

ARIZAL

Table of Contents

Introduction	13
ARIZAL – His life	17
The Zohar	19
Ascending to Tsfat	20
Rabbi Moshe Kordovero.....	21
Woman of valor.....	22
I am not a prophet.....	23
Rabbi Haim Vital.....	23
All the pens in the world	24
Some powers of the Arizal.....	25
The flickering flame	26
Reading of the hand	26
The lines on the forehead	28
The one that came to test the Arizal	28
The reincarnated souls	30
Balak and Bilaam	31
'Ibour Neshama – Attachment of a soul.....	31
A stranger soul in a body	32
The possessed widow	34
Talking to the souls	37
Ascension of the soul	38
A special Yi'hud	38
Missed Opportunity	39
Paying back a debt	40
The Edit	40
A dark cloud.....	42
Rav Alshikh	43
Suffering of animals	44
Accepted offerings	45
Going to Meron	46
Lag Baomer	47
The Demon bride	49
Impurity to the door	50
Revealing	51
Opening the waters of Gi'hon.....	52
The Galanti brothers.....	54

ARIZAL

Rav Galanti asks the Arizal for his Tikun.....	57
When our teacher Yosef Karo lost his keys.....	60
The Arizal reading the thoughts of Rabbi Yosef Karo.....	60
Tendons in the meat.....	61
Do not cancel the Hilulah of the Rashbi in Meron	62
Revelation of Yirmeyah the prophet.....	63
I will even take a thousand deaths upon me	64
You are from the root of their souls, you need to rectify them.....	66
Reincarnation of a butcher.....	68
His flesh fell from him piece by piece	70
When the Ari invited the seven shepherds	72
A tale of Rabbi Shlomo Luria and Rabbi Moshe Isserles ...	73
Condemned because of the revealing.....	77
His departure from this world	79
ARIZAL - His works	81
Introduction to Ets Haim	83
One more introduction from Rabbi Haim Vital	96
Ets Haim.....	101
At the Beginning.....	102
Tsimtsum - Retraction.....	102
Kav - Ray	102
Sephirot	103
Shevirat Hakelim – Breaking of the Vessels.....	105
Sparks	106
Partsuf – configuration.....	106
Zivugim – Unions	108
Worlds	109
Peri Ets Haim	111
Tefilah is in Malkhut.....	112
The twelve gates of Tefilah.....	112
New songs or Piyutim.....	113
An angel is appointed over the Tefilot	113
Tefilot instituted by Abraham, Its'hak and Ya'acov	114
Concentration and intention in the Tefilah	114
Interiority and exteriority of the worlds	114
Four parts of the Ma'ase	116
The right is always first	116

ARIZAL

Not to put on two garments at once.....	117
Before entering the synagogue	117
Ascension of the soul at night.....	118
Love your fellow man as yourself	119
Shaar Hagilgulim.....	121
The five names of the soul.....	122
Origin of the souls	122
Acquiring the different levels of a soul	123
Tikun of a soul	124
He shall reincarnate even many times.....	125
Soul of a convert	126
Ibur – attachment of a soul	127
Rectification of all the levels of a soul	129
Goal of a reincarnation.....	129
Various parts of Teshuva	130
Soul mate	131
Accomplishing the Mitsvot.....	132
Learning the Torah.....	133
Reincarnating in a stone or vegetal.....	133
Shaar Hakavanot.....	135
The differences in the customs of Tefilah.....	136
To pray from the Sidur except for the Amidah.....	137
Prayer of the poor	137
Praying with joy	138
To stop at the entrance of the synagogue.....	139
Reason and goal of the prayer	139
To elevate the sparks.....	140
The order of the prayers	141
The Tikun of the four worlds through the four Mitsvot..	142
The secret of the abundance which descends through the words of Tefilah	144
The secret of the Tefilah corresponding to the four worlds	145
The secret of the interior Tikun of the four worlds	146
Damage caused by avoiding Mitsvot or Tefilot	147
The custom of the Arizal in the saying of Piyutim and Pizmonim.....	148
Dressing in white for Shabbat	149

ARIZAL

To pray in a low voice	149
Not to dress with two garments at once.....	149
Shaar Hamitsvot	151
The obligation to do the 613 Mitsvot.....	152
Who will not learn the four levels of the Torah will come back to reincarnate	153
To do the Mitsvot with joy	153
The purpose of the Mitsvot and Tefilot is to rectify the worlds.....	155
The prohibition to pronounce holy names.....	155
The secret to honor one's parents.....	157
The damage caused by theft	160
The prohibition to mention the name of other Gods	161
The goal of Tefilot and Mitsvot	162
To goal of everything is to clarify the sparks.....	163
To bind his soul with its upper root by the Torah	164
The damage caused by the jokers, flatterers, liars and speakers of Lashon haRa.....	165
To walk in Erets Israel.....	166
Netilat Yadayim is to remove exterior energies.....	166
The secret of HaMotsi	167
Food nourishes the Neshama also	168
Shaar Hapesukim	169
The word Beresheet has six letters	170
Let there be light.....	170
Adam was superior to all the higher angels.....	170
All the souls were contained in Adam Harishon	171
Three times two thousand years	171
Tikun of Adam Harishon	172
Shaar Rua'h Hakodesh.....	173
Angels are created by man	174
Maguidim – Celestial angels.....	175
The secret of prophecy and Rua'h Hakodesh	176
The difference between prophecy and Ru'ah Hakodesh.	177
The highest level of Prophecy	178
The highest level of Rua'h Hakodesh	179
The origins of the levels of prophecy	179
The secrets in the pulse	180

ARIZAL

The dream of Rabbi Sagis	181
Wisdom of the face	181
Letters on the forehead	182
The Arizal could bring a soul to talk to it.....	183
The lights of the blessings	184
The colour of the letters of the Name.....	185
Letters of the Mitsvot	185
History of Kabbalah.....	187
First period – The beginning.....	188
Second period – The Zohar	188
Third Period – Printing of the Zohar	188
The Tsfat Kabbalists.....	190
‘Hassidic movement.....	191
European masters.....	192
Sephardic masters	192
The latest Kabbalists.....	194
Bibliography	195
Glossary of Kabbalah	197