

# **LECTURE FIVE SUMMARY**

## **Restriction -- Part 2**

### **ORIGINS OF HUMAN THOUGHT**

Where do our thoughts come from? From where do they originate?

According to Kabbalah, thought does not originate in the matter of the brain, just as a video movie does not originate from the VCR. Our brains are analogous to the VCR player. Our thoughts are analogous to the video cassette.

Where is this "video cassette"? What is recorded on it?

### **PHYSICAL AND METAPHYSICAL DNA**

Science has taught us that DNA contains all the physical characteristics of a person. All the physical traits that will make up an entire human being are coded in the DNA inside our genes.

DNA is the genetic material which exists in the nucleus of a cell. Our bodies contain billions upon billions of these cells.

Scientists refer to this information stored inside the DNA as the Genetic Code.

DNA dictates the pace and the process of our growth ~ when our first tooth will begin growing; the exact time when we are going to reach sexual maturity; when we will lose our hair; when the aging process will begin and how rapidly we will age.

Science has discovered that DNA is coded utilizing a 4 letter alphabet.

This genetic alphabet is written in an infinite variety of combinations. Each new combination of the DNA alphabet creates a new human being. If the genetic alphabet and text that contains the blueprint on how to create a human being were to be translated into English, 'it would fill thousands of volumes of books.

*(According to the ancient Kabbalists, the Torah is a 22 letter genetic code for the entire universe. )*

Kabbalah also teaches us that there is also Metaphysical DNA for each and every human being just as there is a Physical DNA.

Physical DNA contains the script and information  
that makes up our physical traits.

Metaphysical DNA contains the script and information that  
contains our spiritual traits and the various  
events that will unfold in our lives.

This diagram represents a blueprint of our Metaphysical DNA.

o o o Think of it

as a strip of video tape.

The X's and O's and the tiny **vertical lines** are analogous to the electronic signals stored on video tape.

When the electronic signals on a video tape are decoded, they appear as images on our television screens.

When the X's and O's in our Metaphysical DNA are decoded, they appear as events and situations that appear in our lives. Our universe is the television screen.

What do these X's and O's represent?

What are the tiny vertical lines running across the line?

Each vertical line represents a different *desire to receive*. The position of each vertical line along the bar represents a specific stage in our life when a certain desire will manifest and appear in our conscious minds. This is a moment when an event, small or large, will confront us. It could be a simple situation involving a spouse, our children, or a large situation concerning a big business deal.

This is an important concept. We must fully understand this before we read onward.

When the vertical line appears, this is a moment in our life where we can exercise Free Will. We can choose to Restrict or we can choose to relinquish control to our desires.

If we Restrict, it means we removed Bread of Shame. This is considered a correction ~ we are correcting our desire to receive. Corrections are also called **TIKKUNE**.

**This is signified by the "O".**

If we do not Restrict, then Klippa appears in our lives.

**This is signified by the "X".**

Let's continue onward and see how this blueprint affects our lives.

## **THE TIKKUNE PROCESS**

Each person is to correct different aspects of his or her life. This correction process is called **Tikkune**.

A person who fails to make a correction and Restrict when the opportunity appears (*the vertical line on the bar*), will then be forced to repeat a similar circumstance later on in his life. This could occur one week later, one month later or even 25 years later.

This is the root cause behind the re-occurrence of problems that continue to repeat themselves throughout our lives.

For example, some people go through five marriages because they have failed to make the proper Restriction whenever a certain problem arose. Other people continue to make money and then lose this money throughout their lives. They make the same mistake over and over again.

Other people continue to fight with their family over the same problems. No matter how hard they try, the same problem resurfaces causing in-fighting, jealousy and animosity. The problem may be disguised sometimes, but the underlying cause is always the same. Just when this problem seems to be fixed, it pops up once again. Many times, instead of facing the problems, we run away from them hoping they will go away.



Because we fail to deal with and correct the problem, we must face them once again in the future.

The reason for this continuous cycle and repeating negative pattern is because we have not corrected or made a Tikkune. We simply gave in to our desire to receive.

- 1. We had a desire to lose our temper- and then we did.**
- 2. We allowed someone, or some situation to control our feelings.**
- 3. We allowed someone or some situation to make us angry and frustrated.**

These problems will continue to appear until we finally Restrict.

