

# *The Modern-day Kabbalist: Practical Spirituality for Everyday Life*

## *A Sequence of Three One-Day Workshops in Aylesbury (UK)*

**Kabbalah** is the mystical teaching that underlies Western spiritual tradition. Based on the principles of the Tree of Life, it is an ancient teaching that offers a pathway to personal growth and self-knowledge.

The course is intended for anyone interested in seeking a spiritual path or simply exploring their own spirituality. By understanding our place in the universe, we aim to find greater purpose in our lives and, thereby, a greater sense of peace within ourselves and with the world around us.

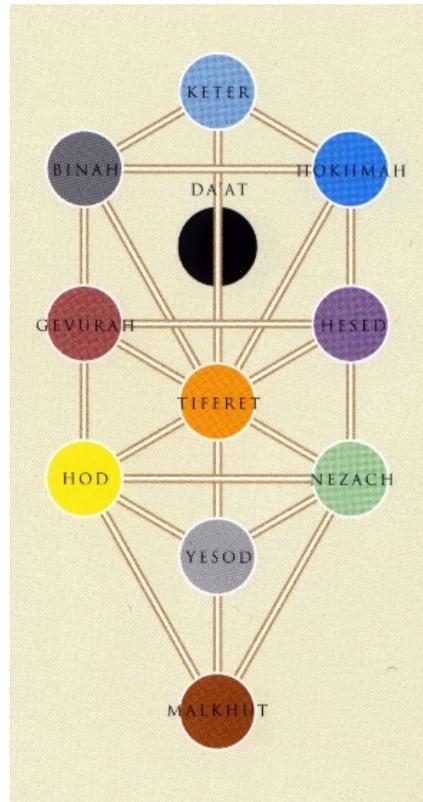
No previous knowledge is needed, only an open mind.

**Each workshop will consist of a talk, discussion and a guided meditation aimed at illustrating and illuminating the theme.**

**Cost per workshop:** £40 (concessions available on request). Light lunch and snacks provided. A deposit (non-refundable) of £10 will be required to guarantee a place.

**Location:** Aylesbury (a 10 minute stroll from the station). Full address details on application.

**For further information:** Please contact Adam via the Spirit of Kabbalah blog site (see central column) or by phone on **07505 478961**.



**Adam Simmonds**, the course tutor, has been studying Kabbalah for more than 25 years. A teacher by profession, Adam has presented talks and workshops on Kabbalah in both the UK and Spain. He has recently discovered the art of blogging and his Kabbalah blog site can be found at:

[www.spiritofkabbalah.wordpress.com](http://www.spiritofkabbalah.wordpress.com)

### **Course Outline**

**Day One – Saturday, 27<sup>th</sup> October, 2018**  
**10am-4pm**

#### ***Kabbalah: Living in the Now!***

Following an outline of Kabbalistic principles, we will discover how to use the Tree of Life in everyday life.

**Day Two – Saturday, 15<sup>th</sup> December, 2018**

#### ***From Creation to The Passion: The Kabbalist's Journey to Freedom***

How to approach scripture from an esoteric perspective, as a pathway to personal freedom. Texts will range from the Bhagavad-Gita and the Bible, to Shakespeare and Harry Potter!

**Day Three – Saturday, 15<sup>th</sup> February, 2019**

#### ***The Inner Kabbalist: Finding the Path to Self***

The inner world of Kabbalistic spirituality, the angelic realms, astrology and Karma, and the Work and responsibilities of the Pilgrim's Path. This workshop will be based around guided meditations into the Upper Worlds.

***"Adam Simmonds is a wise and witty teacher of the Perennial Wisdom Tradition. His work is sound, practical and beautifully presented."***  
***Maggy Whitehouse, author of Total Kabbalah and The Illustrated History of Kabbalah.***