

Good morning and welcome to Mind, Brain and Body . . . the interactive radio program promising you greater health, wealth, happiness and a more productive and remarkable life. I am your host, Dr. Michael Kell, and we are being heard on the health and wellness channel of VoiceAmerica.com. Today's show is titled, "***Kabbalah 2: History and Concepts.***"

Last week, we began our introduction to the Kabbalah. This week we will continue this discussion of the questions: What Kabbalah is? and What Kabbalah is not? Finishing such, we will move into a review of the history of the Kabbalah.

Traditionally, the word Kabbalah is taught to have been derived from the Hebrew word, *lekabbel*, which means reception or receiving. From my own research, the word Kabbalah actually derives from an Egyptian phrase, *kat-ba-ra*. This term denotes that the spiritual universe was created through an act of contemplative thought or meditation by the Creator. The primary purpose of the Divine Thought was the creation of a system in which human souls could arise within the material world. Through personal experience within physicality, these souls could come to the realization of whom they actually are and so return to the Creator. Following the Divine Thought, the system manifests through emanation from the Creator through the action of will and speech. Regardless of derivation, Kabbalah teaches that we exist in a vibratory state as distant from the Creator as an infinite set is from a single element. A state within which we are motivated solely by the desire to receive, especially our desire to maximize pleasure and enjoyment for our own sake. Evolutionarily speaking, we would say that the purpose of man, as an animal, is to act upon desires and motivations useful for maximizing our experience of

pleasure, minimizing our experience of pain, assuring survival of our bodies and maximizing spreading of our genetic material. Originally, this was accomplished solely through the unconscious activity of the developing central nervous system. With the appearance of our species, *Homo*, and the birth of conscious awareness desire was able to evolve onto more complex levels.

It is possible to arrange our human desires in a hierarchy or pyramid. Initially, our desires and activities are not different from any other animal, and we are involved in the securing of sufficient food, water, security and sex. As culture develops, our desires enlarge so to encourage the individual hoarding of food and valuables useful for prolonging and securing pleasure (money, gold and property in *Homo sapiens sapiens*). As our desire increase, so does our concept of the individual self and its worth above all others. 'Me and mine' become the catch words for our existence. As cultural evolution continues, men begin to seek power, control and distinction or honor. With more development, man develops great desires to understand the world and its happenings and we have the birth of religion, philosophy and science.

Unfortunately, man's desire has increased and multiplied at a faster rate than has the capacity for the physical and cultural environment to satisfy our increasing desire. Moreover, it is a well-known fact that our desire for an object is greatest when we are denied access, but is quickly satisfied upon obtaining the desired object. We continually find that the pleasure we seek and obtain from the object desired quickly decreases when our desire is obtained. This is one reason why desert is the last course rather than the first course of our evening meal.

Additionally, our efforts to satisfy our desires using the physical world are always eventually associated with suffering. For example, we agonize whenever we cannot have what we want, we worry about losing the object or person we obtained, having wealth creates expense demanding more efforts to secure wealth, having power exposes us to the intrigues and ill-will of jealous competitors, we are happy today but will be unhappy tomorrow, and so on. No matter how we arrange our lives and try to allocate our desires, we are in a losing situation.

A Kabbalist physician would analyze our situation as follows:

***Diagnosis:*** We find that the physical world can never fully satisfy the extent of our desires; unfulfilled desire is experienced eventually as unhappiness and dissatisfaction.

***Etiology:*** The reason we remain unsatisfied and in turmoil is because the amount of chronic desire we experience (as a psychological state) never truly reduces to zero. The amount of happiness and pleasure we expect to receive from the fulfillment of our personal desire is always more than the mundane world can satisfy. Therefore, we are never truly satisfied and content. As we will learn later, contentment comes only with conscious evolution.