What happens to those people who never make a Restriction concerning a specific problem in their whole life?

They are then forced to cope with the same problem again and again throughout their lives. Their lives begin to look like a broken record, repeating the same "tune" over and over again.

What happens when a person doesn't complete his Tikkune before he dies?

The answer is found inside ancient Jewish Kabbalistic teachings:

A person who didn't complete a correction in his or her life is brought back again into a new life to make that same correction.

The places, names and surroundings may be different, but the specific correction is always the same. The same conflict and drama remains the same, only the cast and scene is different.

This process is called Gilgul, Metempsychosis or Reincarnation. It

is also referred to as a

## Tikkune Process.

Most Jews are simply unaware of this, in spite of the fact that the greatest Jewish sages revealed to us that reincarnation or the Tikkune Process is an integral part of Judaism.

This process involves multiple cycles of life for an individual soul in order that he may make the appropriate tikkune or correction as specified by his **mptan'hVcir>a1 DMA**

### For Example

In a past incarnation, on November 24 a man lost a lot of money in a business deal. He became distraught. His behavior became abusive towards his wife and children. All he cared for was the money. He did not appreciate that he was given a healthy and loving family. In essence, he did not perform a **restriction**. He did not **resist** his greedy urges and desires. On this same date of November 24, in a new incarnation, this man will face the same circumstances once again. It may be in a different city, in a different line of business with a different family. However, the soul of the man is the same. He will be confronted with the same set of circumstances giving him a new opportunity to perform a restriction/resistance in order to correct this behavior.

According to Kabbalah, the Blueprint of our Metaphysical DNA contains the results of our behavior (the X's and O's). We carry these results with us—throughout our lives and from lifetime to lifetime.

If we do not make a correction (*the X's on the bar*), we must encounter the same situation once again.

Or, if we have not yet encountered all of our Restriction opportunities (*the vertical lines on the bar*) we must then return again in another life to face these situations.

Another term we will use in our classes for our Metaphysical DNA is *Cassette*, as in Movie Video Cassette.

On the *cassette tape* we have all of the information that will make up our lives based on our prior behavior concerning Restriction and Tikkune.

## PARALLEL UNIVERSES -- LIFE CASSETTES



Each individual has a "cassette" with their entire life already recorded on it. Just as a video cassette has a complete movie contained inside of it from beginning to end, our life cassettes have our entire life pre-programmed on them.

Our lives are like a movie on a video cassette.

The purpose of each life (cassette) is to give a person the opportunity to restrict or not to restrict.

This is the essence of Free Will.

This is our opportunity to utilize free will and remove Bread of Shame.

Inside of our cassettes are certain challenges and situations that we must confront.

The purpose of these situations is to create an opportunity for us as individuals to use our free will.

Explained on a simple level, every time we choose positively (applying restriction/resistance), we make a quantum shift into a new cassette that contains a better program and more fulfilling life.

Before we explore the JuUaie version of this process, let's first see what modern day science has to say:

Quantum physics seems to indicate that an infinite number of parallel universes are existing along side our own universe right now. Each universe contains a different "you" responding differently to the minute by minute situations that confront us in life. This is according to modern day science, not mysticism.

The Zohar revealed this same concept 2000 years ago.

The Kabbalah teaches us that there are an infinite number of parallel cassettes (universes) playing out our life right now as we read this.

