

FROM THE BESTSELLING AUTHOR OF
72 NAMES OF GOD AND POWER OF KABBALAH

YEHUDA BERG

2012

AND BEYOND





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PART ONE

2012 AND BEYOND

We've been hearing about the so-called End of Days since the very beginning of time. Throughout the millennia, countless gurus, shamans, medicine men, prophets, rabbis, priests, ministers, alchemists, philosophers, physicists, and mystics have all, at one time or another proclaimed the actual date of the end of the world. Whether it be five weeks away or five years—or even five billion years into the future when the sun exhausts all of its fuel and dies out—everyone likes to take a crack at calculating when the world as we know it will end. The band REM even wrote a song about it: “It’s the End of the World as We Know It (And I Feel Fine).”

Not surprisingly, Kabbalah also has something to say on this matter. As far as predictions go, the *Zohar* has made its fair share since it was first written down some twenty centuries ago. Indeed, it has offered up numerous dates as possibilities for the end of the world.

Yet we find in the *Zohar* a very profound and seemingly contradictory statement made by Kabbalist Rav Aba, the man responsible for the *Zohar's* written content. According to this great sage, we should not calculate the end of the world or the arrival date of the Messiah—the enlightenment consciousness that accompanies the end—for one simple reason: By setting a date in the future, we are denying the possibility that the restoration of perfection can happen now in the present. Maybe this Heaven on Earth can even occur right this instance.

All of which brings us to the year 2012—the new trend in the ongoing End of the World sweepstakes. As you probably know, the Mayan calendar ends in 2012, and, now 2012, is looming right around the corner, with its impending arrival fueling an apocalyptic frenzy.

2012 AND BEYOND

How do we reconcile all of the attention that the Mayans, psychics, astrologers, filmmakers, and doomsday prophets are paying to the year 2012 with the *Zohar's* own calculations as to the arrival of a new world? Furthermore, how do we reconcile all of these predictions with the *Zohar's* advice to not calculate the end?

DECIPHERING THE ZOHAR

When the *Zohar*, some two thousand years ago, offered up various dates for the end of our world and the arrival of a new one, it was pointing to potential windows of opportunity for us—humanity—to bring about change. There are windows of opportunity in every generation. Sometimes these windows are large, gaping openings that offer us a huge chance to change everything. Other times, they are small portals, where the opportunity to transform the Earth and human civilization is available but is far more difficult to achieve. And then there are times when the cosmos is windowless.

Any missed window of opportunity, any date calculated by the *Zohar* that does not result in the redemption of the world, is *not* proof of an inaccurate date or a false hope. The *Zohar* explains that in every generation, the potential for a Messiah exists. According to Kabbalah, this Messiah is not a person, but a state of global consciousness. This means it's up to us—not to some celestial savior—to ignite global change. If we just sit back and wait, then we will keep on waiting. If, however, we seize an opportunity to transcend our ego (more on that later), then we can hasten the end of the old world and the arrival of a new one, an arrival signified and sealed by the coming of a Messiah—a new global consciousness. But make no mistake: A missed opportunity for the End of the World and the arrival of Paradise is to be looked at as simply a failed opportunity—not a false one.

2012 AND BEYOND

We must realize that a missed Messiah is the result of humanity's failure to hear and heed the message that a change must take place; a change that will usher in the end of pain and the arrival of the paradise—our true destiny.

Most important, the *Zohar* explains that such missed opportunities and failed Messiahs are not wasted efforts. With each window of opportunity where people fight for change in the world by embracing internal change, all of their effort accumulates. It is never, but never, wasted. Every action that we perform, each drop of sweat we exert in our goal of ending pain and suffering, helps to propel the entire world and the human race forward in the pursuit of our ultimate date with destiny—peace and immortal existence.

Let's examine this idea further.

THE DARKNESS IN THE MIND

There is a negative force in our world. This force pursues but one goal: Prevent the end of the world as we know it; prevent the arrival of peace and prosperity and endless life.

It does this by convincing us that missed opportunities are merely false projections and that our efforts at transforming ourselves and this world have failed and are wasted. But it's not true.

