



**Authentic Kabbalah - Sephardic Studies
Benei Noah Studies - Anti-Missionary/Anti-Cult Materials**

Seder HaHish'tal'sh'lut **The Order of Spiritual Evolution**

*By Rabbi Ariel Bar Tzadok
Copyright © 1993 – 2003 by Ariel Bar Tzadok. All rights reserved.*

INTRODUCTION - IN THE BEGINNING

In the beginning there is awareness.

And by this awareness, the entity later to be known as Human could see all things, experience all things and know all things, together all at once.

After the beginning there comes into being that which is to be known as time and space.

And in time and space, the entity that chose to be called Human, chose also to limit his awareness, for reasons known only in awareness.

And thus man creates forgetfulness, in which he falls asleep, and loses the awareness that allows him to know all things, together, all at once.

Man thus becomes limited in what he will see, and limited in what he will know.

Within time and space, dimensions are created, man no longer is everything and everywhere.

Thus comes into being the need for movement.

In sleep the Human becomes stagnant and does not move. So movement becomes the vehicle for widening sight and experience and thus the vehicle for knowing and awareness.

Without movement there can be no change, without change what is forgotten can not be remembered, without remembrance, the Human will remain asleep.

It is this sleep which we, man, experience today.

It is this sleep that limits us from seeing what is to be seen and experiencing what is to be experienced. It is this sleep that limits our knowing all things, together all at once.

As we sleep, we forget. Only by being awake can we remember what it is that we are.

Only by being awake can we know what it is that we want and what it is that truly needs to be done.

All of us today call ourselves "aware". We believe we know what is and what is not. We believe we know right from wrong and good from bad.

Yet, we are asleep, we know nothing more than a dream, which we forget is only a very small portion of reality.

In the relative dimensions of time and space, created by our dream, we seek that which is to be sought.

We believe that what we seek by our movements in time and space will give to us (return to us) that which we dimly remember is our true state of awareness.

Yet we are asleep, what we see and what we feel, what we seek and what we find are only dim portions of that which once was.

As long as we sleep we cannot be who we truly are.

The time of sleep is quickly passing, the time has come for time and space to be no more.

To be and to know how to be, this is the answer to all questions.

What to be, is not a question that can be asked. For only the individual can know for himself what he is and is not. No one else can provide this for another, for this knowledge is different for each one of us.

What is right and wrong, good and bad, can only be understood as to what is applicable for the individual, specifically in one time and place.

As movement is essential for life, so also what we perceive and believe changes with our movements. If not, we die, both in body and soul.

What to do, is a question that can only be answered after one knows to be and how to be.

What to do and how to be are one and the same thing.

Pay attention! Listen to your Self, and you will hear what it is you are waiting to hear.

There are definite guidelines in one's life in time and space, the violation of which lead to the inner death, the continuation of the great sleep.

Being who you are brings you to the awakening.

While asleep, guidelines are necessary, yet in the dullness of sleep the guidelines are blurred.

So, many have died and will continue to do so, unless...

Discipline and personal responsibility, these are the tools to be used for arousing the sleeper within us.

Awareness knows what is and what is not; there is no confusion.

There is only clarity, crystal clear clarity, sharp as the razors edge.

There is black, and there is white.

While there are small areas of gray where one merges into another, they are none the less, small and clearly demarcated.

Grey, the intermingling of black and white is not the natural state of the Human.

The original awareness of black and white is not lost, nor is there stagnation.

In awareness, none are lost in the clouds of grey.

If they must be gone through, awareness sets its bearings before it enters and knows its path and its destination.

No deviations can be tolerated inside the clouds of gray.

To do so would lead to being lost.

Loss of bearings is due to dullness.

Dullness is due to one not following ones own natural bearings engraved upon the essence of ones soul.

One must know and follow one's own guidelines, or be lost until one does.

Upon the Tree of Life there is the Right Column and the Left Column.

Both of which are only the necessary swings back and forth, so as to balance all life in the Heart, which is the Center Column.

Right and Left are not black and white, therefore the Center Column is not gray. Only the blind do not see this.

White is good and black is bad.

White is light and black is darkness.

Both are necessary, both are creations of the Most High, even as it is written, "Let there be light,... and G-d separated the light from the darkness" (Gen. 1:3,4).

There is white above and there is black below.

