



## 70 Days for 70 Years

Remember the past to build the future

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### **Beginners Guide to Kabbalah**



Wondering where to begin learning the complex and mysterious inner dimensions of Torah, known as Kabbala? Our **Introductory** folder is a great place to start. It has three sections:

The articles in "**What is Kabbala?**" folder explain just that, and also why we need to study Kabbala and who can do so.

The "**History**" section presents a number of timelines, articles on the development of Kabbala and others that answer several common misconceptions.

In the "**First Steps**" section, many basic mystical concepts and terms are defined and explained, from a few different perspectives.

The articles listed below have been made into a "Kabbala for Beginners" tutorial. These articles will introduce you to the basic concepts elaborated in Kabbala, help you find your bearings and prepare you for the great journey that lies ahead. After completing this tutorial, you will be familiar with the basics of Kabbalistic thought, its revelation and development. Then as long as you have a teacher to guide you further, you will be well prepared to wend your way further into the inner secrets of Jewish mysticism.

To access the tutorial, go to the first article in the list, **Kabbala: A Brief Definition**. After reading it, follow the link at the bottom of the page to the next article in the tutorial series.

#### **In the "What is Kabbala" section:**

Kabbala: A Brief Definition

The Need to Learn Kabbala

Uniqueness of Jewish Mysticism

Two Categories of Kabbala

Mysteries and Truth

**In the "History" section:**

The Transmission of Kabbala  
Revealing the Concealed  
The Time Has Come

**In the "First Steps" section:**

Power(s) of the Soul  
Transforming Worlds  
Levels of Soul Consciousness

The "Worlds" article series, beginning with  
**Worlds 1: Oneness and the Infinite**

The "Sefirot" article series, beginning with  
**Sefirot 1: Worlds and Emanations**

The above articles are highly recommended - there are many more interesting articles in the **Introductory section**, so don't feel you have to limit yourself to these.

In addition, please visit our series introducing the Zohar: The Rose, beginning with **Introduction to the Rose**.

Also, in the "Safed Teachings" section, the "Ari Basics" series is quite worthwhile and approachable, beginning with **Ari Basics: Introduction**.

When you are ready to supplement your online journey with offline reading, check out our **Recommended Reading Lists**. *Bon voyage!*