This negative force, known as Satan (which translates to Adversary), is a lack of consciousness, just as the Messiah is evolved consciousness. But Satan is also a mindset of pure pessimism. Doubt. Cynicism. Worry. Anxiety. Fear. Doom and Gloom. It's a barrage of dark thoughts that paint a dark picture of life and the obstacles that confront us every hour. We also call this force, Ego.

This state of consciousness and perception is built on illusion. What do we mean by illusion? Consciousness creates reality in every moment. Of course, our negative thoughts will try to convince us of the opposite.

Here's the danger: If we believe that all the negative thoughts that influence our perceptions and our opinions are true, then we give birth to the negative, pessimistic reality that we have just manufactured in our head. In other words, if we believe we have zero control, we will have zero control. If we believe life is hopeless and that all of our efforts

2012 AND BEYOND

are wasted, then life will be hopeless and all of our efforts towards transformation will be for nothing.

As you can see, the choice of consciousness is our greatest gift, but it is also our greatest challenge. We create the world we inhabit through our state of consciousness and our personal belief system. If we believe there is no order or justice in the universe, then chaos and injustice will become our reality. We will be correct, and we will be miserable.

If we rise above these negative thoughts and recognize that they are distinct and separate streams of dark consciousness designed to test us and challenge us, then we will begin to make the separation between illusion and reality. In this way, we will control our destiny.

Allow me to amplify. The End of the World is already here. It has always been here. Immortal existence and Paradise never left us; we are the ones who left Paradise by believing it no longer existed, and just like that...it vanished.

This lack of belief was infused into our minds by design and purpose. We asked the Creator to make us forget about the paradise that was given to us. We asked the Creator to alter our state of consciousness so that doubt, disbelief, despair, and dread would dominate our thinking. The moment this happened, Paradise was lost because it had already first vanished from our minds.

I know what you're probably wondering: Why did we do such a thing? The answer is deeply profound. We wanted to create Paradise through our own effort. We wanted to transform our own consciousness so that we—alone—could conjure up fulfillment through the power of our own imagination. This way, not only do we receive a ticket to Paradise, but

2012 AND BEYOND

we earn that ticket. It wouldn't be just a handout. You see, there is actually something better than receiving Paradise: It's creating Paradise.

This is why we have zero recollection of that paradise. We intentionally forgot. We became distracted by the illusionary material world around us. We do not believe or accept the fact that our minds have the power to end the world now and birth a new world into existence in a second.

This point is vital: Our minds have the power to end the world as we know it—a world born of our negative consciousness—and birth a new world into existence, right now.

But we can't accomplish this just by making an intellectual decision to try to see more clearly. It's not through our intellectual capabilities that we change our perception of the world and, from there, our existence, but through our *purity*.

Satan erased truth from our consciousness and replaced it with doubt. We no longer perceive Paradise—the True World—because Satan conjures up negative images in our head based on what we see all around us. The only way to perceive and experience true reality is by eradicating the ego.

Again, this is dependent on our level of purity.

The *Zohar* points out that both the large and small windows of opportunity to bring about the End of the World have been implanted since the time of Creation. Accomplishing this depends upon our level of purity—individually and collectively. There must be a critical mass, a certain threshold of self-transformation and diminishing of ego, to capitalize on these windows.

2012 AND BEYOND

In the long run, we are going to reach the end of this World of Pain and experience the dawn of a new World of Paradise.

But how do we get there?

THE ZOHAR CALCULATES THE END OF DAYS

One of the most significant windows of opportunity in the arrival of immortal existence and the end of death was the Hebrew calendar year of 5760. According to the great Moroccan Kabbalist Rav Abraham Azulai, who lived five hundred years ago, the year 5760 would mark the time when the world would enter into a new age referred to in the *Zohar* as “Woe and Blessed.” Rav Azulai said that the secrets for immortality and the resurrection of the dead would begin to emerge into the world at this time.

What does this mean in practical terms?

First, let’s examine the *Zohar’s* idea of Woe and Blessed. The *Zohar* states: “Rav Shimon raised his hands, wept and said, ‘Woe to him who is present at that time, and blessed is the portion of him who is present at that time.’”

