



Mirach

- the home of the practical kabbalist

Training Programme

Introduction

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What is Mirach?

Mirach is a web-based centre devoted to promoting the practical aspects of kabbalah based on traditional Jewish texts. The web site (<http://www.mirach.org.uk>) contains information on how to live a kabbalistic life on a day-by-day basis. It includes various exercises, meditations and rituals developed from traditional sources.

Mirach also provides background information on a wide variety of kabbalistic topics.

Mirach welcomes questions, queries and feedback on its site and content.

Contact Mirach [here](#).

What is Kabbalah?

Kabbalah is the mystery tradition of the Jewish faith. Its practice, though, is not restricted only to Jews, nor is it restricted to men aged over 40.

- **Kabbalah is for everyone!**
Anybody can be a kabbalist and everybody should be a kabbalist. It is not restricted to followers of the Jewish faith.
- **Kabbalah liberates and empowers!**
It lifts its adherents out of the mundane, mindless routine of everyday life and allows them to actively participate in Creation.
- **Kabbalah is not for the faint hearted!**
The transition from being controlled to being in control is not always easy. Rigid and crystallised habit patterns have to be broken down and new ways of living one's life have to be developed.
- **Kabbalah is fun!**
Life is to be enjoyed - not endured. If you do not enjoy your life as a kabbalist then try something else.
- **Kabbalah is not exclusive!**
Kabbalah is not the only path to enlightenment and empowerment - but Mirach considers it to be the best.

If you have any questions before starting along the kabbalistic path then please mail Mirach [here](#).

How does Mirach differ from other kabbalistic sites?

Mirach's practical kabbalistic system has been developed from traditional Judaic sources. There is very little direct information available on traditional practical kabbalah. Mirach is striving to fill this gap by synthesising information from a wide range of Judaic texts and making it accessible to modern readers.

Mirach's layout of the Tree of Life is not that usually seen in more modern text books (especially those dealing with the hermetic kabbalah – such as those by Crowley, Regardie and other Golden Dawn off-shoots) and some of Mirach's attributions also differ from the modern texts. However, Mirach is convinced that what it is presenting faithfully represents an uncorrupted, true kabbalistic system. Perhaps more importantly, Mirach knows from practice that its system WORKS!

What is the Mirach Training Programme?

The Mirach Training Programme is a graduated series of lessons designed to take the student from a basic level to an advanced level in practical kabbalah. It is divided in to two stages:

- Basic
- Advanced

All lessons involve both theory and practical aspects.

The **Basic** level introduces basic kabbalistic concepts and introduces practices designed to make kabbalah an integral part of the student's everyday life. Kabbalah is for living – it is not something that one decides to do just when the fancy takes one.

The Basic level lessons consist of four parallel strands:

- Basic kabbalah
- Morals & ethics
- The Tree of Life
- Practical work.

The **Advanced** level moves the student in to more esoteric areas of practical kabbalah including an in depth study of *The Sepher Yetzirah*. This book is regarded as one of the most important practical kabbalistic texts.

There is no need for the student to buy any books. Mirach will supply all material. There is, however, a Suggested Reading List below, which complements the Basic lessons (reading lists for the Advanced level will be issued to those students that embark on this course).

How much does it cost?

Mirach makes no charge for its Lessons.

Who can study with Mirach?

Essentially anybody can start on the Basic course.

You do not need any previous experience or knowledge. Mirach's lessons are aimed primarily at non-Jews, but Mirach welcomes people from all faiths (or none) in to its Training Programme.

Entry in to the Advanced level is at Mirach's discretion and requires successful completion of the Basic course.

Mirach reserves the right to refuse admission to its Training Programme and reserves the right to remove students from its Training Programme.

What does Mirach expect of its students?

Mirach expects very little of its students. It is for the student to decide how much effort they put in to the lessons – though progression beyond the Basic level will be difficult for people who have not made some degree of commitment to the programme.

Mirach does expect its students to act responsibly with the information they are given. Mirach suggests a moral framework within which to work.

What can its students expect of Mirach?

Students can expect to receive quality lessons and personal support in the form of e-mailed responses to questions and issues raised.

Mirach will always try to respond within 48 hours to any communication from its students. BUT NOTE: Mirach is a non-funded organisation run in the spare time of people who have other careers (we do not work full-time for Mirach). This means there may be times when response times will be slower because of work commitments and (occasionally) holidays. Mirach will always endeavour to let students know when delays are probable.

How do I enrol?

Simply send an e-mail to neil@mirach.org.uk asking to join!

Tell us why you want to study kabbalah

Tell us your date, time (if known) and place of birth

We will then assess your application and get back to you.

Technical issues

Mirach's lessons will be distributed in .pdf format files as attachments to e-mails. You will need to have Adobe Acrobat Reader installed to read these

files. This can be downloaded free at
<http://www.adobe.com/products/acrobat/readstep.html>

Legally bits

1. Mirach will not pass on any details of its students to third parties.
2. Mirach endeavours to ensure that all its e-mailed lessons are virus and trojan free. However, Mirach will accept no responsibility for any loss or damage caused by its e-mailed lessons.
3. Mirach holds copyright of the Mirach Training Programme. If you want to reproduce any of the content please contact Mirach first.
4. Mirach cannot accept any responsibility for any loss or damage caused by participation on its Training Programme.

Suggested Reading

The Path of the Just – Moshe Chayim Luzzatto – pub. [Feldheim Publishers](#). ISBN 0-87306-115-2

The Way of God - Moshe Chayim Luzzatto – pub. [Feldheim Publishers](#). ISBN 0-87306-287-6

The Path of the Righteous Gentile – Chlorfene & Rogalsky – pub. Targum Press Inc. ISBN 0-87306-433-X