

Meditation Kabbalah Style

Is Kabbalah wisdom? Where can you find it? How can you achieve it?

Kabbalah is the oldest, yet the most significant wisdom of human history. It is the wisdom of Kabbalah that allows us to achieve a higher level of our existence. If you understand your true purpose in life, you can achieve limitless possibilities. You can also experience deep tranquility and perfection. Kabbalah meditation is evidently able to offer solutions to problems, and creates peace in place of disorder. In addition, Kabbalah meditation can give us the answer to the most-sought after question of our existence, "Who am I?"

Literally translated, Kabbalah means "to receive." And by the way, it is its eminent purpose. Kabbalah meditation practice would instruct us how to receive. And what do we wish to receive from life? Kabbalah meditation would make us learn to wish for the non-physical things from life and how to obtain them.

Kabbalah's source is the ancient text The Zohar. It is not an ordinary text written with ink on paper but historians are persuaded that The Zohar is the Holy Grail. The Zohar, a twenty-three volume collection of wisdom, is said to be the Tree of Life recognized by all religions. It is the one used to create miracles and maintains to end worldly destruction and even death.

The Zohar works essentially like a light bulb. Kabbalah meditation is much like flipping a light switch in our lives. The Zohar in the Kabbalah meditation gives off light on the dark spots in our lives like sickness, sadness, and death as well.

People who are new or who haven't heard about Kabbalah meditation would assume that it is a religion. Without a doubt, Kabbalah is NOT a religion. Rather, Kabbalah meditation is about the light. And the light is not limited to a select few, but it is for everyone in spite of religion and race.

Kabbalists say that Kabbalah meditation answers our three most critical questions: Who we really are, where we came from, and why we are here. To put it more simply, Kabbalah meditation will merely provide you the necessary tools to achieve joy, deep sense of accomplishment, and allows you to experience life under the Higher Being's Light.

Kabbalah was seen as mysticism in ancient times. People considered it to be too mystical. However, Kabbalah is now thought of as a science # the science of the soul.

Visiting online sites will guide you to some online courses on Kabbalah meditation. The site www.kabbalah.com will grant you a thorough tour on the history of Zabbalah as well as the modern Zabbalah meditation practice. It may sound more into the spiritual aspect but it fundamentally works the same manner as the other meditation techniques do.