Woe *and* Blessed? Again, we seem to have an apparent contradiction in the *Zohar*. On one hand, the *Zohar* is foretelling despair for all the people who are present at the End of Days. Yet in the same sentence, the *Zohar* predicts good tidings for all the people who are around at the End of Days for they will be blessed. How can something woeful coexist with something blessed?

2012 AND BEYOND

Kabbalah explains that “Woe” applies to those people who remain stuck in their old ways of egocentric behavior, self-interest, narcissism, and intolerance. In the past, such types of behavior would often go without consequences or repercussions for years, thus deluding people into thinking they were getting away with being crude and unkind. Indeed, for thousands of years, the line between positive and negative actions was blurred because time separated cause from effect, action from consequence. This was all done for the purpose of free will.

But at the End of Days, the distance between cause and effect—especially negative actions and their ensuing consequences—will shrink, and the fruits of our labor will be immediate. And those who embrace inner transformation and the overthrow of ego, narcissism, and intolerance will experience immediate blessings.

The *Zohar* describes the reality that will take place beginning in the End of Days:

Then a pillar of fire shall be seen there, standing from Above down for forty days. And all the nations of the world will see it.... The whole world will tremble, and all the people of the world will hide in the caves and cracks in the rocks and will not expect to survive.... After forty days, the pillar will stand from the Earth to the Heaven before the eyes of the whole world, and Messiah will be revealed.

The *Zohar* says that for those who choose to be on the side of Woe, there will be great judgment in the world. Volume 15, Paragraph 116 says that these two kinds of judgment will be combined: “It will burn many towers.... Many towers will collapse and...fall on that day.”

2012

AND BEYOND

In another section of the *Zohar*, the actual name of a negative force that will bring judgment to this world is given: “B’ladan” is its name.... And he is not a human being....”

September 11, 2001, in the Western calendar (which falls in the Hebrew year of 5761) is when the Twin Towers tragedy took place. And from that date forward, according to Kabbalist Rav Abraham Azulai and the *Zohar*, the world would chart a new course towards major upheaval.

A NEW DAY DAWNS

Since the year 2000, tsunamis, earthquakes, hurricanes, and tornadoes have ravaged the planet, killing and adversely affecting millions of lives as at no other time in recorded history. Even more alarming is the fact that in spring 2011, an earthquake, tsunami, and nuclear meltdown all occurred simultaneously in Japan, as if there were a message for us, some meaning and method to the madness.

There is.

Human behavior is the cause of this devastation. Human nature and Mother Nature are intimately intertwined. The *Zohar* says that man's actions influence the universe, including the inanimate, vegetable, and animal kingdoms. Are we gentle and merciful like a soft summer wind, or loud, bombastic, and egotistical like a tornado when interacting with others?

There will be no escaping the natural consequences, such as tornadoes and other disasters, if we don't change our ways at once. We must wage war against our own ego and battle our reactive, self-indulgent nature. If we want to thrive, we must amplify our own mercy, and strengthen our tolerance and love for other people, especially our enemies. We can no longer afford to have enemies—not as individuals, not as nations.

It won't be easy. The adversarial force squatting inside our brain will convince us that these natural disasters are part of the normal cyclical

2012 AND BEYOND

patterns of a planet billions of years old. Or they're an act of God. Or anything else—as long as they're not our fault; they're not born of our ego. We will devise the most brilliant arguments and work out all the scientific theories that will lay the blame on everything outside of ourselves to avoid the ultimate dread: Taking responsibility.

But all of these crises and all of this chaos will help to gradually break down the selfish will and the stubborn, cold, intellectual nature of man, otherwise known as the ego. They will tear away at the intolerant, religious, fanatical mindset that has caused more destruction of life on Earth than all the hurricanes in history. Through suffering, financial misfortune, natural disasters, and personal strife, people will be forced to search for and find the goodness within themselves and, more important, within others.

After removing our self-indulgence and intolerance, we will surrender and learn that unconditional care for our neighbor is not about morals and ethics or religious precepts. Such caring is a formula that ignites the hidden Light of the Creator as well as the genuine good fortune in our own lives. In other words, goodness pays huge dividends. And that is the paradox of it all. Giving without wanting anything back is the key because then we receive everything in return.