There is the Tree of Life above and there is the Tree of Knowledge below.

There is separation between them, herein lies the gray.

Right and Left give context, meaning and definition to the light.

It is the process by which awareness comes into being.

True Right and True Left are both light.

False Right and False Left are both darkness.

Truth is white, false is black,

Only in awareness is the difference perceived.

Yet, we sleep and therefore confuse and loose all.

We all know that the guidelines we have are real.

What we all don't know is what the universal guidelines really are.

So delve deep within yourself, feel the reality awakening within you.

Without change something sleeps deep within us. The sleeper must awaken.

Know for yourself that which is to be known, that which is our natural heritage, the birthright of all mankind.

Shine the light of Mashiah.

THE ORDER OF SPIRITUAL EVOLUTION

Now G-d is Primordial Consciousness, the Awareness that is the beginning. In our sleep the true Awareness, which is the Face of G-d, is dim to our view. Yet all Humans hear within their hearts a Voice calling out to them. Some rightly know this to be the Voice of G-d, others refer to it as the call of destiny. Some believe themselves to be following the Voice, by following the dimness of other Humans through the vehicle known as religious movements. Others believe themselves to be following the Voice by pursuing their own limited good, within this illusion we call time and space. These two paths are but the reflections of the Right and Left Columns of the Tree of Life, which is only the Body of G-d, and not G-d Him/Herself. In the present realm of time and space, we remain asleep, dull to the true awareness of G-d and His Tree. All we presently perceive is the darkness, which is the vacuum left after the light is blocked.

Religion and personal pursuits are both good and evil within the present realms of time and space. But the time has come to transcend time and space. The light must now again pierce the darkness. What is, must be. The Ultimate Unity is to be recognized again in all things, thus removing from among the awakening ones the strife of diversity, caused by the apparent divisions in the realm of time and space.

In the beginning, all is One; Undifferentiated, Without End. This beginning is not a state of time, but a State of Being. The original Awareness that knows all things, and is all things is the Force behind all being. It is this Force that is the Life in all. It is Conscious of Itself, it is Awareness in the ultimate state. This Force, in one of its infinite manifestations is the collective soul of the Human. This Force we call Ayn Sof, The Force without end. In time and space we call this Conscious Force, "Active Being", in Hebrew, Yod Hey Vav Hey (Havaya).

In the realm of time and space, we can only know what is. We can experience what is, know it and even communicate the experience of what is to others that have not yet experienced it. Beyond the realms of time and space, there is what "is not". What is not, cannot be experienced, it cannot be known, for it itself, is not. Yet, the "Is Not" exists, it is beyond our present scope of knowing, but it is there. And from "there" the "Is Not" gives rise to the "what is".

Primordial Consciousness, the Awareness that is the beginning is, by being "Is Not". It is the sum whole of all existence in and of the realms of time and space, and it is more than this. It is all possibilities of being and non-being. It is all that is, and it is all that "Is Not". For this reason, we the entity known as Human cannot know what "is not", at least until we first know what is. Therefore Primordial Consciousness manifests Itself in time and space. It's true essence cannot be bound in time and space, yet an aspect of the essence can and is projected into the void which was made so as to allow for time and space to exist.

Outside of time and space, Primordial Consciousness, the Awareness that is the beginning "Is Not". We can therefore say nothing about it, for only "Nothing" is true of it. Within time and space, the Primordial Consciousness constricts an aspect of Itself, and is manifest in a "body" of sorts. This body is the active aspect of the Awareness. It is Being in movement. So, in Hebrew, the word (or Name) used to refer to this reality is Havaya.

The root of the word is the verb "Hoveh," which means "to be". By adding the letter Yod, the verb is transformed into the active, command tense. The word which is the Name of G-d thus means "Being", in the active sense, or "Active Being". For this reason, this name is considered to be unpronounceable, for who can reduce the whole of Active Being into one sound. Havaya exists in time and space, and therefore can be perceived and experienced, but this experience cannot be limited to the sense of sound and thus be pronounced like any other word. So Havaya can be experienced, but not pronounced, it has no one sound, for all sounds are within it. The "Is Not" is revealed through "what is", and "what is" is Havaya.

