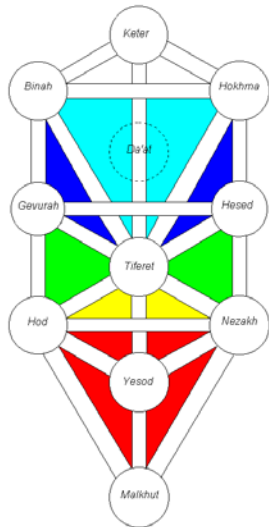


# *An Introduction to Kabbalah*

A Six Part Course for Beginners



## **Course outline:**

**Session One – 12<sup>th</sup> September 2010**

*Introduction to the Kabbalistic Tree*

**Session Two – 10<sup>th</sup> October 2010**

*The World of the Psyche - Levels of Humanity*

**Session Three – 14<sup>th</sup> November 2010**

*The Bible and the journey of the Soul*

**Session Four – 9<sup>th</sup> January 2011**

*Astrology, Free Will, Karma and Responsibility*

**Session Five – 13<sup>th</sup> February 2011**

*The Kabbalistic Universe*

**Session Six – 13<sup>th</sup> March 2011**

*The Work of the Kabbalist\**

*\*including a guided meditation*

**Donation £5 per session, including tea and cake!**

For further information, please contact  
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or e-mail [adamsimmonds@ntlworld.com](mailto:adamsimmonds@ntlworld.com)

Kabbalah is the mystical teaching that underlies the Western Judaeo-Christian tradition. Derived from the Hebrew word 'to receive', it is an ancient teaching that offers a pathway to personal growth and self-knowledge.

The course is intended as a useful introduction to the ideas and practices of the Toledano Kabbalistic tradition. It is aimed at those seeking a spiritual path, or simply interested in exploring their own spirituality. It does not aim to provide *the* answer, but to address the question of why we are here, and how, through understanding our place in the universe, we might find greater purpose in our lives and, thereby, a greater sense of peace within ourselves and with the world around us.

The course is non-denominational and no previous knowledge is needed, only an open mind. It will be delivered over the course of six Sundays, allowing time between sessions for students to contemplate what they have received and to build a basic understanding and appreciation of the principles that underlie the tradition. Each session will cover a whole afternoon, starting at around 3pm and ending around 5.30pm.

The course tutor, Adam Simmonds, has been studying Kabbalah for 20 years and this is the third introductory course he has led. A school teacher by profession, he has presented talks on Kabbalah in both the UK and Spain and co-directs a regular Kabbalah group at his home in Hertford.

“Adam Simmonds is both a powerful and a natural teacher with a deep and authentic understanding of Kabbalah at all levels.”

(Maggy Whitehouse, author of *Total Kabbalah* and *The Book of Deborah*)