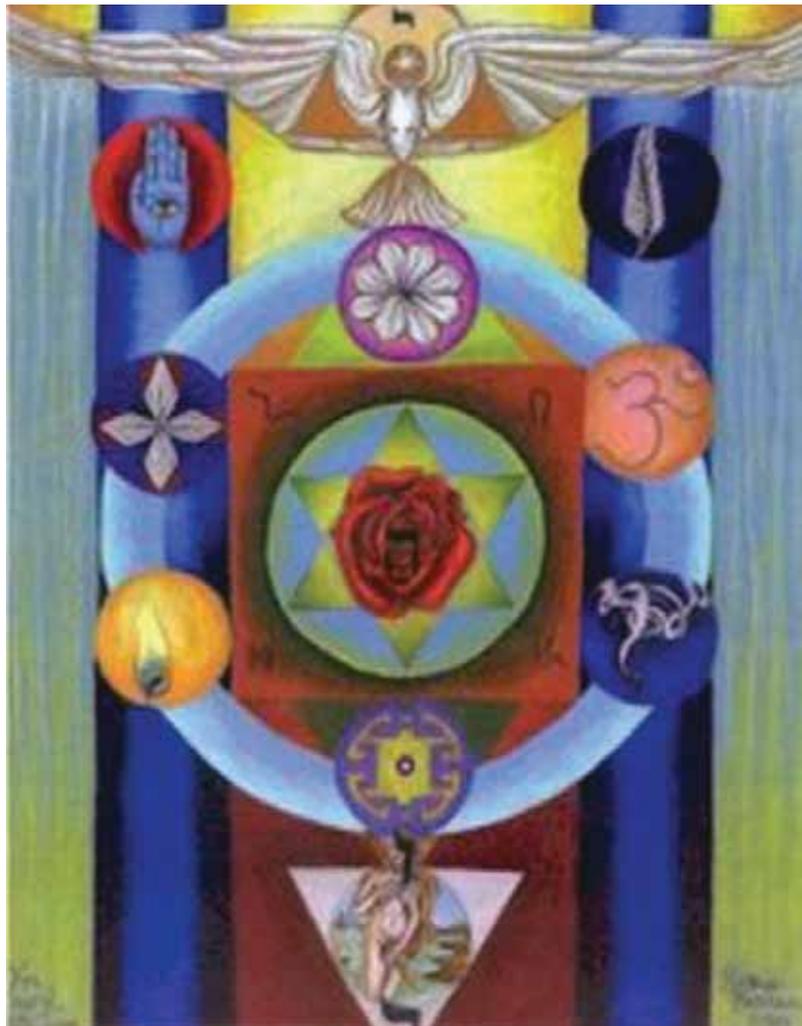


Kabbalah Miracles

By Karen Greenberg



This Tree of Life is comprised of ten different spheres ~ each one represents a different quality of the Creator, which we integrate and emulate, as we learn Kabbalah.

(Artwork done by Ruthie Basham, Karen Greenberg's daughter, who does personalized, home-drawn mandalas. Her website is www.soaliveart.com.)

Don't these circles resemble the old hopscotch game that many of us, as children, used to play? Little did we know that when we were hopping, we were connecting with the energetic template of the Tree of Life in Kabbalah. The Tree of Life can assist us in co-creating the lives we desire. We all have a choice. We can co-create Tree of Life (unity consciousness) lives, which can be primarily playful, magical, harmonious, peaceful, supported, and easeful. Conversely, we can co-

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create Tree of Knowledge of Good and Evil (duality consciousness) lives, which can be significantly stressful, struggling, insecure, unstable, and intense.

As a teacher for many years exploring this topic, I love sharing personal growth work through the Kabbalah. 'Kabbalah' means 'receiving' -- we are receiving the secrets which are hidden in the Old Testament. These secrets teach us how to create and sustain a meaningful and fulfilling life.

