

The Complete Guide to the Kabbalah: How to Apply the Ancient Mysteries of the Kabbalah to Your Everyday Life

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The Kabbalah is a practical system for understanding all aspects of our lives, from the deepest spiritual connections to the everyday experience of living in the modern world.

At the core of the spiritual teachings of the Western world, the ancient mysteries of the Kabbalah are now more relevant than ever. Based on an effective map of consciousness called the Tree of Life, the Kabbalah has the potential to enhance the quality of life for individuals as well as the societies in which they live. Blending traditional teachings with psychological understanding, The Complete Guide to the Kabbalah reveals the age-old mysteries of the Tree of Life, explaining how the Kabbalah can help you understand the connections among all the different events, ideas, and relationships in your life; work from the heart as well as from the intellect; and open yourself to the rich resources of your own inner wisdom.