



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

TORAH

AND

NEW AGE SPIRITUALITY

*by Rabbi Ariel Bar Tzadok
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**Spirituality today is ever so popular.
So many people are searching for G-d.
The question is, are they finding Him?
The question is, are they looking in the right place?**

Over the years, many students come to our Yeshiva and ask me to teach them how to find G-d. Any Rabbi being asked this question immediately recognizes how enormous a task this is. Unfortunately, the aspiring student has no idea just how great a task it is that they wish to take upon themselves.

As our modern society becomes more technological and the secrets of creation begin to open to us, more and more people are awakening to the fact that they miss the awe and mystery of the invisible world of spirituality and mysticism.

Spirituality and mysticism today are big business and everybody is taking advantage of it. In secular book stores there are growing sections of books on topics of spirituality in general and in every specific application of mysticism.

Many spiritually minded people interpret this as a fantastic and good thing. They are convinced that this heightened awareness in spirituality is sure to raise world

consciousness and help usher in a new age of human reason and enlightenment, where all of mankind's ills will finally be no more.

Many secular Jews, in Israel and abroad, are greatly interested in "Eastern" forms of spirituality and mysticism. It is a well-known fact that many Israeli youth after their release from the military do not head directly for college but instead head on a pilgrimage to India and the Far East. They are all looking for something spiritual in the East, but alas, none have been able to find there what it is that they seek.

**Modern day spiritual seekers,
Jews and Gentiles alike sing the same slogan,
"let us all be one."**

**Indeed today the "in thing" to do is to study various different spiritual paths
and traditions and to find a way how they all blend and merge as one.**

This follows the American "melting-pot" concept where all diversity is allegedly blended together to form a new homogenous whole. The problem is that a "melting-pot" concept doesn't really work. This is ever so clear from the current state of race relations here in the U.S. and elsewhere.

**It is a spiritual sin of the greatest magnitude
to apply this "melting-pot" theory to the spiritual planes.
They operate according to different laws of relationships
than do the physical realms.**

**Any attempt at merging conflicting spiritual realities
leads to massive psychic explosions that cause devastating harm
in both the spiritual and physical realms.**

**Attempted mergings of incongruent spiritual realities leads
to individual psychoses and well as to wars among nations.
It is also the spiritual reason underlying the growth of terrorism.**

The secular spiritually minded individual, unaware of these very real spiritual dangers, will naively attempt to blend together forbidden spiritual mixtures, such as the chakra energy system of Hinduism and the Kabbalistic sefirot in Judaism. One cannot even begin to imagine the great spiritual damage this causes in the supernal worlds. These same people who attempt this type of aberration will also study and adopt practices from such distant and foreign sources as Hawaiian mysticism, Tibetan Buddhism and even outright paganism, witchcraft and Satanism. Again, those doing this do not realize the damage they cause to their immortal souls (neshamot).

Yet, the spiritually minded secularist believes that all spiritual paths are open to individual superficial exploration and then subject to a smorgasbord form of conglomeration, leaving out whatever is not liked by the individual. Thus, one forms their own unique form, a new concoction that I call smorgasbord spirituality. The official

name of this new bastardized mysticism is "New Age." Their ever so mistaken slogan is "All spirituality leads to the same truth, all is indeed one."

**Such a statement and such a pursuit is not only dishonest,
it is a crime of disrespect to all the world's religions.
Indeed this wishy-washy modern spirituality is nothing more
than a watered down thrill sought after by individuals
who years earlier gave up drugs and now want something to replace
that kind of high in their now "more mature" lifestyles.**

They want all the benefits of spirituality alongside the ease and accessibility of drugs. Yet, most cannot cope with the disciplines and responsibilities of religion. Therefore, they condemn religion as being "organized" and they create another "path" more suited to their own image.

This "New Age" movement condemns what it calls "organized" religion. Should we therefore classify the "New Age" as an "unorganized" religion? The category does seem to fit.

Nevertheless, what is so wrong with everyone wanting to get along? What crime is it to explore all the differing spiritual paths and to find a common denominator between them that will help unite all mankind?

For all mankind to get along is indeed a noble ideal worth pursuit. But how can we unite so many variant and different peoples? The only way for all mankind to be united is through a common human denominator. But what can this be? Indeed, it is not spirituality, but it is something very closely related to it.