Sometimes we create a wonderful life, but then we sabotage it, constantly struggling with weight, relationships, lack of income, and any number of issues. When we study The Kabbalah, we discover that instead of struggling, we can co-create miracles. The Kabbalah system is unique in that the Higher Power, G-D, the Creator, is at the Center. Because G-D is at the Center, we are privileged to share the excitement of miracles happening in people's lives, all the time.

One time a new Kabbalah student asked that our class do prayer and meditation for him and his wife, as they had been trying to conceive for years unsuccessfully. Having been disappointed for so long, he was skeptical of our group prayers, to say the least. The very next month he walked into our Kabbalah class and announced incredulously that his wife was pregnant! Furthermore, the baby was born on December twenty-fifth, which happened to be both Christmas and Chanukah that year (which happens very infrequently)! Our Kabbalah group had been comprised of both Jewish and non-Jewish students. I believe it might have been the Creator's way of informing us that when we all (of different faiths) cooperate and pray together, miracles can be "birthed."

Beth Wielinski, M.F.A., stated, "For me, Kabbalah was world-altering, both internally and externally...My long-standing personal struggles were approached head-on and worked through, once and for all..."

I would like to share with you how this particular Kabbalah journey works. In actuality, we complete an experiential personal growth journey through the Tree

Spiritual Development (continued)

Sunday Service at Interfaith Center • Sundays, 10:45 a.m.-12:30 p.m. • The Interfaith Center for Spiritual Growth is a gathering of spiritual seekers that meets in its own building every Sunday to celebrate oneness with all beings, experience the power of group meditation, benefit from enlightening readings, enjoy guest musicians, and listen to talks that inspire and stimulate spiritual growth and understanding. There is a children's spiritual education program during the service each week and a monthly potluck following the service on the first Sunday of the month. Donations accepted. Call Rev. Dave Bell at 327-0270; dave@interfaithspirit.org or interfaithspirit.org.

Stress Management

Staying Centered in the Fast Lane: Deep Energy and Grounding Techniques with Juliana Sanchez through Indigo Forest • Sept. 24, 10-11 a.m. • Throughout history, many cultures have developed simple techniques to encourage deep revitalization, stress relief, grounding, and other health benefits. Modalities taught in this class such as meridian massage, brain gyms, and the Hunza squat can be used in spare moments to notice a positive difference in as little as two minutes. Wear comfortable clothes. \$15 or \$10 pre-registered. Call 994-8010; beth@visitindigo.com.

Life Skills and Relaxation Class with Self Realization Meditation Healing Centre • Oct. 29, 11:15 a.m.-12:30 p.m. • No matter what problems or challenges you face, or how difficult it has been in the past, these fast, easy-to-use tools can help you! Learn more about the mind-body connection and how to apply the practical energy care tools in your everyday life at school, work, home, and play. \$30, with lunch available for an added cost. Call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Pure Meditation Foundation Class with Self Realization Meditation Healing

Centre • Sept. 10, 3-5 p.m. • Conquer stress, improve concentration, find inner peace. Of value in all walks of life, Pure Meditation Foundation training, which includes the meditative peace breath, helps you to be in charge of how you feel physically, mentally, and emotionally. It takes only a few minutes to practice each day. \$40. Call 517-641-6201; SRMHCMichigan@cs.com or selfrealizationcentremichigan.org.

Stress Management: Embracing the Peace Within You with Melanie Fuscaldo • Oct. 21, Noon-1:30 • Tune into messages from your body, mind, emotions, and spirit and learn effective strategies to enhance your well-being. Identify your unique stressors. Experience guided imagery for relaxation and to gain information from your inner wisdom. Leave with coping strategies to increase your effectiveness. \$20. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Storytelling

"Tellabration" Storytelling Concert for Adults • Nov. 12, 7:30 p.m. at St. Clare's Episcopal Church/Temple Beth Emeth • The Ann Arbor Storytellers' Guild presents its annual concert for adults, ages 14 and older. \$10. Call 662-3770; lauragami@digitalrealm.net or annarborstorytelling.org.

