

Summary of Kabbalah and Ramana's Teaching

(Compiled by Sri. Ulpiano Manlangit)

The most basic principle in Kabbalah concerns giving. In the whole of reality, there is only one force, a force of giving. And because that force is giving, it creates “something” to receive what it gives. The giving force in Kabbalah is called, “Creator” and what it creates is called “creation”, “a creature”, or a “created being”. This creature goes through a process of learning and development and at its end discovers the full grandeur and beauty of its creator. The revelation of the Creator to the Creature is the essence and purpose of Kabbalah and the purpose of the whole creation. Kabbalah teaches us how to receive the Creator – literally for the creature and the Creator to merge. The result is oneness, an experience of God in you and you in God.

The Creator gave humans a desire to become identical to Him. Because the Creator started out by giving, this became the foundation for the relationship with the Creator. The starting point for you and I, right from the meaning of the word Kabbalah, involves receiving. The Creator gives, and you receive. The desire for the Creator is called, the *point in the heart*, which is like a drop of desire and a yearning for supreme attainment with the Creator. By feeling the point in the heart, an individual is drawn to the Light. This point is sensed as Light. It is the sensation of the Source. From that point, a person's spiritual evolution begins.

To match one's desires with Kabbalah's teachings, several steps are required. A person must gradually come to understand that **egoism** is the source of all evil and **that people (including ourselves) are egotistic**. A person must realize and feel this at the deepest and most intense part of one's soul. This is why the first thing we must learn when entering the spiritual world is to restrict or control our egoistic desires. If we can't do that, the doors to spirituality remain closed.

The Zohar and the books of Kabbalah speak of those who attained and experienced the spiritual worlds while living in this material world. To experience the spiritual world a method of prayer requires introspection and contemplation, where in a person look inside their heart and truly **ask themselves: “who am I”? Self enquiry or “who am I” and Self surrender are the greatest revelation of Sri Ramana's teaching. Being the perfect spiritual doctor, Sri Ramana has diagnosed the exact cause of our sufferings, and has prescribed the perfect course of treatment – namely taking the medicine of Self-enquiry or Self-attention and observing the diet – restriction of abstaining from attending to the second and third persons. Remaining firmly in Self –abidance, without giving even the least room to the rising of any thought other than the thought of Self (atma-chintanai), is surrendering oneself to God. Attending to Self is nothing but abiding as Self and hence it is not ‘doing’, but ‘being’. To meditate on Self is to abide in Self as Self.**

Kabbalah teaches that the sole purpose of everything that happens in our world is to take each one of us across the barrier between our world and the spiritual world. Once we cross it, we can start advancing in spirituality. In the study of the Ten Sephirot and the Tree of Life, Rabbi Ashlag says that even though Malchut, the Sephira that corresponds to our future, wanted to receive the

Creator's Light very much, but she couldn't. Malchut didn't know how to receive the Light with the intention to give. Without the intention to give, she would become different than the Creator and therefore separated from Him. You may recall that contact with the Creator can exist only if we, like Him, have the intention to give. Because He created us as a unique human being wherein one's intention to give is latent, we are separated from Him. This separation is called the barrier because it bars you from direct contact with Him. The good news is that we can cross the barrier and meet the Creator "face to face" simply by wanting the intention to give.