

Contemporary Approaches to Studying and Practising Kabbalah

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Kabbalism is the study of an ancient form of Jewish mysticism, practised for hundreds of years by rabbis from around the world. Kabbalah is concerned with understanding the true nature of God. The study and practice of Kabbalah can take a lifetime in order for true understanding to be achieved. However, studying Kabbalah is a lifetime well spent. If it's something that you are interested in as a Jew, this post plans to explore it in more detail, telling you what studying Kabbalism is like (and how you can do it).



Image Source: <https://unsplash.com/photos/men-facing-wall-PiU7uW9ZX9c>

Taking Online Courses

Studying online *is* possible if you want to learn about the Kabbalah. We live in the modern world, and therefore, you do not have to go into a spiritual retreat in the mountains to study the practice. In fact, the specialists from the official [Laitman](#) site make it *very* clear that studying the Kabbalah is only a computer click away. However, you do need to make sure that you are studying with verified, accredited rabbis. Studying with anyone who's not formally trained in Jewish mysticism is a very bad idea. A good way to see if a rabbi is worth studying is to ask your local community about them *or* read their reviews if they are offering an online service. Go to your normal rabbi, if possible, too, and ask for their guidance, as they should be able to help you find a practitioner who is ideal for you.

Being Very Dedicated

If you want to study the Kabbalah, then you need to make sure that you are dedicated to it. The study of Jewish mysticism can take an entire lifetime, as noted in the previous section. If you do not make sure that you are dedicated to the Kabbalah and to studying your faith, there is no way that you are going to prosper in it. Make sure that when you are studying Kabbalah, you listen to the person instructing you and follow their advice and guidance. The practice of the Kabbalah typically involves students and a master. You need to follow all of your master's instructions and adhere to their words. If you do not, you are never going to develop in your practice. The Kabbalah requires *commitment*, so if you do not have that, you are never going to prosper.



Image Source:

<https://unsplash.com/photos/person-in-white-hijab-under-blue-sky-during-daytime-hmt5q80CZag>

Understanding God

The purpose of Kabbalah, many experts say, is to understand the nature of God. A lot of mystical practices go into this. You need to take some time to work on yourself first before you begin to pursue Kabbalistic practice. If you do not, and if you are still obsessed with the material world, you are never going to prosper. Make sure that the master you get in touch with knows your circumstances and situation so that they can tailor their approach to you and ensure that you get the care and attention that you need.

Kabbalistic studies are by no means easy. However, they *are* rewarding. You can use the guidance given in this post to ensure that you are prepared to study Kabbalah.