

The Soul

Notebook: Misc

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1. Nefesh (Animal soul - associated with the body)
2. Ruach (Interface between the Nefesh and Neshamah) Beginning of awareness and consciousness.
3. Neshamah The Soul (Above the level of the Ruach)
4. Chayah (Life Source)
5. Yechidah (Level of unity with G-d)

Conscience

- Awareness of sin and separation from G-d

Intuition

- Awareness of G-d, and intuitive awareness of truth.
- Beginning operation at the level of the Ruach level of the soul

Communion

- Also beginning from the Ruach portion of the soul
- Prayer - a form of communication with G-d
- But the attempts to communicate with G-d is only in the Amidah. Thus, we need to study the Amidah to best understand true communication.
- However, there is also a form of prayer that is more associated with communion, hitbodedut.

The communion level of the soul (Neshamah) travels through four worlds, beginning from our terrestrial sphere. Ultimately, as we stand in the Shemonah Esrei, we reach the highest level and communicate with G-d Himself! At this level of communion we do not have or need an intermediary.

G-d's interaction with the world actually permeates a structure of four universes, each of which follows another in a progression. In fact, each world is considered the "soul" of the world before it.

These Four Worlds are:

1. Asiyah (the world of doing - our physical world),
2. Yetzirah (the world of shaping - the laws and forms which make the phenomena in our physical world),
3. B'riah (the world of creating - the forces that create those forms), and
4. Atzilut (the world of the spirit).

These Four Worlds are manifested in the progression of our daily prayers. The realization that G-d is the Source and Master of all the forces of the cosmos guides us to the highest rung of the heavenly ladder, the האצילות עולם - the world of pure spirit. This highest level is accessed when we stand before God in the Shemonah Esrei.