There is Ayn, which is "Is Not" and there is Yesh, which is "What Is". Yesh is to Ayn, as body is to soul. One cloaks the other, and gives to both form, meaning and content. All "what is" cloaks itself, garment upon garment, so that even the most clothed expression still in its essence is a manifestation of what "Is Not".

The garments of "What Is" act as filters so as to diffuse the Light of what "Is Not". Havaya in time and space is a garment for the Ayn Sof, so what "Is Not" gives rise to "What Is". The Ayn Sof is manifest in time and space as Havaya.

Without movement, Consciousness remains dormant, asleep unto itself. Primordial movement was the withdrawal, known as Tzimtzum, the contraction. Here what "Is Not" vacated a place so that "What Is" can be made manifest.

Without movement, Consciousness remains dormant, asleep unto itself. The beginning is when the Sleeper has awoken. Awareness, the Primordial Consciousness of Ayn shifts from the passive to the active state, so as to be "What Is" and what "Is Not". There is now Ayn and there is Yesh. Ayn is the Soul of G-d, and Havaya is the Body. Creation, as we know it, has begun.

The Great Rule is that for everything above there is it's equal and opposite counterpart below it. In the beginning there is Ayn, and from Ayn comes Yesh. Havaya, the Yesh, also follows this same pattern of Soul and Body.

The first manifestation of Ayn into time and space is Primordial Man. This is the expression of the Will of Ayn, it is the Crown of creation. It is the first emanation, and thus the Cause of all Yesh. This is Adam Kadmon, the Primordial Havaya, Keter (Crown), the First Emanation.

Primordial Man is the blueprint for all to follow, for all that is to be must first be a desire before it can take a form that is appropriate to exist in time and space. What "Is Not" expresses its equal and opposite as "What Is". All that "Is" is in Adam Kadmon, yet not all that "Is Not".

In accordance to the Great Rule, this same pattern of Soul and Body must be followed by Havaya. "What Is" and what "Is Not" must now equally be invertedly manifest in the realms of time and space. Primordial Man, Adam Kadmon, must now become what "Is Not" for "What Is" to be manifest next. "What Is" next becomes the Body of Adam Kadmon, whereas Adam Kadmon becomes what "Is Not" in relation to it. At the same time Adam Kadmon maintains its status as "What Is" in relation to the Awareness that is the beginning, the Primordial Consciousness, the Ayn.

Adam Kadmon is thus "What Is" and what "Is Not", depending on which relationship we refer to. This then is the pattern that all "What Is" follows. The entity we know as Human also embraces this pattern in what is referred to as Consciousness, the "what is", and as Unconsciousness, the what "is not". These in turn correlate to body and soul.

Herein lies a great secret. For if the what "Is Not" relates to the Unconscious, then we may say that the Primordial Awareness, that is the beginning is itself Unconsciousness. This is true and thus the purpose of creation. In accordance to the Great Rule, we the sleepers below must awaken, for G-d, the Primordial Ayn above was, as if, asleep and has awoken and become Yesh, as well. As it is above, so must it be below.

Ayn, what "Is Not" is Non-Being. It gives rise to Yesh, "What Is". "What Is" is Being, in the Active sense, in other words Active Being, which is Havaya. The Primordial Ayn becomes the Unconscious of Adam Kadmon. Adam Kadmon becomes its Body. Adam Kadmon becomes the Unconscious of Havaya, and Havaya becomes the Body of Adam Kadmon. So the pattern continues onto the lowest of all manifest levels of "What Is". The Will is the soul, and the soul is the Will, this is the Keter, the Crown of creation. Understand this, the sleeper must awaken.

Within Adam Kadmon exists all Yesh. All that exists is Yesh, therefore all that is, is within Adam Kadmon. Within Adam Kadmon there is also Ayn. Yet, the Primordial Ayn is not manifest in all Yesh. This is the difference between what we call the Creator and the Creation.

The Creator, which is the Ayn, manifests within Adam Kadmon which is the Soul of Havaya. The body of Havaya receives all Yesh and Ayn. In turn, the body of Havaya forms the realms of time and space, as a reflection of Itself. Time and space manifest the Yesh in all it's multiple expressions, for this is it's purpose. Yet time and space do not manifest or express the Primordial Ayn, it cannot, for this would nullify it's essence as being the opposite of Ayn. For this reason time and space are separate from the Creator, and instead are referred to as creation.