**The only thing that can unite mankind
is the one force that created mankind
and this is none other than G-d, the Holy One, blessed be He.**

**But isn't spirituality a pursuit of G-d?
It is supposed to be, isn't it?
But how many "New Agers" when given the opportunity to hear directly from G-d
through His Word, the Torah,
turn away and say that they are desirous for spirituality, not religion?!?!?!?**

**How does one expect to find G-d
other than in the way that G-d Himself has ordained?
In spite of the clear logic of this,
many still try to find G-d in all the wrong places.**

This reminds me of a humorous story I heard long ago, it is very popular and told in many different forms, yet in all of them a point of truth comes out.

Once upon a time, a certain atheist (one who does not believe in G-d) attempted to climb Mt. Everest with an experienced party of climbers. At 20,000 feet up a horrible mishap occurs, the climbing rope breaks and all of the party but one fall through the clouds to their inevitable deaths.

The atheist is the last one alive, clinging to a rock with just one hand. In desperation he cries out, "well, is anyone up there???"

Silence.

Again he cries this time with all his might, "is anyone up there???"

This time a voice cries out in response, "Yes!"

The atheist cries out, "well help me!"

The Voice responds, "release your grip and trust in Me, fall into My bosom and be joined with Me this day in Heaven."

The atheism rolls his eyes, his grip is slipping and he cries out, "is anyone else up there???"

The obvious answer is no.

**There is only One G-d
and He has outlined the Way to find Him.
If you don't like what He has to say or offer,
that is indeed your own business.
But do not expect that you will find G-d
other than where and how He said He would be found.**

Let us all remember the great rule of true, kosher spirituality:

G-d Makes The Rules And We Are To Follow Them.

We do not make the rules. We do not dictate to G-d. Indeed whenever we break the rules there is something called Mishpat (justice) that evens things out in the end. The New Agers are also aware of this concept of Mishpat, only they refer to it by a Hindu word: karma.

The difference between the Hindu Karma and the Hebrew Mishpat is that Karma is decided by the individual, he is his own judge. This is a mistake. Mishpat is decided only by G-d. He, in His mercy is the Only True Judge.

And what gives G-d the right to judge us and to tell mankind what to do? It has something to do with what is written in the beginning of the Bible, "In the beginning G-d

created the heavens and the Earth" (Gen. 1:1). I guess there is logic in being the Supreme Judge when You are also the Creator of everything.

There are those voices over the centuries that have rather blasphemously declared that G-d does not understand mankind. These same voices then say that we, therefore, are exempt from His "repressive" laws.

**Yet, again Genesis comes to remind us
that not only did G-d create mankind, He created us in His Image.
G-d knows us inside and out.
He knows the best and easiest path for us to follow
in order to achieve the ultimate good.
He taught us this, but do we listen?**

**Mankind has indeed suffered many woes over the centuries.
Yet, is this G-d's fault or ours?
If I give you a very clear roadmap to your destination
and you choose not to follow it and you get lost;
whose fault is that?**

Being that G-d indeed knows human nature, He knows our tendency to get spiritually lost. He is a very loving, patient and forgiving G-d. Nonetheless, we have to follow the rules so that we do not get lost again or remain lost forever.

I have watched the New Age movement grow from obscurity to mainstream over the past thirty years. Today there are more spiritual seekers than ever before. Again, most people consider this a good thing.

Yet, I will ask the embarrassing question. Regardless of how many spiritual seekers there are, how many spiritual finders are there? In other words how many people have found what it is that they are looking for and now are leading fulfilled, content and satisfied lives? Among the New Agers, not many.

At least, I do not have to wonder why. I have the Torah; the spiritual roadmap and I follow it. My path is clear, now and forever.

**Of all the religions of the world,
of all the mystical paths that there are to practice, no other religion,
no other path has ever claimed that it relates the direct words of G-d,
the Creator of the universe.**

In the Bible, we continually find the expression, "and the L-rd spoke." No other religion claims a direct contact with G-d, the Creator.

Even Christianity only speaks through Yeshu and no where in the Christian Bible do we find written, "and the L-rd spoke to Yeshu saying." Christians claim that Yeshu was G-d. But this fraudulent claim of theirs is so ridiculous that it needs no refutation.

Islam claims to reveal the words of G-d (i.e., Allah) through Mohammed. However, Mohammed's Koran outrightly contradicts what G-d Himself said in the Torah. So either G-d is mistaken or Mohammed is mistaken. As for me, I'll put my money on G-d, the Creator.

Hinduism contains an entire pantheon of gods. Individual Hindus pray and offer incense and foods to a variety of different entities that they call "devas." According to the Torah, these Hindu deities have their own name. They are called demons. They are nothing other than the servants of higher angelic forces who themselves only are servants of higher angels who serve G-d. By focusing on these lower level spiritual entities, one fails to see the unity of the One True G-d underlying the universe. This makes the entire Hindu religion and everything that comes forth from it tainted by the sin of idolatry.