"Tellabration" Family Storytelling Concert • Nov. 13, 2 p.m. at Malletts Creek Branch Library • The Ann Arbor Storytellers' Guild presents a family concert for adults, ages 4 and older. Free. Call 662-3770; lauragami@digitalrealm.net or annarborstorytelling.org.

Ann Arbor Storytellers' Guild Monthly Meetings • Fourth Sunday of each month, 2-4 p.m. • Monthly meetings always start with stories, and more stories! Listeners and tellers welcome. Contact annarborstorytelling.org.



photo by Carol Karr

Karen Greenberg teaches classes on the Practical Application of Kabbalah through her business, Clair-Ascension.

“‘Kabbalah’ means ‘receiving’ -- we are receiving the secrets which are hidden in the Old Testament. These secrets teach us how to create and sustain a meaningful and fulfilling life.”

of Life. The Tree of Life is an energetic structure composed of ten spheres. Each sphere represents a different quality of the Creator. We study one sphere, that is, one specific quality of the Creator, each month, for about a year. I have combined my Clair-Ascension personal growth work with each sphere, which helps enhance our ability to embrace each of the Creator's qualities, more fully.

For example, one of the qualities in the Tree of Life is “Chesed,” which means an “outpouring of loving-kindness,” that is, “giving.” This quality or sphere is balanced by its opposite, “Gevurah,” which translates to “severity.” More generally defined, “Gevurah” means standing up for yourself, with courage, in your power, setting healthy boundaries, saying “no,” that is, “withholding.”

Now suppose you are a student in my class and “Chesed” (outpouring, giving) comes more naturally to you and “Gevurah” (withholding) might be more difficult for you. When our Kabbalah journey progresses to the level of the Tree of Life that addresses the “Chesed” quality, divinely orchestrated circumstances will be brought to you to enable you to work on whatever may be blocking you from setting and enforcing healthy boundaries. Perhaps if you don't set and enforce healthy bound-

aries, you have a fear of being rejected or abandoned, or of losing a client, and then not having sufficient income, or of feeling guilty when saying “no.” As we work through these concerns, together with the support and encouragement of the group, one can then more fully embrace the “severity” energy, whenever “tough love” might be in the highest good for all concerned, for instance.

“When our Kabbalah journey progresses... divinely orchestrated circumstances will be brought to you to enable you to work on whatever may be blocking you.”

Month by month, we integrate, and thus emulate, the qualities of the Creator. We become more powerful co-creators of our lives. As long as our will is aligned with G-D's Will, we become more successful at co-creating the lives we desire.

Another reason that the Kabbalah journey through the Tree of Life has deeply affected so many is that it has been Divinely designed with a specific order. We ascend systematically through the physical, emotional, mental, and then spiritual aspects of life, through the Tree of Life.

Perhaps you are more comfortable in the physical and mental realms, and less comfortable in the emotional and spiritual arenas. Therefore, these last two areas may be less developed. You might even tend to avoid these two areas. This underdevelopment of these significant areas of our lives disempowers us! When we traverse this Tree of Life path, we do not avoid any aspects of our lives, whatsoever, (even those which may be more challenging for us). We progress through the Tree of Life in a particular order. As a result, even our weakest areas become strengthened! We become much more balanced, healthy, and powerful! Again, as a consequence, we become much more successful at co-creating the lives we desire (as long as our desires are in alignment with G-D's Will).

Moreover, we learn a formula that is extremely powerful for creation. Once we identify with ourselves as proactive co-creators of the lives we desire, we cease believing that the best that we can do is merely to react to everything that enters our orbit.

In order to be the proactive co-creators of the lives we desire, we must learn clarity, to be authentic in every moment. That means, we learn to tolerate unfavorable reactions to “not pleasing” our parents, spouses, children, superiors at work, society, culture, etc. We embrace the boldness to discover what our unique gifts and talents are, what our life's purpose is, and to embody the courage to live it, and to earn a living doing both what we love and what we were created to do.

If you would like to join us on an amazing, life-changing, experiential Kabbalah journey of personal growth and empowerment, please contact me.

