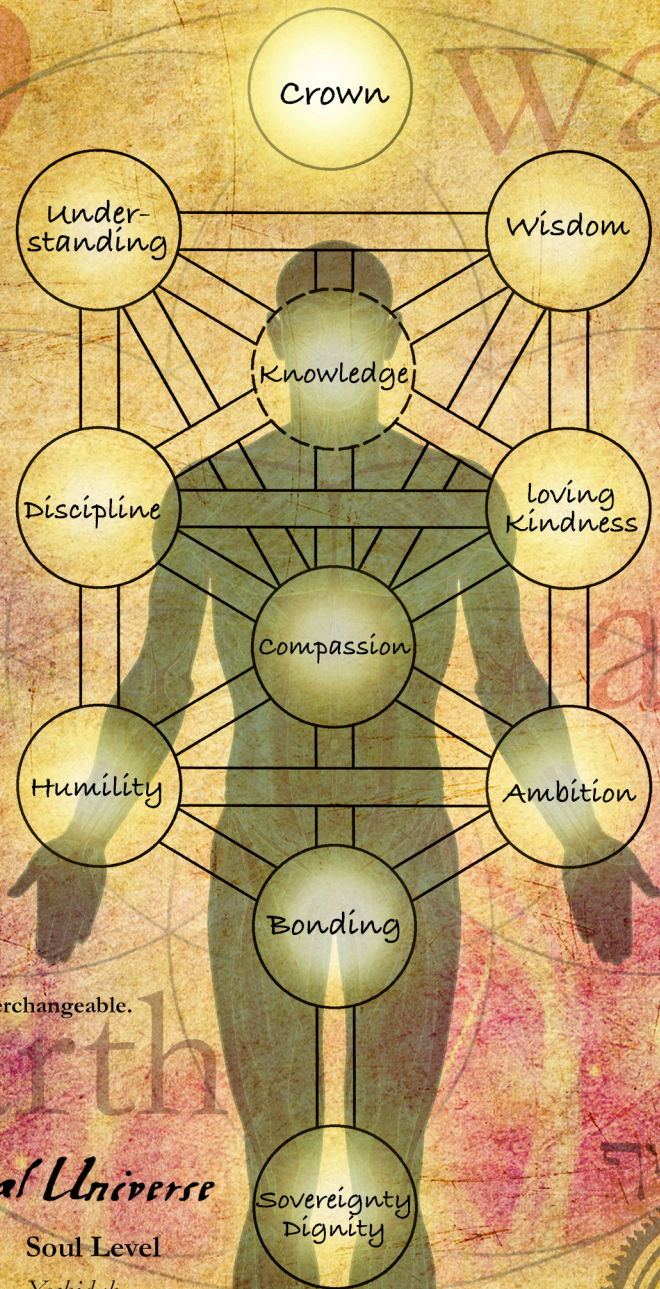


The Tree of Life



10 Sefirot

- Keter*
- Chochmah
- Binah
- Da'at
- Chesed
- Gevurah
- Tiferet
- Netzach
- Hod
- Yesod
- Malchut

* Keter and Da'at are interchangeable.

5-Dimensional Universe

World	Soul Level
Ein Sof (Infinite)	Yechidah
Atzilut (Emanation)	Chayah
Beriah (Creation)	Neshamah
Yetzirah (Formation)	Ruach
Asiyah (Action)	Nefesh



3 INTELLECTUAL ATTRIBUTES

1. **Chochmah** — wisdom, conception
2. **Binah** — understanding, comprehension
3. **Da'at** — knowledge, perception

7 EMOTIONAL ATTRIBUTES

1. **Chesed** — loving kindness, benevolence

Love is the single most powerful and necessary component in life. Love is the origin and foundation of all human interactions. It is both giving and receiving. It allows us to reach above and beyond ourselves; to experience another person and to allow that person to experience us. It is the tool by which we learn to experience the highest reality — G-d.