***Intervention:*** The problem of desire must be addressed in two ways. First, we must understand that the fundamental nature of physical existence is unsatisfactory. It will remain unsatisfactory until we realize that the real problem is that we receive only for the sake of our personal self. Second, we must come to see that it is infinitely more pleasurable to receive for the beneficial sake of others or the Creator. When we learn to receive fully for the sake of the Creator, we can fulfill our purpose in Creation.

***Treatment:*** The wisdom of the Kabbalah.

The Kabbalah teaches that within man's inner being; there exists a sixth sense, a desire for spirituality. As we mentioned previously, this sense did not arise out of mechanical evolution, but represents a gift from the Creator or Creative Will. Using the metaphor of the 'pyramid of desire', this desire, being the most sublime, can be likened to the 'elektron' capstone which formed the uppermost point of the Egyptian pyramids.

Although this is really not the time to introduce a new cosmogony and cosmology (Yes, esoteric knowledge expands as man advances. Kabbalah is not a stagnant philosophy, but is a living, evolving, esoteric science into which new hypotheses are introduced, tested and adapted when proved to be true.), it is necessary for us to stop briefly and discuss the concepts of soul and the sixth sense a little more fully.

When we say that a sixth sense dwells inside of a man or woman, it is important to understand that this sense faculty results from two causes. The first cause resides within the physical world and is associated with the mechanical evolution of life upon this planet. This sense faculty emerges within mankind as the result of the appearance of his highly complex central nervous system and the richness of his cultural environment. Man differs from all lower animals in that his neurocircuitry allows for the appearance of conscious, temporal awareness (awareness of being aware) and the impression of having an individual self. The second cause resides within the energy bands comprising the spiritual spectrum. These energies are composed of quanta whose vibratory rates are too rapid to be measured by physical instruments. This

rapidity of vibration is one reason modern science denies the existence of such energies.

Whenever we speak of higher worlds or spirituality, these are the energies we are referring too.

Traditionally, the soul is taught to be a separate body given solely to mankind by God. Generally, most people imagine it to be composed of a very fine and light substance or spiritual energy which is utterly different from material energies. Our religions tell us that we each have a soul or Divine Spark of God within our body which is immortal and either reincarnates or passes onto an afterlife somewhere external to the physical world. Some religions speak of a single soul, others of more than one. Earlier forms of Kabbalah employ concepts similar to the above. Traditionally, the Kabbalist taught (and generally still do) that the Creator made 600,000 souls originally, and in the process of Creation these were fractured into many more fragments.

These traditional concepts of soul are not appropriate for modern man. Modern concepts of the soul (as currently being introduced into the world by the Initiates of the Great School) teach that the soul is not a separate body given to mankind by the Creator. Instead, the soul is now seen as composed of configurations of living energy quanta (similar to photons) which are held together in patterns through the mental and emotional activity of the central nervous systems of men and women. Generally, in men and women without a functioning sixth sense, these patterns are rather amorphous and disorganized. If these patterns remain undeveloped during life, they will fade and disappear after the physical body dies. Contrarily, in men and women with a functioning sixth sense, these patterns become quite distinct and organized. Moreover, these patterns are able to reciprocally interact with the physical brain in developed persons

allowing further organization and permanence via cooperation of pattern and brain. These patterns, when sufficiently organized and developed, are able to maintain themselves at the death of the physical body and migrate into a new body. This is the true explanation for reincarnation. With each successive incarnation, these patterns further organize and crystallize until the time comes when they become immortal and are conscious even in the absence of a human brain (though it is difficult to explain how they function).

Therefore, when the Kabbalah speaks of the creation of 600,000 souls, we should understand that what the Creator actually accomplished was the potential for the development of individual human souls and eventual merging together with the Creator. If this does not make much sense, it is quite all right; it takes all of us time to experiment with new concepts and notions.