Ancient kabbalistic teachings also tell us to behave like bees and not spiders when it comes to our gifts, our talents, our wealth, and our assets. Spiders horde, whereas bees collect and then give it all away.

Because of the buzzing bees, we receive our antioxidants and vitamins from all the blueberries, apples, cherries, grapefruits, carrots, broccoli, and other fruits and vegetables that we consume. Approximately thirty percent of our food originates from plants pollinated by the bumblebee.

2012 AND BEYOND

The twenty thousand known species of bees also have an economic influence: Crops that are pollinated are worth some twenty billion dollars, maybe more.

But something strange is happening to the bees. They are disappearing from the Earth, and no one yet knows the full reason why. It's called Colony Collapse Disorder. Bees are abandoning their hives and vanishing. This is potentially devastating for both the food supply and the economy, and if it's not resolved, it will be a major crisis that will affect the entire planet.

Interestingly, according to the *Zohar*, the honey from a honeybee corresponds to the physical world, known as *Malchut*. This tells us that bees play a vital role in the welfare of the Earth, our physical reality. Science has, once again, confirmed the teachings of the *Zohar*.

But what has this all to do with that reference in the *Zohar* to “Woe and Blessed?”

It means that both worlds—negative and positive, darkness and Light—will coexist side by side.

It's already happening. A new breed of young billionaires from Silicon Valley is acting with social conscience. Unlike previous generations, they are not as preoccupied with materialism such as acquiring cars, houses, and private jets. Many young billionaires now want to create positive change in the world. Not in pop cultural or purely technological terms, but on a soul level, in the social arenas directly affecting the emotional, physical, and spiritual welfare of humankind.

2012 AND BEYOND

At the same time, corporate and individual greed continues to run rampant, simply because too many people remain addicted to ego in the same way a heroin user is addicted to the narcotic.

Both sides are moving towards their respective extremes—towards the Light and towards the darkness. The grey area is vanishing, and the world is becoming a stark place of black and white, with a clear line of demarcation between the material and the spiritual.

We are in a time that will witness amazing advances in medicine, science, and technology. These will coincide with breakthroughs not only in the areas of women's rights, human rights, and the fight against poverty and famine, but also in finding solutions for generating lasting peace between nations.

A GREAT TRUTH IS ABOUT TO BE UNVEILED

The *Zohar* says the biggest illusion in the world is that the human race is made up of separate races, individuals, and nations. The truth is that we are one body. This truth does not preclude differences of opinion and divergent beliefs. Just as our body is made up of many organs, humanity is a single organism made up of many individuals. We need to realize that those people who differ from us in belief, opinion, or desire are just as integral to our personal welfare as a kidney and a heart are to the “welfare” of a body. We are not supposed to surrender our individuality; we are supposed to honor and celebrate it—along with everyone else’s. A heart does not need to be a kidney.

Our differences are our greatest strength, but more than that, they are the steps along the path to immortal existence for all humankind. Once we unite as one, respecting the uniqueness of different people and the various perspectives they offer, a flood of physical and spiritual resources will surge forth. Each man, woman, and child will then be able to draw from an infinite pool of sustenance so that no person will ever have need to covet the belongings of another. Envy will no longer exist.

But this floodgate will open only when we open the gates in our heart to allow our enemies inside. Then the whole notion of an enemy, rival, or competitor will evaporate into thin air as all peoples of the world

2012 AND BEYOND

begin to view one another as extensions of themselves. A higher form of fulfillment and victory will emerge to thrill us and replace the low-grade gratification we once experienced through defeating others. And this newfound joy will envelop us at an intensity that kabbalists say will be sixty times greater than the passion and pure pleasures generated by sexual relations.

The ultimate perfected world is on its way. When it arrives, the world we've known and experienced for the last few thousand years will feel like a childhood dream. All that will remain from the old world is a profound appreciation for the fact that it was only a temporary and illusionary existence—and that our new reality is the place where our deepest desires will be forever fulfilled.

True love, happiness, and immortal existence will feel as genuine as this moment does right now when you are reading these words.

NANO-CONSCIOUSNESS

In the past ten years, science has begun to speak in serious terms about biological immortality, claiming that this once-unthinkable idea is only a mere twenty to fifty years away.