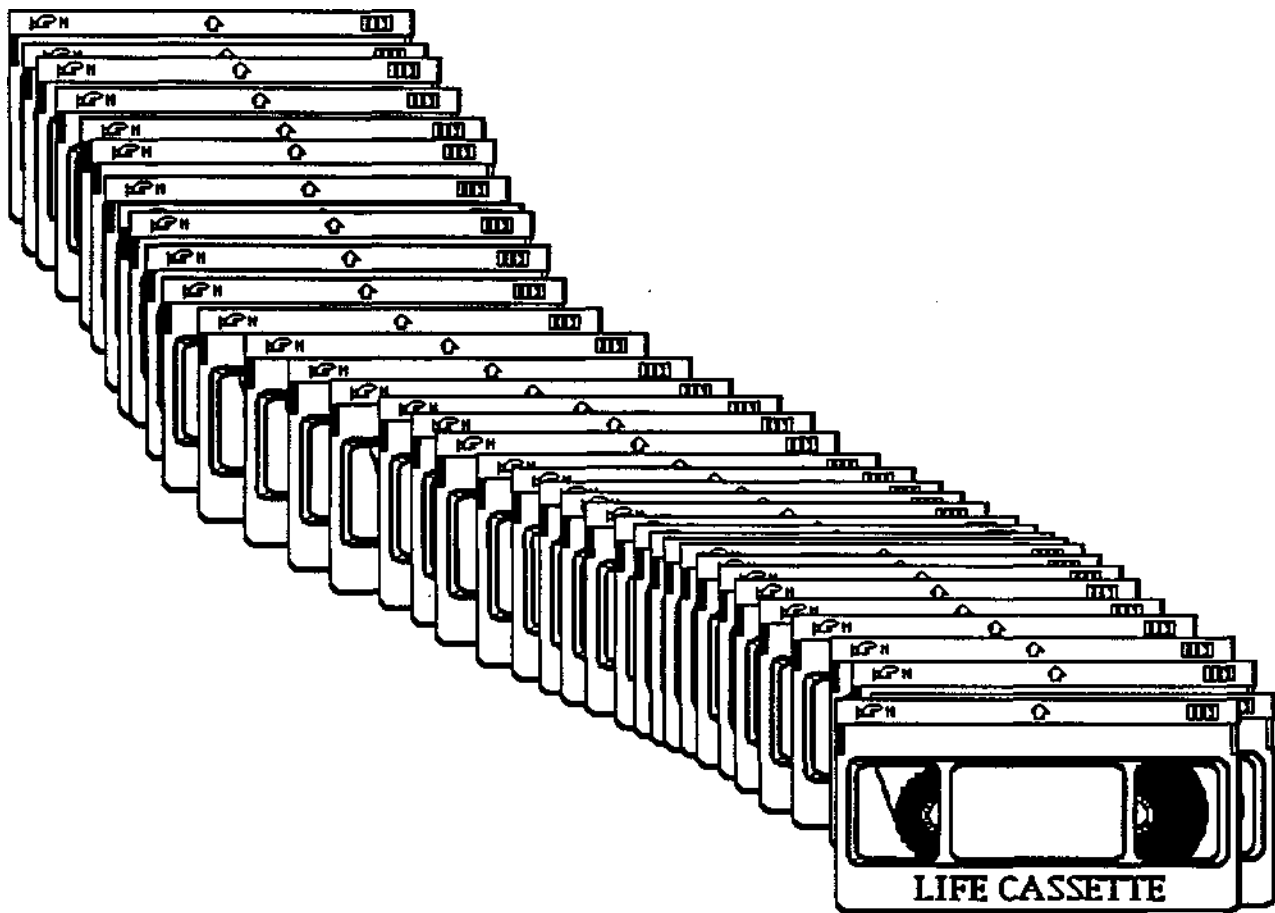
However, our consciousness and limited 5 senses are only aware of one universe at a time.

Our consciousness can only focus and tune into one universe at a time. Each cassette reveals a different set of circumstances and situations in our lives. All potential results and destinies exist for each individual. They are simply programmed on a different cassette /universe.

**Each one of the infinite number of cassettes holds a progressively better and more fulfilling destiny.**

Imagine a multi-plex cinema and movie house with 6 theatres. There are different movies playing in each theatre. Our free will can determine which movie we want to experience. However, the movie itself is already pre-determined. When we Restrict, we are choosing a better movie.

Every time we restrict, we shift to an alternate universe. The act of restriction is like a gear shift in a *hyper-dimensional time machine*. Every time we activate this Power of Resistance, we are shifting gears and crossing over into another universe.



Every person has his or her own library of cassettes. They are infinite in number. Cassettes contain the contents of your entire life. Each cassette has a progressively better and more fulfilling life. You shift into a new and better cassette when you perform a Restriction.

## **MOST IMPORTANTLY**

A desire to receive appears in our mind. It is a craving. A powerful urge. These are the most crucial moments in our lives. And, they can happen to us every day. We have two choices. We are choosing between two possible futures. One future keeps us imprisoned in the same cassette, the same movie. This happens when we do not activate the Power of Resistance. However, when we do Restrict, we choose an alternate future. This other future offers us a better movie, a better

cassette. We advance forward.