There is General Ayn, and there is Specific Ayn. There is also General Yesh, and Specific Yesh. The General is the objective reality of things, the Specific is the subjective reality of things. In accordance to the Great Rule, whatever there is above has its equal and opposite counterpart below. Whatever "Is", is the opposite of what "Is Not". They are two poles, consciousness and unconsciousness, sleep and awake, light and darkness, Ayn and Yesh. Know here a secret, the form that something appears at one level is really its opposite at the higher level. What we call consciousness is really it's opposite. What we call asleep is really awake. What we call unconsciousness in this world is really Awareness.

There is Ayn and there is Yesh. All things in time and space have aspects of both. All things consist of both at the subjective level, yet what appears to be real in this world is only a reflection of its true state which in reality, is its opposite. This is the relationship of "What Is" and what "Is Not", the union of Body and Soul, Adam Kadmon and Havaya, G-d and creation.

For this reason we say that Adam Kadmon does not fully enter into Havaya, but only that aspect which is revealed from His Waste downwards. In this way Adam Kadmon manifests both aspects, that which is within Havaya and that which is above. Ayn, what "Is Not" enters Yesh, "What Is", but only half way. Dichotomy now exists, poles are created, opposites are formed, definition and thus Being is defined. There is thus body and soul, consciousness and unconsciousness.

Remember, Adam Kadmon is Havaya and Havaya is Adam Kadmon. The two are One, Body and Soul, there is no separation. There cannot be, for all is One, all has always been One, and all will always be One. Yet within time and space, where Awareness becomes limited, and sleep is created, the Unity of Primordial Consciousness is perceived in multiple manifestation. This is so in order that "What Is" can be distinguished from what "Is Not". Without this, Yesh, "What Is" cannot Be, and Ayn, what "Is Not" cannot Be, or "Not Be".

What for us is consciousness, is truly unconsciousness. What dwells within the Human unconscious, is the true Awareness, the equal and the opposite. As it is above, so must it be below. This is the awakening of the sleeper. As the Primordial Sleeper awakens, He begins to Be. What He "Is", is Atzilut.

Ayn, the Primordial "Is Not", is manifest Soul and Body. Adam Kadmon is the Soul, Havaya is the "Body". One G-d, One Being, One Essence, united in Soul and Body. Adam Kadmon emanates from Ayn, Havaya emanates from Adam Kadmon. Havaya is thus called Emanation, in Hebrew, Atzilut.

Atzilut is the level (or World) of the Creator. It is here that all time and space exists in the state of its maximum potential. It is here that all is perfect. It is here that all other levels of existence (worlds) have their source. Atzilut is the Creator of all time and space that can be known. Havaya is Atzilut and Atzilut is Havaya. Atzilut is the blueprint of all

time and space. Time and space are all creations, formations and actions of Atzilut. For creation, Havaya is the Ayn.

What "Is Not" is Ayn to Adam Kadmon. Adam Kadmon is Ayn to Havaya. Havaya is Ayn to creation. There is thus four levels; Ayn, Adam Kadmon, Havaya, and creation.

There is General Ayn, and there is General Yesh. There is specific Ayn, and there is specific Yesh, all together there are four levels. The Name Havaya has four letters, so as to properly and completely give birth to this reality.

As there are four general levels of manifestation of Ayn, so within the realm of time and space these four manifest as unique levels of being. The four general levels in creation are the spiritual, the mental, the emotional, and the physical.

Yod emanates the spiritual. Hey creates the mental. Vav forms the emotional. Hey makes the physical. In relation to the realm of time and space, Yod is the specific Ayn. Hey is the specific A.K. (the higher Self). Vav is the specific Havaya, this is the secret of the Human (Adam), who is called Zeir Anpin, the Small Face. Hey is the specific creation, also known as the Shekhina, the Divine Presence, who is Mother Earth.

All of these were emanated, created, formed and made. Each is different from the other, yet each has a portion of the others. Each is unique to itself, yet each follows the General pattern, and thus has all within it. One in four, and all four in every one, this is the General pattern of "What Is". Havaya is what "Is Not" to them, and they are Yesh to Havaya. Havaya is their G-d, and they are His creation.

Atzilut is Emanation, the Yod of Havaya, the level of the spiritual in the realms of time and space. Beriah is Creation, the Hey of Havaya, the level of the mental in the realms of time and space. Yetzirah is Formation, the Vav of Havaya, the level of the emotional in time and space. Asiyah is Doing, the Hey of Havaya, the level of the physical in time and space.

