

AHAVA

The Tree of Life is the divine map of spiritual consciousness discussed in Kabbalah.

These 10 aspects of our inner self and levels of divine experience are called *Sefirot*.

Kabbalah has thousands of pages of spiritual wisdom discussing the Tree of Life.

The Tree of Life describes how we are spiritually developing to experience the infinite goodness at the source of reality. As we spiritually develop to deeper levels of giving and love, we ascend to higher levels of divine awareness.

The Tree of life is comprised of 3 columns. The right side corresponds with giving. The left side corresponds with receiving. The center is balance and oneness.

The 22 connecting lines between the *Sefirot* represent particular channels of spiritual energy. These correspond to the 22 Hebrew letters.

The 10 *Sefirot* correspond to aspects of our physical bodies, inner consciousness, and all reality.

Each of the *Sefirot* contains within itself all of the *Sefirot*.

Colors and sounds have spiritual roots in the Tree of Life and are used in Kabbalah meditations. The sound notation that corresponds to each *Sefira* is depicted in this picture with the word אהבה AHAVA LOVE. As we spiritually ascend, we attain deeper and deeper experiences of love.

The Tree of Life describes our spiritual progression to unconditional love and divine union.

The 10 *Sefirot* and one of many ways of describing them:

<i>Keter</i>	Divine Source
<i>Chochma</i>	Oneness
<i>Bina</i>	Unconditional Love
<i>Chesed</i>	Loving Kindness
<i>Gevurah</i>	Humility
<i>Tiferet</i>	Balance
<i>Netzach</i>	Eternity
<i>Hod</i>	Thankfulness
<i>Yesod</i>	Unity
<i>Malchut</i>	Central Point in the Heart

An excellent introduction to the Tree of Life is *Innerspace* by Rabbi Aryeh Kaplan