Buddhism is not even a religion. It does not even speak about G-d. As such all its spiritual pursuits, at best, can make one feel good about oneself. Yet, Buddhist practices can never bring one close to G-d, for they don't believe that G-d exists. Buddhism may or may not be good psychology, but it surely is a poor religion.

Paganism, Wicca ("white" witchcraft) and the like are very popular today. Like Hinduism the practitioners of these paths interact and worship earth spirits and endeavor to learn from them. Little do they know they are involving themselves with demons and their very souls are being contaminated with evil.

Yet, the worst of these "mystical" paths that not only hides the path to HaShem but actually blinds a person to the Will of G-d are consultations with individuals who call themselves "psychics." May HaShem save the decent, naïve souls who are daily deceived by these spiritual liars.

A psychic is one who claims he/she has a "sixth" sense and can foresee the future and thus predict what is best for an individual. Sometimes these "psychics" claim that they have a gift from G-d (so did the false prophets in Biblical days). Others claim that they are simply picking up on "vibrations" from "spirits" in "the astral plane." Regardless of what these psychics claim, all of their information comes to them from powers of the dark side and are thus unclean and profane. I say this with absolute certainty.

**Unless one is Kadosh (holy), one cannot bond with HaShem.
This is what G-d Himself has declared in His Torah.
Without holiness,
(which only can come about through the observance of the mitzvot),
one has no means of communication with HaShem.**

How then can a Gentile or secular Jewish "psychic" say that what they know comes to them from a holy source. G-d does not speak with anyone who is not holy, nor does He send to them any spirit or angel. Any allegations to the opposite contradict Torah and are thus a lie.

Rabbi Haim Vital clearly states in his Sha'arei Kedusha (1,3) that only with Torah study for the sake of Heaven (based on Avot 6:1) does one acquire the gift of knowing the future. None of these so-called psychics are Torah scholars. Therefore, they have no connection to knowing the truth about things. Even if they make correct predictions 99.99% of the times, their source is still what disqualifies their legitimacy.

In our many sins, I have seen Jewish people, even religious ones, seeking out these physic charlatans and other "New Age" mystic types. Daily do these poor naïve souls receive personal life direction in matters such as the stock market or other business affairs as well as on matters of a very personal nature. The people paying large amounts of money for these services never admit that most times the psychic is wrong. They are to "hooked" on having a "ear" that can hear from the "spirits".

All practices of this nature are nothing more than outright idolatry and communion with demons. Everybody, Jew and Gentile alike must be very cautious about dealing with these psychic types. They are the first to tell you that the spirits with which they commune are sent by G-d. However, this is not what the Torah teaches. Thus while the psychic may be sincere, the spirits they commune with lie to them and thus to you too.

It is thus absolutely forbidden by Torah Law for any Jew (and Righteous Gentile) to seek out psychics.

On and on I can go, listing the negative values of each of these world spiritual traditions. None of them put their practitioners into direct contact with G-d, Creator of the universe. So how can they be followed to find G-d?

Simply put, He is not to be found in them!!!

G-d is not to be found in any of these traditions and they themselves admit it! That is why these traditions attempt to offer their practitioners a spiritual "easy-fix" rather than take them to G-d.

**Many travel the world over to find these spiritual "easy fixes."
For the moment, they are content.
Then they come back to the real world and without kosher, correct spiritual
guidance end up messing up their lives with all types of poor decisions,
bad actions, regrets and remorse.
All this could be avoided.**

**If only one would grow up and act like an adult,
a spiritual adult and take upon oneself religious responsibility and discipline.
How different and fulfilling life would be.**

In our many sins, New Age teachings have breached the holy walls of Judaism. The New Agers attempt to attach themselves onto Jewish mysticism in the forms of Kabbalah and Hasidut.

**Indeed today there are numerous
New Age style Kabbalistic and Hasidic teachings
that place emphasis on Torah spirituality
and at the same time destroy its essence
by blending into it pagan and idolatrous practices from foreign religions!
The books by the authors of these horrible perversions
fill the bookshelves in religion section of bookstores around the world.**

Jewish people are being taught paganism and idolatry all the while thinking that what they are learning is Judaism. And it doesn't stop here!

Indeed many G-d fearing Torah observant Jews are afraid to study any Torah spirituality, even from kosher legitimate sources out of fear of being associated with one or more of these modern New Age style teachers who are apostates to Torah.

Not only do these New Age teachers teach a fraudulent form of Jewish mysticism; they add insult to injury by causing kosher Jews to shy away from studying Jewish mysticism at all.