Each exists within the other, and without the other. All are within one, and the One is within all. Havaya is the One, there is no second, or any other.

Four levels, Atzilut, Beriah, Yetzirah, and Asiyah. All are present in all. All together form the body of Havaya. Adam Kadmon is the Essence of them all, He is their Crown, the Keter.

Atzilut is the "body" of Havaya, it is called Hokhma, Wisdom. Beriah, Yetzirah, and Asiyah are the garments of Havaya. He is cloaked within them. Creation, Formation, and Action are the garments of Havaya. These are the realms of time, space and the Human.

Nefesh is the life force, Action; Ruah is the spirit, Formation; Neshama is the Soul, Creation. This is the three fold essence of the Human that is cloaked in the body of flesh

and blood. Their Source is Havaya, the body of A.K. Havaya is their Ayn, they are His Yesh. Yet each acts as Ayn to what is above it, and as Yesh to itself.

Within Havaya there are all four, these being the wisdom, soul, spirit and body of Havaya. At the Head of Havaya is Keter, His Keter, His own personal A.K. Thus to Havaya there are five levels, one within another, each united with the other, all together making one United Whole. The is the blueprint of Havaya, so it is the blueprint for the realm of time, space and the Human.

All have within it all these things, one cloaked within the other, one being the Ayn for what is below it, and Yesh to itself. Invert and opposite at the level above, only to re-invert at the next level, and re-invert again, again, and again. All levels are thus manifest, all levels are able to Be, all levels interact and thus give context, form, and shape to "What Is". "What Is", is the Human, the Kingdom of G-d, wherein dwells the treasures of the Palace.

Being manifests as thought; thoughts are expressed as feelings; feelings are expressed as actions. Four levels; Being, thought, feeling, and action, four letters, Yod, Hey, Vav, Hey. As it is above, so is it below. All for one, and one for all.

The Primordial Ayn "Is Not", and in order to Be, "Being" congealed itself into a thought, which expresses Itself as a feeling, which expresses Itself in action, which are the realms of time and space. Four levels, as it is above in Ayn, so it is in Yesh, be it general, be it specific.

Let there be . . . and there was. Existence from non existence, Yesh from Ayn. This is the way of all universes, be it general, be it specific.

Atzilut is the seed from which all would grow. Atzilut is Havaya. Havaya is One. Havaya has four letters. Havaya has five faces, one for each letter, and one for the crown of the Yod. Five are One, and One is five.

The crown of the Yod is Arikh Anpin, the Long Face of Keter. The Yod is Abba, the Father of Hokhma. The Hey is Imma, the Mother of Binah. The Vav is Zeir Anpin, the Short Face (son) of the Six. The Hey is Nukba, the Soul Mate of Z.A. of Malkhut. Five faces, four letters, One being and essence. Yesh from Ayn, and lower Ayn from upper Yesh. All is, was, and always will be One.

One Face looks up, and one Face looks down. One is in "front", and the other is in "Back". Arikh looks up, and is Atik Yomin. Arikh looks down and only then is He Arikh. Abba looks up, and is Abba. He looks down and is Yisrael Saba. Imma looks up, and is Imma. She looks down and is Tevunah. Z.A. looks up and is Yisrael. He looks down and is Ya'aqob. Nok looks up and She is Leah. She looks down and is Rakhel.

Ten Faces which are really twelve. For Atik, and Arikh both have their feminine counterparts. Twelve are One, and the One is manifest in twelve. These are the

channels through which the primordial Light of Ayn Sof flows to all the worlds. Yesh becomes Ayn, Ayn becomes Yesh. Which comes first? Is there really a first, or a last? This is the secret of the twelve. This is the never-ending story

Havaya wills through the Face of Arikh. Havaya intuit through the Face of Abba. Havaya perceives through the Face of Imma. Havaya feels through the Face of Z.A.. Havaya acts through the Face of Nok. As it is in Atzilut, so it is in all the worlds.

Thus the ultimate Ayn becomes Yesh. Havaya was what "Is Not", and now He is "What Is". Havaya is thus full, all worlds are a reflection of His emanation, His Atzilut.

To be continued . . .