## **PUNISHMENT AND REWARD?**

Punishment and Reward is a dangerous corruption of Religion. Most people believe that G-d is a holy being in heaven who punishes and rewards. However, we can now understand that this is totally absurd.

For it is we, mankind, as individuals and as a collective whole who determine which possible movie will unfold for us. If we activate that Power of Resistance and Restrict, then the Light is revealed just as a light bulb reveals light when there is resistance within the bulb.

Revealing Light means shifting into a better universe.

All possibilities exist.

Good. Bad. Terrible. Wonderful. And everything in between.

It is we who choose the scripts.

Not G-d.

The great sages from the Talmud teach us that nothing bad can come from above.

We must understand that if the Light is infinite goodness, then bad and evil cannot come from this realm. It simply doesn't exist in the infinite Light.

In reality, *evil* simply means a blockage of Light.

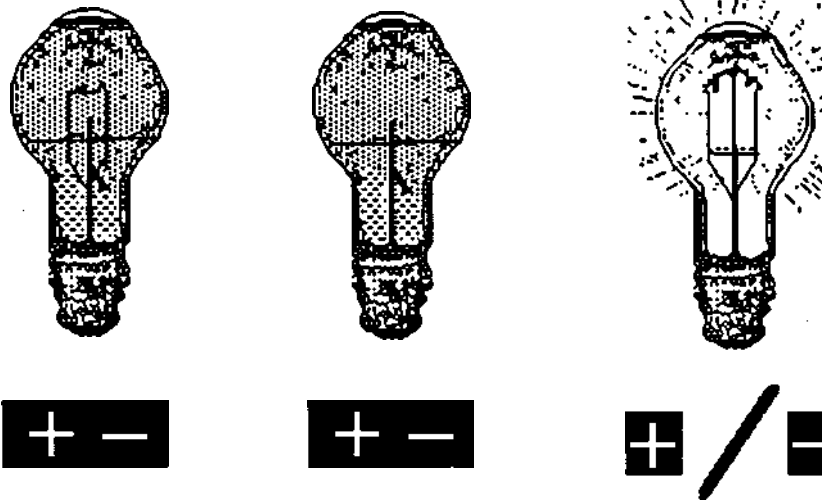
If we block out the sun by putting on a blindfold or covering the windows in a room, is the sun still not there?

Is the sun still not trying to share with us?

We cause the darkness.

To help us try and understand this complex answer at this early stage of our learning, we are using simple examples. Here is another:

In order to remove darkness in a room, there must be a filament, a resistance in a light bulb in order to create a circuit.



When plus and minus connect directly, the bulb short circuits leaving darkness.

When a filament/resistor separates the plus from the negative the bulb begins to burn bright.

Resistance causes the light to go on.

In order to remove darkness and evil from our lives, there must also be resistance in order to reveal the Light.

We must create a circuit of energy within ourselves.

We can only do this when we resist our desires in order to control them.

We can now understand that punishment means a blockage of Light.

