

## Kabbalistic Meditation

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### What it is

- My teacher told me that spirituality requires much work.
- As much work as it takes to learn to play the piano, guitar, or another musical instrument
- We have come to do the work of a domesticator (to subdue or tame)
- Similar to how a horse rider taming his horse, our soul has to subdue (tame) our body and the body's intelligence in order to meditate
- In order to meditate, our body needs to be quiet.
- The more a person is active, their animal forces are also very active,
- The more a person is serene and tranquil, the more subdued is their ruthless predator
- The resistance is the ability to leave the body while meditating the Hebrew Names of H-Shem, where our souls leave the 'pillow case" of the body to inhabit the Hebrew Letters, and from there, to correct the defects of the body's intelligence that are the ruthless predators in a way that when we return to our body after the meditations, our character has been tamed.
- A person who has never meditated, is like a wild horse. Be watchful. Don't try to ride him because he will throw you.
- And once the character has been tamed, thanks to the meditation, we begin to manifest consideration and love for our neighbor.
- But in order to have consideration and love for our fellow man we need to develop our meditation - that is all.
- Before and after the arrival of Mashiach, it's only Kabbalistic meditation that will teach the body to stay quiet.
- Q: You've said that meditation on the Hebrew names of G-D is fundamental. What happens to those that don't know this type of meditation and practice other types of meditation and are able to subdue their physical body?

¿Qué es la Meditación Kabbalística?  
Dec 21, 2022

- A: The way of Mindfulness. What I have to say it a bit harsh. The soul is an energy that is very sensitive. And very susceptible and very vulnerable. Thanks to a mechanism from Nature, the soul is protected inside a bunker (the body) that protects it.
- Similar to a good wine that is protected inside a bottle with a cork. The problem is that at the moment that you remove the cork, the wine canna sour. At the moment that the soul leaves the body, the bunker (body) no longer protects the soul.
- The same as the skin. It protects that which is underneath the skin (the muscles, veins, nervous system, etc...
- If you scratch the skin, an infection can enter the wound and the cracked skin doesn't offer protection.
- When the soul leaves the body, it's like a bottle that has become uncorked. The soul leaves unprotected. The only way to protect it, is with a star of David with a gold color. That s the protective suit of the soul (like a diving suit) when it leaves its bunker. Much like an astronaut that leaves the terrestrial atmosphere and is in a capsule and needs to repair something outside of the capsule, he needs to wear a protective suit, to protect him from a dangerous situation outside the capsule.
- The problem for those that do the meditations without putting themselves in a golden Star of David and without utilizing the names of G-d in Hebrew letters is that they enter the stratosphere without protection and some come back harmed or infected. Because inn the Spiritual World, there are negative energies that come to adhere (attach) themselves if the soul is unprotected. The same way as if you have a fissure in the skin and you don't put a protective remedy (alcohol, hydrogen, peroxide, or something else) to protect yourself from infection, which could become severe enough to cause gangrene or even death.
- So all of those that are not doing Kabbalistic meditation and their souls leave without protection can return with mental disturbances (psychological, psychiatric or other types), or they can return with an (occupier - attachment?). Oof. I din't wanna to say it. But I had to. Please do not leave your body without the protection of the golden Star of David.
- So be careful with the mindfulness meditation without the described protection.
- Be careful with wounds without alcohol, peroxide, antimicrobials, etc...

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- Q: How do you repair a soul that has meditated with such protection?
  - If you have meditated without the protection of the golden Star of David, there's a problem.
    - There is most likely a mental distortion in your way of thinking because you have exposed yourself to negative energies at the moment of your meditation and your soul returned with negative energies
    - One must do two things: 1. sanctify the soul and therefore purify the body and 2. Purify the body and the soul is sanctified
    - This body is purified and the soul is Sanctified
    - The body is purified with a mikvah (3 immersions)
    - And the soul is purified by praying with intention (Kavanah)
    - When you have prayed and studied and sanctified your soul and purified your body, then the negative energies that have been able to invade/attach themselves cannot tolerate water.
    - In such case, when you immerse yourself in a mikvah (in a kosher manner), a river, or a beach, the negative energy cannot exist in you and you must demand (in a dictatorial manner) that it leaves immediately (GET OUT!!!!)
    - That is how you repair damage that occurred during a meditation that was done without protection.

Video Source: [YouTube Kabbalah Mashiach - Dec. 21, 2022](#)