Kabbalists concur.

But it won't be a squadron of nano-robots injected into our bloodstream or some other cutting-edge technology that will deliver on the promise of biological immortality.

It will be human consciousness.

We're talking about the very same consciousness that now collapses an electron wave into an electron particle in the world of quantum physics simply by observing it. Yes, the power of consciousness reaches down to the very atoms that give us existence. Physicists, who have been struggling with the idea of consciousness playing a vital role in reality since the early twentieth century, now accept the long-held kabbalistic truth that consciousness is the very substance of reality—the fabric and foundation of all being.

This consciousness that conceives of immortality in a biological sense is the same one that will alter and control the human body—the organs, cells, molecules, and very atoms that form a human being.

How?

2012 AND BEYOND

The moment our consciousness is free of all ego will be the moment when our thoughts, our mind, our very state of consciousness will control the trillions upon trillions of atoms that create our body. That's when we will reach the threshold where mind and molecule become one. That's when we will elevate to a whole new level of existence beyond what we even dare to imagine right now.

As my father, Kabbalist Rav Berg, explained in his extraordinary book *Nano*, there really is no such thing as mind over matter because mind is matter.

But we can achieve this stunning state of awareness and absolute control over our bodies only when we purge the mind of all self-interest.

THE SAFETY VALVE

There can be no true mind-is-matter control over our lives as long as there is still even a trace of self-interest within us for one simple but significant reason: This power could then be abused and misused. There is no danger of this happening right now because our doubts and our inability to accept this truth act as a safety valve.

Follow this carefully. Right now, many of us don't truly believe that consciousness can change our reality and control our health and body; therefore our consciousness manufactures that very reality where we are unable to achieve control over it.

Regardless of whether we believe it or not, the End of the World is coming. The End of the World, according to the great sages of Kabbalah, really means the end of the dominance of the human ego. It will be a time when we will experience the unleashing of our true selves—the illuminating human soul.

There remains just one question that stands before us: How are we going to get there?

Read on.

PART TWO

THE YEAR 2012

What do kabbalists have to say about the year 2012?

My father, Kabbalist Rav Berg, will tell you that the world is going to end next Tuesday.

And he will say that the last day of the world is today because a true kabbalist lives each day as if it were his or her last day on Earth. When we embrace the End of the World at every moment of our life, we live our days in such a way that the ego dies, our soul takes over, and we start treating each moment—and each person—as the precious gifts they are.

To bring about an end to the World of Suffering, ask yourself the following:

1. If this were your last year on Earth, how would you live out the rest of your life?
2. What would you want to leave behind to others, including your loved ones and the rest of the world?
3. How would you want to be remembered?
4. What would you want people to say about you?
5. What would you like to leave for the world and for the people you have met throughout your life?

2012 AND BEYOND

Below is an exercise to help you prepare further.

1. Take a moment and write the eulogy you would want to hear about yourself
2. Describe the life you would have led, had you been given twelve months to live.
3. Describe what your life was like before these twelve months—and then how you transformed once you learned you had only a year left.
 - a. What did you do with that year?
 - b. What was your mindset?
 - c. What activities did you engage in?

FIVE TOOLS TO SURVIVE AND THRIVE IN 2012 AND BEYOND

The *Zohar* makes a significant promise: Those who chase after transformation proactively and are prepared to let go of their intolerance and self-interest will be protected from chaos. My father likes to point out that people are simply not greedy enough to understand the power of selflessness. Indeed, being unconditionally selfless is the highest form of selfishness because sharing and eradication of one's ego deliver long-term joy that never, ever wears out.

First Tool: The *Zohar*

We should have some kind of daily connection with the *Zohar*. Read one paragraph or one page; read for as much or as little time as you can, but read. The stronger and longer the connection, the more protection we acquire. This secret, as my father pointed out years ago, is found in the famous story in the Torah about Moses and the burning bush.

Moses, we're told, heard the voice of God calling out to him from a burning bush. Miraculously, although the bush was burning brightly with red-hot flames of fire, it didn't turn to ash. It was as alive and healthy as any plant on Earth.