Kabbalah is indeed the place where G-d is to be found. So one should go directly to Kabbalah in order to find G-d, right? No, wrong!

**One cannot simply go directly to Kabbalah,
any more than a newborn child can go directly into adulthood.
A period of growing up and maturing is necessary
in both the physical AND spiritual worlds.**

**Unless one grows up and matures properly,
one is not prepared for adult responsibilities.
So it is in the spiritual realms!**

So, how does one grow up into Kabbalah? The answer to this is a great secret that explains the unbreakable union between Halakha (Jewish Law) and Kabbalah.

In the greatest of all Kabbalistic texts, the holy Talmud Bavli a secret teaching is revealed as to where G-d is to be found now a days. Remember, in the days when the Temple stood the Shekhina (the physical Presence of the Divine) dwelled in the Holy of

Holies. Since then where can we find the Shekhina? The Gemara (the Talmud) reveals this secret to us.

**"Rabbi Hiya Bar Ami said in the name of Ulla,
that from the day the Holy Temple was destroyed
the only place the Holy One, blessed be He has in His world
is the arba amot of Halakha alone."**

Talmud Bavli, Berakhot 8A

It used to be that if one were to seek out HaShem, Creator of the universe and G-d of Israel, he would ascend to Jerusalem and to the Temple and ask a Kohen priest or prophet to inquire of HaShem on his behalf. Since the destruction of the Temple, prophet and priest are no longer available. This might be considered a set back, but the Holy One, blessed be He had another plan in mind.

Instead of no one having access to Him anymore, now everyone would be able to have access. All one had to do is to approach G-d in the Divinely ordained manner.

The Halakha (Jewish Law) performs a profound spiritual service that unfortunately is not understood by outsiders to Orthodox Judaism.

Rabbi Haim Vital, the master Kabbalist and codifier of the Ari'zal system writes in his Sha'arei Kedusha that the 613 commandments of the Torah are THE spiritual vehicles which alone have the ability to draw down Divine radiance onto the earth.

Being that pure Divine radiance cannot exist within our time-space continuum, it needs a physical vessel through which it can be filtered and thus received. We mere humans do not have enough spiritual insight and wisdom to create this body-soul relationship between Divine radiance and its conduit system in the realm of physical form. Therefore, G-d Himself ordained a system that connects the Divine to all aspects of the human experience including the spiritual, intellectual, emotion and physical aspects.

This is why G-d revealed Himself to the Jewish people at Mt. Sinai and gave us there the Torah. The Torah is a supernatural vehicle of extraterrestrial (actually Divine) origins designed to connect mankind to G-d.

**When we Jews align ourselves
with those Divinely ordained patterns
revealed to us by G-d in His Torah,
we make THE connection to Him.**

Therefore, the Torah is the one item of paramount importance in all of human history. The Torah is the microcosm of our entire time-space continuum.

Indeed, Rabbis throughout the centuries have taught that everything in the universe can be found in the Torah. Indeed as modern computer research into the now famous Bible

codes have shown, even minute details of current events have been found concealed in equal-distant letter codes throughout the Torah text.

In the Zohar, Rabbi Shimon Bar Yohai has warned that one who views the surface of the Torah (i.e. its mere words and sentences) and believes that is all there is to it, such a one is better not to have been born!!

The depths of holy Torah are unfathomable. No one, no Rabbi or Sage will ever plumb to the depths of Torah and know it all.

For the Torah, all 304,805 letters of it is the full Name of G-d. No one will ever know everything about G-d.

No one can thus know everything about the Torah. Its scope is beyond the confines of present human intelligence.

Yet, with all the profundity in the Torah, Rabbi Hiya Bar Ami quoting Ulla, did not say that G-d is to be found in the Torah, no, he specifically said that G-d is to be found in the Halakha (Jewish Law).

What's the difference between Torah and Halakha? In actuality they are indeed one and the same (in spite of Reform or Conservative fraudulent claims otherwise).

Halakha is a most unique and essential aspect of Torah.
Halakha is the fulfillment of the Torah.
Halakha is the body of the Torah.
Halakha is the Way of the Torah.
Indeed the word Halakha comes from the root verb "Halakh"
which means, "to go."
Halakha simply means the (Divine) Way to go.

Thus if one wishes to find G-d, he has to know the "way to go" to get there and the way to go is the Halakha.

Now, what is this strange mention of the "arba amot" of Halakha? Arba Amot is a measure of distance. One amah today is approximately 18". Four amot would, therefore, be about 6'. Yet, aside from our modern measurement equivalents, it is the number 4 (arba) that is most significant.