2. **Gevurah** — justice, discipline, restraint, awe

If love is the bedrock of human expression, discipline is the channel through which we express love. It gives our life and love direction and focus. Like a laser beam, its potency lies in the focus and concentration of light in one direction, rather than fragmented light beams dispersed in all different directions. Another aspect of *gevurah* is respect and awe. Healthy love requires respect for the one you love.

3. **Tiferet** — beauty, harmony, compassion

Compassion blends and harmonizes the free outpouring love of *chesed* with the discipline of *gevurah*. *Tiferet* possesses this power by introducing a third dimension — the dimension of truth, which is neither love nor discipline and therefore can integrate the two. Truth is accessed through selflessness: rising above your ego and your predispositions, enabling you to realize a higher truth. Truth gives you a clear and objective picture of your and others' needs. The imbalance of love and discipline is a result of a subjective, hence limited perspective. Introducing truth, by suspending personal prejudices, allows you to express your feelings in the healthiest manner.

4. **Netzach** — endurance, fortitude, ambition

Endurance and ambition is a combination of determination and tenacity. It is a balance of patience, persistence, and guts. Endurance is also being reliable and accountable, which establishes security and commitment. Without endurance, any good endeavor or intention has no chance of success. Endurance means to be alive, to be driven by healthy and productive goals. It is the readiness to fight for what you believe, to go all the way. Without such commitment any undertaking remains flat and empty. It is an energy that comes from within and stops at nothing to achieve its goals.

5. **Hod** — humility, splendor

If endurance is the engine of life, humility is its fuel. As *gevurah* (discipline) gives *chesed* (love) focus, *hod* gives *netzach* (endurance) direction. Humility is the silent partner of endurance. Its strength is in its silence. Its splendor is in its repose. Humility — and the resulting yielding — should not be confused with

weakness and lack of self-esteem. Humility is modesty; it is acknowledgment (from the root of the Hebrew word, *hoda'ah*). It is saying “thank you” to G-d.

6. **Yesod** — bonding, foundation

Bonding is the ultimate emotional connection. While the first five qualities (love, discipline, compassion, endurance, and humility) are interactive, they still manifest duality: the lover and the beloved. The emphasis is on an individual's feelings, not necessarily on mutuality. Bonding, on the other hand, is a complete fusion of the two. Bonding is the foundation of life: the emotional spine of the human psyche. It develops an everlasting union that lives on forever through the perpetual fruit it bears.

7. **Malchut** — nobility, sovereignty, leadership

Sovereignty — the last of the seven attributes — is different from the previous six. It is a state of being rather than an activity. Nobility is a passive expression of human dignity which has nothing of its own except that which it receives from the other six emotions. True leadership is the art of selflessness; it is only a reflection of a Higher will. On the other hand, *malchut* manifests and actualizes the character and majesty of the human spirit. It is the very fiber of what makes us human.

5-DIMENSIONAL UNIVERSE

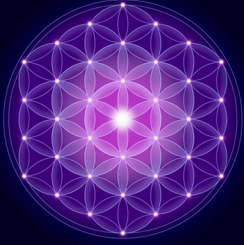
1. **Nefesh** — sensory life. The medical definition of biological life: a beating heart, a live brain, a breathing organism. In the language of the kabbalistic *sefirot* — the functional lowest three *sefirot*; *netzach, hod, yesod* (NeH”I).

2. **Ruach** — emotional life. The higher *middos*; *chesed, gevurah, tiferet* (ChaGa”S)

3. **Neshomo** — intellectual life. *Mochin, chochma, binah, da'at* (ChaBaD). These first three levels are immanent, conscious, and localized dimensions (*kochos penimi'im*). Then comes the transcendent, non-localized powers of *keter* (the crown above the head).

4. **Chayah** — transcendent life. *Arich* (the lower dimension of *keter*).

5. **Yechidah** — oneness — the pure essence of the soul. *Atik* (the higher dimension of *keter*). *Yechidah*, oneness, is the *pintele yid* — the inner dot, the purest point of your most intimate self. The inner child of innocence. Your core.



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