Kabbalah & Psychology
with Yael Yardeni

Psychology Course in the Eyes of Kabbalah
New tools for solving old problems

Workbook
Lesson 1: **Family relationships**  
Liberation from the family’s belief system that binds you.  
Do you find yourself thinking and talking like your mother, even though you promised it would never happen?  
Most of us adopt the belief system of our family – it is not really ours.  
The result is that our life does not reflect our authentic self.  
Turn off the automatic pilot and learn how to become original and real.

Lesson 2: **Searching for the meaning of life – Connecting to our authentic self**  
How can we know ourselves and what we really want in life? The answers can be found in the universe.  
In this lesson we will learn about the birth of the universe and discover how it connects to our personal development.  
We will discover ourselves and connect to the true essence of our soul.

Lesson 3: **Self-esteem – Freedom from the bonds of low self-esteem**  
Did you know that low self-esteem is actually an ego problem? Surprising, but true.  
All insecurities we have about ourselves are due to the detachment from the tree of life.  
In this lesson, we will learn the ancient formula of the Kabbalists of how to turn insecurity into certainty.  
We will never be slaves again to low self-esteem!

Lesson 4: **Relationships – Tools of change and self-discovery**  
Man does not live on a deserted island. All human beings are interconnected - as part of the great united soul.  
Whoever we meet is a reflection of ourselves. We will learn how to make the best out of the relationships in our lives by understanding their role, and by growth and spiritual transformation.

Lesson 5: **Interpersonal communication & conflict solving – Implementing the formula for solving conflicts**  
When will we learn to get along? Most of us have never been taught communication skills, not to mention the secrets of effective conflict resolving. The Kabbalistic formula for conflict solving talks about dealing directly with unpleasant situations, as opposed to withdrawing from the situation that will just ignite it.  
We will learn how to adopt the proper consciousness before we begin to confront others to achieve the best result.  
Mission statement by defined and powerful spiritual laws.

Lesson 6: **Consciousness creates reality – The power of thoughts, words and actions**  
You have heard about this before. Humans use only 2% of their brain power.  
In this lesson, we will learn Kabbalistic secrets in order to gain access to an untapped potential, by bridging the gap between the soul and the endless world. In this lesson we will learn how to direct the implementation of the things we want in life, by understanding the relationship between thoughts, words and actions.

Lesson 7: **Fear & Anxiety – Vanquishing the Opponent**  
You’ve experienced a racing heart, sweaty palms, choking sensations, butterflies in your stomach, and an overwhelming sense of doom. Frightful feelings are awful. But believe it or not, they aren’t real. Kabbalah teaches that fear and anxiety are some of the most convincing illusions around. In fact, everything your heart desires lies just beyond the illusion of fear.  
Phobias and anxiety are obstacles indicating that you are on the true path to revealing the light.  
This class will give you tools to completely dissolve your hindering fears and phobias.
Lesson 1: Family Relationship

Workshop
Indicate two of your behavior patterns that can also be identified in one of your parents. Share the information with your friends.

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__________________________________________________________________________________

Exercise 1
Go back to what we learned today regarding Inner Light and Surrounding Light, and implement it in your life.
Ask yourself and analyze the answers: what kind of Inner Light do I have?

__________________________________________________________________________________

__________________________________________________________________________________

My Surrounding Light – am I highly motivated to fulfill my potential? If not, in which ways can I fix this?

__________________________________________________________________________________

Exercise 2
Considering what we know now about our soul’s choice in our parents, it’s time to stop, go deep and ask ourselves:
1. Why and in which way are they the best parents for me? What should I learn from this?

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__________________________________________________________________________________

2. What does it mean for me?

__________________________________________________________________________________

__________________________________________________________________________________

3. Where are my boundaries?

__________________________________________________________________________________

Exercise 3
1. Identify how your parents’ belief system affects you today? In what way are they compatible with yours?
2. Once you have identified your misconceptions, think about what changes you want to make.
3. We want to get out of the cycle of our misconceptions.
4. Choose a better role model.
Lesson 2: The Meaning of Life

**Exercise 1**
Our first task is to estimate our current desire level.

1. List what areas in your life you are still in stage 1 or 2 of your desire:

2. List at least 3 things that will help you increase your desire:

**Exercise 2**
Our body is constantly demanding things from us. Notice your thoughts throughout the day, and draw in the circle how many of these thoughts are for the body-needs, and how many are for the soul-needs.