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Karen Greenberg is a registered Physical Therapist, has danced professionally and owned her own dance studios. She is also a Certified Essence Repatterning Practitioner (helping people identify and repattern limiting beliefs that are holding them back), and an author. She can be reached at krngrnbg@gmail.com, www.clair-ascension.com, or (734) 417-9511.

Sustainability

Natural Building and Sustainability Classes with Deanne Bednar of Strawbale Studio in Oxford • You can receive a 25% discount pre-paid two weeks prior to all classes and workshops. Donations welcome. For times and more information, call 248-628-1887; ecoartdb@gmail.com or strawbale.pbworks.com.

Full Moon Community Bonfire and Potluck • Sept. 12, Oct. 12, Nov. 10, Dec. 10 • Learn about upcoming workshops, tour the studio, share delicious food, and be part of a community. Free.

Rocket Stove and Rumford Stove Workshop • Sept. 17-18 or Oct. 8-9 • Get hands-on experience creating an efficient rocket stove heated bench and rumford fireplace out of primarily foraged materials. Tour the natural buildings and check out the existing rocket stove and earth oven. \$120.

Bioneers - Detroit • Oct. 15-16 • A “leading edge” sustainability conference that combines national speakers via satellite with local presenters. Break down to break through!

Earthen Plasters and Floors • Oct. 22-23 • Hands-on learning you can use in your existing or future home using local materials. Harvest soil, mix, and apply plaster. Fun, meditative, and practical skill. \$120.

Thatching Workshop • Nov. 6 • Get hands-on experience creating an all natural roof system of locally harvested reed. Finish an existing structure and tour other thatched buildings. \$70.

Holiday Warmth • Dec. 4 • Create sustainable holiday gifts and share in the holiday spirit. Make hand-dipped beeswax candles from local beeswax, and your own cards with stencils and other materials. \$35.

New Internship Program • Sept. 11-Nov. 11 • Immerse yourself in a one or two month intensive, hands-on learning experience. Participate in all workshops, as well as a long-term natural building project. Be part of a living, building community. \$625 per month.

Awakening the Dreamer, Changing the Dream with Patricia Gillies and Suzanne Schreiber • Nov. 19, 9:30 a.m.-3:45 p.m. • This symposium aims “to bring forth an environmentally sustainable, spiritually fulfilling, socially just human presence on this planet.” The program is a transformative, educational experience that empowers participants to respond to humanity's current situation with action and informed, grounded optimism about our future. \$35 includes lunch. Call Weber Center at 517-266-4000; webercenter@adriandominicans.org, webercenter.org or awakeningthedreamer.org.s

Tai Chi, Martial Arts & Self Defense

Wu Style Tai Chi with Marilyn Feingold and John Adams at Jewel Heart • Sept. 4-Dec. 18: Sundays, 4-5:30 p.m. • Learn the ancient art of meditation in motion with this soft style martial art emphasizing relaxation and balance. \$5 suggested donation. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Tai Chi Chuan I with Susan Bloye • Tuesdays, Sept. 13-Nov. 15: Noon-1:15 • In this eight-session course, you'll learn techniques to promote relaxation of the mind and body, centering, better balance, concentration, and improved health. Tai Chi may also facilitate academic, intellectual, and conceptual learning. \$79. Call Tamkia at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Tai Chi Chuan I with Stephen Harrigan • Wednesdays, Sept. 14-Nov. 16: 6-7:15 p.m. • See above description. \$79. Call Tamkia at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.

Tai Chi Chuan II with Web Kirksey • Tuesdays, Sept. 13-Nov. 15: 1:30-2:45 p.m. or Wednesdays, Sept. 14-Nov. 16: 7:30-8:45 p.m. • Ready for more challenge? This class offers a higher level of instruction in Yang-style Tai Chi. You can work on the form at your own pace and practice some elementary pushing hands and applications. \$79. Call Tamkia at 677-5060; lifelong-learning@wccnet.edu or wccnet.edu/lifelong-learning/.