2012 AND BEYOND

The story is a code. God was giving Moses instructions that would eventually guide him in leading the Israelites out of slavery. Just as God spoke to Moses via the burning bush, so, too, does the Light of the Creator speak to us through the *Zohar*. The *Zohar* offers us the ability to escape our slavery and addiction to ego, and the physical world of suffering and chaos. If we accept the mission, the entire world may burn in flames because of the judgments afflicting humanity, but the flames will not touch those who walk the path of the *Zohar*.

Once a month, we should also share a *Zohar* with someone. Give a gift of the *Sacred Zohar* or the *Pinchas Zohar*. The greatest act of sharing is to give the power of protection and the roadmap to Paradise. When we gift someone with the *Zohar*, we are sharing the ultimate.

Second Tool: Random Acts of Sharing

Don't wait till someone calls upon you for a favor. Seek out opportunities to share for no reason. They don't have to be big; often the small acts of sharing ignite the greatest Light. Pick up your friend's child at school. Open a door for an elderly person. Give up your subway seat to a pregnant woman.

Third Tool: Admit Ego, Don't Defend It.

Often we try to prove ourselves right, but even if we are right, this is an absolute waste of time. Being right does not reveal a single spark of Light. We did not come to this world to be right; we came here to defeat the Opponent (also known as Satan) by transforming our ego, by diminishing it.

2012 AND BEYOND

But we cannot transform what we are not aware of, so we first need to find the ego. Why is it that each time our enemies or even our friends or spouse identifies the culprit, we become defensive and jump into denial mode? If we just surrendered (especially if we happen to be right in a particular situation), the very act of surrendering our ego (and shutting up about the fact that we are right) will unleash the brightest of blessings and more luminous Light than we can possibly imagine.

Make an effort to remind yourself to find your ego at least once a day, and do not get caught up in the game of right and wrong. Better to be wrong and happy, than right and miserable.

Fourth Tool: Use the 72 Names of God and the 42-Letter Name of God.

The Kabbalah Centre has books on both of these topics. Read them, study them, and meditate upon the Names every day. These Names will pour Light on your ego, so that you can find it and readily change it. These Names generate sustenance and blessings, remove fears, and calm our soul. All the power of the Names is explained in these books.

Fifth and Final Tool: Writing a Letter to the World

Here's the suggested scenario:

You are in Heaven. You now know the ultimate truths of existence. You have no more emotional baggage. No fear. No scars. You possess the

2012 AND BEYOND

simple penetrating truth and feel nothing but the unconditional love of the Creator and of the souls surrounding you.

The Creator then summons you and offers you a chance to write a letter to the world. He wants you to inform everyone about the truth of existence, the meaning of life, and the futility of the ego. He wants you to share wisdom about how to outmaneuver the force called Satan.

Write this letter to your loved ones and to the world. Tell them what you now know as you see all your previous lifetimes and all the great souls of history beside you in this Heavenly dimension of infinite dreams, love, and pleasure.

Write the letter. And then *live* it in the year 2012.

Not only will you survive 2012, you will thrive in 2012.

And beyond.

2012
AND BEYOND

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A bestselling author and prominent authority on Kabbalah, Yehuda Berg is part of a long lineage of kabbalistic masters, and the son of Rav and Karen Berg of The Kabbalah Centre. In 2009, *GQ* magazine's The Gentlemen's Fund honored him for being an Agent of Change in the field of Education. Yehuda has authored more than 30 books on topics ranging from self-empowerment and depression, to relationships and the Bible. His bestsellers are *The Power of Kabbalah* and *The 72 Names of God*, which have been translated into 20 and 14 languages respectively. His daily Tune-ups are sent to more than 200,000 fans, and he contributes regularly to *Huffington Post*. He lectures internationally on the power of human consciousness and the possibility of personal transformation and global change. Yehuda speaks to thousands of people from all walks of life. Teaching Kabbalah as a wisdom of change, he simply delivers deep and complex concepts in a way that is applicable to daily life. Yehuda is co-director of Kabbalah Centre International, Inc. Founded in 1922, KCI is a not-for-profit organization leading the way to bringing Kabbalah to everyone who wants to learn. Yehuda lives in Los Angeles with his wife and five children.

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