Example:

![Diagram of body-needs and soul-needs]

**Exercise 3**
Every chance we get, we want to practice being a channel. For that reason, we will practice proper use of our vertical and horizontal connections. Being a channel means being in the right place, at the right time, say and do the right things.

Lesson 3: Self-esteem

**Workshop**
Tell the person next to you – when do you feel secure about yourself and when do you feel insecure:

Ask your friend to try to understand and explain the reasons for that:
Lesson 4: Relationships

Workshop
Take 10 minutes to answer these next questions, then turn to the person next to you and share your answers with them. See if you can help each other improve the answers.

Think about a relationship from the past.
1. How can you improve in the relationship?

2. What choices do you keep making that prevent you from getting the best out of relationships?

Exercise 1
Think of occurrences that have happened to you or to people you love, then go and ‘hunt’ messages about relationships, especially romantic relationships, which you got as a result of those occurrences.

Test
1. What is love from a Kabbalistic point of view?

2. Define a relationship based on what we discussed:

3. What do you expect from a relationship?

4. What disturbs the soul the most in a relationship – who is the biggest enemy in a relationship?

5. How long are you willing to stay in a relationship and work on it?

6. How important is the physical aspect in a relationship on a 1-10 scale?

7. What is the most important factor in a relationship?
Workshop

Choose a partner who is also your friend. Look straight in their eyes and tell them in the best way, everything you think of them.

5 confrontations Scenarios: described below are five interactions that might lead to a confrontation:

A person confronts another person in order to reach a mutual goal and the other person doesn’t respond – frustration is created.

Write down a similar situation that has happened to you:

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________________________________________________________________________
________________________________________________________________________
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________________________________________________________________________

A person that doesn’t like to confront, or doesn’t know how to, and tries to avoid it.

When did you speak about someone behind their back instead of confronting them?

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Direct aggression – the ones who are defined as “control freaks”.

Write down a situation where you behaved like that:

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________________________________________________________________________
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________________________________________________________________________

A person who tries to confront, but the confrontation doesn’t develop fully. The energy accumulates and at the end being diverted from the main point.

Write down a situation where you behaved like that:

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Taking the approach of retreat/escape – someone who plans to confront, and at the end doesn’t really do it, pretending that everything is fine.

When have you escaped confrontation?

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Steps to take before entering a confrontation:

Check with yourself and answer the following questions:

1. Do I know all the facts? It’s a simple and reasonable question. How many times do we get offensive, with only half the facts?
2. Ask yourself whether the conflict is worth what we can get from it.
3. When you confront – deal with just one subject every time.
4. Always give the other side an opportunity to explain themselves and say what their point of view was.

These are the four spiritual laws for a right confrontation!

What is a confrontation anyway?

“When someone creates a short circuit, a negative energy, the opponent takes over them and doesn’t allow them to win over that negative force, who in fact took them as captives. This energy, or that short circuit, turns to be second nature to the person who surrenders to them. They take over the person and become their bad habit, part of their routine.

What can be done? Try not to go into captivity in the first place - after all, breaking out of it takes a very long time!

The creator gave that person an easier way. The person who hasn’t created that short circuit, sees it in another person, and goes to prison to rescue them, but only if the prisoner can accept their criticism.

How did Moses do it? He planned to weaken the force that keeps the person in imprisonment”.

Rabbi Chaim Luzzato, 16th century

Exercise

Think about and write down a time when someone criticized you, was angry with you, punished you for no reason, and then after a few months, something really amazing happened - there was a breakthrough or a wonderful thing happened in your life.

We need to be able to see cause and effect. We really want to connect the dots and see the big picture.

Simple tips for confrontation:

1. The best way to confront someone is when you are close to them.
2. Even when you confront someone, never humiliate them in public.

Lesson 6: Consciousness Creates Reality

Exercise

Be aware of your negative thoughts and learn to control them.