Initially, the existence of this last desire is unknown to our conscious minds; silently resting deep within our hearts until we are sufficiently frustrated with living only in the material world. Eventually, we notice that our attention and interest begin to be drawn away from the endless cycle of worldly desire and worldly pleasure. Oftentimes, we feel confused and unsettled, we feel that something very important is missing from our lives. We start asking questions about meaning and purpose. We notice that we are drawn to consideration of religious, philosophical and spiritual matters. Whenever, we are in a bookstore, we will find ourselves looking through books dealing with spirituality and exploration of the inner worlds. We will begin to notice and show interest in the activities of religious and spiritual organizations previously invisible.

These feelings are very subtle and very new. As new experiences, the person has difficulty understanding how and why these new feelings arise. He or she has not yet recognized that the foundational law ruling the totality of his or her existence is predicated upon an unceasing desire to receive from our surroundings (inner and outer). He or she fails to see that he or she is trapped within a never-ending life-story, a story told and retold each and every day. A story consisting solely of a sequence of desires arising and ceasing one after another. There is no escape to be found within the outer physical world of mankind, freedom is only possible by discovering that the only desire that can be fulfilled without satiation, is our desire for the Creator. The Kabbalah teaches that our desire to receive the light of the Creator was created with the birth of our souls. Coexistent with our desire to receive, is the Creator's Will for bestowing onto these souls endless and infinite love and happiness. We were placed into the physical world so we can learn how to receive pleasure properly through our own experiences and come to know Creator.

When a person is ready for exploration of the inner or spiritual worlds, he or she will find a proper teacher and proper group to study with. If the preparation is slight and the desire to receive is mainly egotistical, the unconscious intentions of the student will attract him or her to a pseudo school run by persons of similar intent. If the intent is more elevated, less egotistical, the student may contact a study group comprising students and teachers who actually have some understanding of man's purpose and the esoteric knowledge and techniques required for successful inner exploration. The key is to contact a legitimate group of Kabbalists.

In order to maximize success in such endeavors, it is important to understand that everything which transpires within our lives occurs because of our *intent*. By intent, I am referring to the purpose driving our actions, the inner and external forces leading us in a particular direction, all the factors controlling the choice of action we took. In a sense, our intent is analogous to our desire. Although, your automatic response will be to deny what I am going to say (do not worry—denial is normal), this has no effect upon the truth. Normally, even though intent or will is the sole driving force for all actions upon this planet, we are not conscious of the arising of this intent prior to or during subsequent action. It is a neuroscientific fact, that our intent or desire arises automatically via unconscious stimulation from our immediate surroundings (inner or outer). The only time our intent appears to be consciously motivated is when someone inquires as to the reasons behind our actions. All of us are quite capable of creating a post hoc explanation for why we did what we did. An explanation which appears sufficiently rationale so to give us the feeling that we intended this action. In reality, what we are really feeling when asked about our actions, is not intent, but authorship. This concept has existed within the esoteric sciences for a long time and has been validated through studies in the field of evolutionary psychology.

One practical purpose of esoteric study is to learn how to properly understand and employ intent within our daily lives. When a student properly understands intent, he or she can begin to make progress in his or her exploration of the inner worlds. For such a student understands that conscious intent is not required for directing everyday motor activities and mental responses, but

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is necessary for redirecting our lives so that we function more effectively and more consciously (both internally and externally). In other words, intent is future orientated and functions gradually by moving us from environments filled with unwholesome influences into environments filled with wholesome influences. The mystics use to say, that our freedom of choice is limited. Man is unable to create either energy or cosmic law. These are the prerogatives of the Creator. What man can do, is too either remain in the physical world of severe restrictions and unsatisfied desires or move his center of being so that he lives in a higher world closer to the Creator, a world with more freedom of action.

Thank you for taking time today to listen and interact with Mind, Brain and Body. I trust it has been useful and informative. As always, my promise to each of you is: give me an hour of your time each week and I promise you a healthier, wealthier, happier and more remarkable life. Join us again next Friday at 8:00 a.m. Pacific Time for our show titled, "***Kabbalah 3: History and Concepts.***" Until then, I am, Dr. Michael Kell, and this is VoiceAmerica.com.