The number four refers to the four letters of the Divine Name YHWH. This signifies that one who observes the Halakha performs the necessary actions that completes the conduit that unites the supernal worlds, the various layers of the time-space continuum and our physical world which we inhabit in our physical bodies.

Thus, one who observes the Halakha manifests the Divine radiance that balances the universe, far beyond the limited scope of life here on planet Earth. When the Jew is fully

observant of the Halakha, he is affecting for good, life throughout the universe, in realms and dimension unseen and unknown to us now. The adverse is unfortunately also true, when one does not fulfill the Torah, such a one causes there to be a lack of Divine radiance to flow throughout the dimensions. The lack of such radiance leaves a vacuum of darkness. This vacuum we call evil.

Evil is thus created by our individual lack of performing the mitzvot (commandments). This evil is also aware of itself. It is self-conscious. It knows that it came about through the malevolent actions of a specific person. That person in essence becomes the spiritual parent of that evil. Thus that evil clings to that person and follows him all his days, until such a time it is removed through Teshuva (repentance) and Tzedaka (charity).

**Even the word "amot" has special meanings
in that the numerical value of the word
is equal to the value of the words,
"ahavat hinam" (complete love) and
"olam shalem" (perfect world).**

Ahavat hinam means complete love. The Talmud teaches us that the holy Temple was destroyed due to the sin of complete hatred (sinat hinam). Here the Talmud is secretly hinting to us that the rectification of the destruction and the source for the rebuilding is ahavat hinam (complete love). When this is accomplished then we have a "olam shalem" a perfect world.

Thus G-d is to be found only in that place where He has chosen to dwell and this is in the Way (path) that He has ordained to be walked by man.

Now, I could have specified and spoke about the Jewish people only, but the Gentiles too here have their obligations. They have their seven universal laws to follow (sheva mitzvot d'benei Noah). When they accomplish these, they too may come to find HaShem. This is clear within the writings of RaMBaM (M.T. Yesodei Torah).

**You now need to ask yourself as simple question.
Are you a merely seeker after G-d?
Or, have you found Him?**

Finding G-d is easy to for the one who walks in His Way (the Halakha). I know there are many readers of these words who do not fulfill the commandments of G-d and do not walk in His Way (Halakha). If you are satisfied with your present state of spiritual confusion, then I don't believe anything that I have written here will help convince you to seek spiritual guidance from the only ones who can offer true help: the Orthodox Rabbis.

Yet, just in case some of what I have written here may have gotten through, then Barukh HaShem (Thank G-d). Look, I do not want to be offensive. I do not want to make anyone angry or upset. But, I have to tell the truth!!

These words are not my opinions! I did not write the Torah or decide what is the Halakha. No mere Rabbi did these things either. As the verse in Psalms (118:23) says, "This is from HaShem, it is a wondrous thing in our eyes."

The path that we are required to walk has been outlined by a Divine authority, greater than anything human. Therefore, no human authority or any other can change the edicts and commands of the Supreme Judge, the Creator of the Universe, the Holy One, blessed be He.

Come now and let us reason together. You are reading these words because you are seeking G-d. So why do you not go to the Source and get what it is that you are looking for? And if you are already religious, then start observing the mitzvot regarding spiritual practices as outlined by Rabbi Haim Vital in his Sha'arei Kedusha (Heleks 3 & 4).

**You want to find G-d, yes?
Well, G-d wants you to find Him too!
He has already told us where to go to hear His Voice.
We go to Mt. Sinai. All of Israel was called there.
What more do you need, a personal invitation?**

Seek out a kosher spiritually minded Orthodox Rabbi. I am sure there is at least one in your community or nearby enough to you that you can arrange to study with him, either in person or by phone.

Start studying AND PRACTICING Halakha (Jewish Law). There is a mystical quality to it. Once you begin down this path, the Divine radiance begins to shine within you.

Once you begin to keep kosher (without cheating), your body becomes purified and spiritually sensitive to receive the Divine influx. Once you begin to observe the Shabat (with all its sacred details), your mind becomes more refined and thus able to understand the Divine message in Torah.

Once you begin you pray three times a day (and if you are a guy) begin wearing Talit and Tefillin, you will see and feel the difference. You will grow steadily aware of the Great Presence that surrounds you always.

These are only some of the wonderful gifts waiting for the Jewish soul upon his/her return home, home to the House of Israel and the Way (Halakha) of the Jewish people our holy Torah. Come commune with our Creator. Come experience for yourself. Don't take my word for it. Remember that it's G-d's Torah for all of us. We all stood together at Sinai, and we still do.