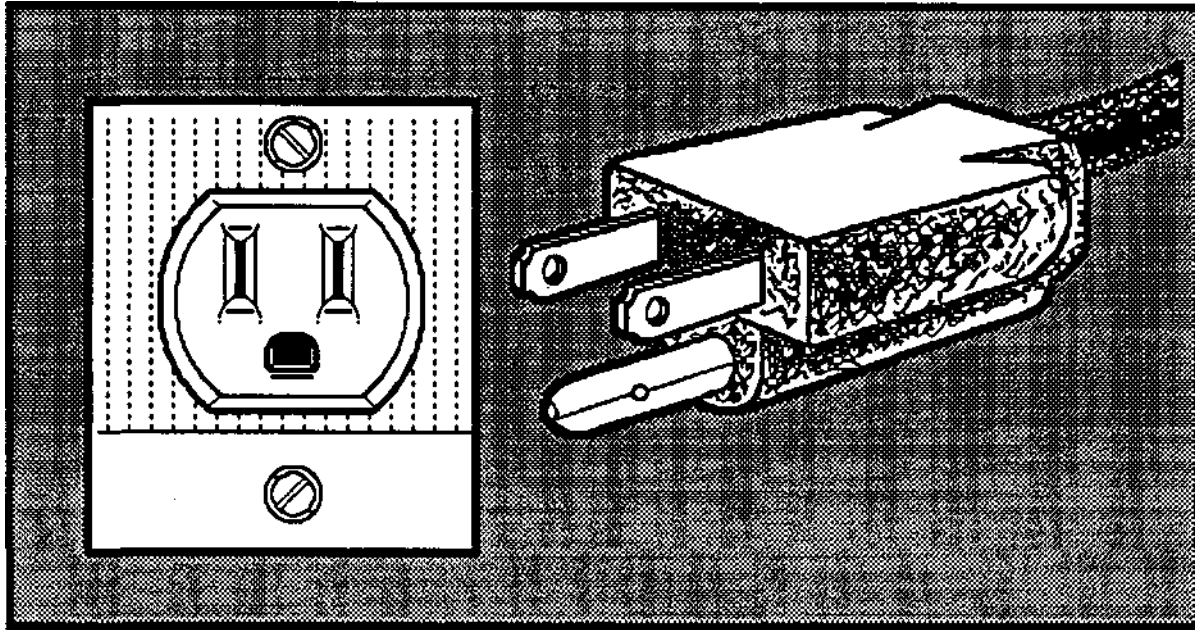
Reward means revelation of Light.

In both circumstances, we are the ones who decide.

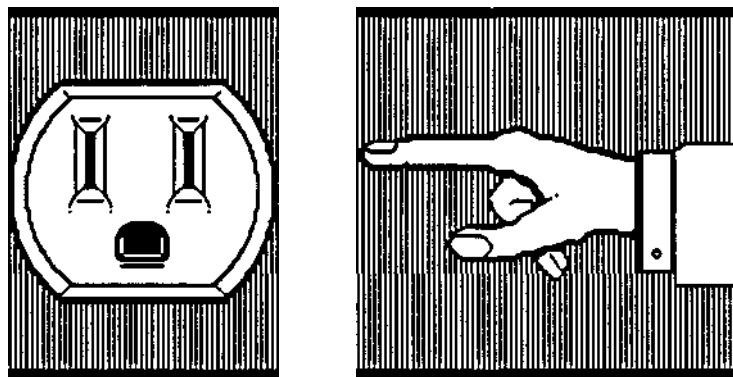
**Here is another analogy to help clarify this concept:**

Consider electricity in the walls of a hospital.

**If we choose to plug in a medical machine that helps us save someone's life, we consider the electricity to be "good."**



**If we put our finger inside an electrical socket and receive a jolting shock, we consider the electricity to be "bad".**



However, did the nature of the electricity ever change? No. Can we say the electricity rewarded us or punished us? Of course not. It is just there.

Kabbalah teaches us that G-d is infinite, endless Energy. The Zohar and Torah teach us how to connect to this Energy. However, if put our finger into the socket, we get burned. Or, if we do not reveal this Energy, we remain in darkness.

We decide. That is free will. This is how we remove Bread of Shame.

## **GOOD AND BAD?**

This same concept about punishment and reward holds true for the concepts of Good and Bad.

*Good* is Restriction because it Reveals Light — we resist the desires to receive so that we can gain control over them.

*Bad* is a short-circuit, where there is no Light — when we let our desires control us.

## **THE TORAH AND THE TIKKUNE PROCESS**

There is a Talmudic saying that says, "The mouse never stole — the hole stole."

In other words, when a mouse steals food from a box, the person who left the hole in the box is the one who is responsible for the theft.

According to Kabbalah, it is people's nature to blame the mice for the theft. But we must realize that it is the nature of the mouse to steal and we must understand this. We cannot kill all the mice in the world. So, instead, we must learn not to leave holes in our lives where they can penetrate.

When someone hurts us, it is our initial desire to receive that causes us to blame them for our pain.

Kabbalah teaches us that it is easy to blame someone else.

However, this is not a solution for our pain.

When we blame someone else, we are simply giving in to our initial desire to receive, which is telling us to blame the other person.

When someone hurts us we must realize that this is part of our cassette. This is one of the X's in our DNA.

This incident is already pre-programmed on our cassette. Why did it happen? What caused the X to appear?

