

THE TREE OF LIFE

The Tree of Life, also called The 10 *Sefirot*, represents 10 aspects of our inner consciousness.

The Kabbalah discusses in great detail the inner workings of these 10 aspects of consciousness and the way in which they describe the interface between our present experience of separation, and our coming to the realization of oneness.

One way of experiencing The Tree of Life is as 10 levels of love. The lowest level representing a love only for oneself, and every level going up representing deeper and deeper experiences of love for all creation.

The Tree of Life is divided into 3 columns. The right side is associated with giving. The left side is associated with receiving. The center column is associated with harmony and oneness.

The 10 *Sefirot* are connected to each other by 22 channels of spiritual energy. Each one of the 22 Hebrew letters is associated with one of these channels of spiritual energy.

Each of the 10 *Sefirot* contains within itself all 10 of the *Sefirot*.

The inner mappings of the 10 *Sefirot* describe how the infinite unconditional love at the root of all creation becomes manifest in our present experience. The 10 *Sefirot* also describe our spiritual work towards experiencing our Divine source in the realization of unconditional love and oneness.

The 10 *Sefirot* and one of many ways of translating their meaning and associated state of consciousness is:

<i>Keter</i>	Purpose of Creation / Infinite Goodness
<i>Chochma</i>	Experience of Oneness
<i>Bina</i>	State of Unconditional Love
<i>Chesed</i>	Loving Kindness
<i>Gevurah</i>	Humility
<i>Tiferet</i>	Harmony
<i>Netzach</i>	Eternity
<i>Hod</i>	Thankfulness
<i>Yesod</i>	Unity
<i>Malchut</i>	Central Point in the Heart