, Certified Hypnotherapist, EMDR Practitioner, Life and Spiritual Coach and student of esoteric philosophies and Kabbalah. For fifteen years she has lectured and presented workshops at professional conferences, organizations and universities on relationships, communication, creativity, spirituality and Kabbalah. She is the author of *Personal Kabbalah: 32 Paths to Inner Peace and Life Purpose*. She has a psychotherapy, spirituality and life coaching practice in Westchester County, NY. She works with people individually and in groups in person, on the telephone, or onsite. To schedule an appointment, lecture, workshop or retreat, contact [Penny@PennyCohen.com](mailto:Penny@PennyCohen.com). Phone: 914-764-1708. [www.PennyCohen.com](http://www.PennyCohen.com)