We have failed to activate Restriction at an earlier moment in our lives. This caused the X to appear creating a hole, an opportunity, for this situation to occur once again.

The only way to prevent this situation from re-occurring, is to change the cause, our Klippa, our failure to Restrict. If we can now Restrict our desire to blame someone else and instead, look inward and remove our negative feelings of anger and blame, we suddenly gain control over our initial desire. Therefore we create a tikkune, a correction.

This specific problem, with this person, will never reappear in our lives again if we do this right.

The Torah teaches us that when we build a house, there must be a rail around the roof.

Why?

To prevent a person who is falling from the roof, from falling from your roof.

What does this strange ruling mean?

It means that a person who falls from a roof was already pre-destined to fall from a roof because of his Cassette and Metaphysical DNA.

The Torah tells us to put up a rail so it won't be our roof that he has to fall from!

Should we feel guilty if this person should fall from our roof?

No.

We are not the cause of his death.

However, Kabbalah then asks the question, why is it that it was our house that he had to fall from?

Obviously, we were connecting to negative energy that caused us to be negligent in the first place. Somehow, we attracted this situation to our property.

We were chosen to be the vehicle for this person's pre-determined death because we were channeling negative energy.

Instead of feeling guilty about causing someone's death, we instead must understand that he was going to die anyways. Now we must look inward and do some real soul searching and internal reasoning:

**1. Why we were chosen to execute the death sentence?**

**Z. We must find out what kind of negativity is within us that caused us to be involved in this situation.**

**J. We must look for ways to remove this negativity.**

Consider another situation.

What happens when someone commits pre-meditated murder?

Can we say the murderer was doing the dead man a favor by helping him to fulfill his Tikkune Process because he was destined to die anyways?

No.

It is true that the victim did have to die, however, the killer, by committing pre-meditated murder, consciously chose to draw down enough negative energy that would drive him and motivate him to kill in order to fulfill his own desire to receive.

The murderer hurts himself by willfully choosing to be the executioner. He will have to now pay a price for not Restricting. This debt will now be recorded onto his Metaphysical DNA and Cassette. Even though the civil courts may not serve true justice, the murderer is still under the laws of Cause and Effect. He will pay the price at some other time in this life or another life.

Time is simply mercy. Time is the distance between Cause and Effect. Time does not allow anyone to get away with anything. We simply cannot always perceive the relationship between Cause and Effect and therefore, most times, true justice occurs without us even realizing it.

These explanations are the inner mystical meaning and truth behind the statement in the Torah that declares, "*An eye for an eye -- a tooth for a tooth.*"

The Torah is not referring to revenge and blame but instead to the concealed laws of Cause and Effect that permeate our universe.

If a person will not change himself internally, and control his desire to receive that led to the misdeed, the Cause and Effect process of our universe will force him to experience the same pain he inflicted on another person ~ *an eye for an eye.*

## **TO SUMMARIZE:**

Free Will is when we overcome the desire to receive.

Kabbalah teaches us that everything else that happens in our lives is simply part of a pre-programmed cassette. Every problem or obstacle we face is simply part of a predetermined script.

When we resist our evil and greedy urges, we shift cassettes.

When we have the urge to scream in uncontrollable anger at our wives, kids, friends, or business associates, we are simply behaving and responding without free will. We are slaves to our desires to receive.

Armed with the knowledge that the universe is simply a predetermined set of circumstances, we now have the ability to control our behavior.

How?

This deeper understanding of the chaotic events that confront us on a day to day basis allows us to see the hidden reality of our problems. Only by understanding the **true** cause and purpose behind each problem can we respond correctly. We now view our problems from a different perspective. Our universe becomes

ordered instead of chaotic.

**We now understand that every aggravating situation, every difficult set of circumstances, are simply opportunities to exercise free will in order to remove Bread of Shame.**

At first, this concept may sound simple and too easy in terms of describing our world and providing us with a tool for controlling our behavior and our lives.

However, in reality, this is a very profound and penetrating way to understand the world around us. This knowledge can become a tool that gives us control and mastery over our behavior, freeing us from our robotic consciousness.

After you have studied this concept for some time and have applied it in your day to day life, you will slowly discover that its applications in bettering your life are endless.

Do not underestimate the power of this concept. It takes time to grasp the true power that is still concealed deep inside.