

THE LIGHT

BEHIND THE DARKNESS



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The Light Behind the Darkness

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First edition 2026

Case: (1-15073063391)

Printed in the United States of America

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About the Author — Lee Golani, *Becoming a Mystic*

I did not set out to become a mystic.

My path began the way many lives do—through ordinary days, quiet questions, and an invisible tension I could never fully explain. From an early age, I sensed that reality was deeper than what I was being shown. Life felt *layered*, as if there were meanings beneath meanings, truths hidden behind the surface of things. I didn't have language for it then—only a persistent inner pull toward something more real than appearances.

As life unfolded, that pull grew stronger. Challenges, suffering, and long periods of inner struggle became my teachers. What felt like breakdowns were actually initiations—moments when the outer world no longer made sense, forcing me inward. I began to notice that pain was not random. It was instructive. It was pointing.

Eventually, I discovered that the greatest battle I faced was not with circumstances, people, or fate—but with the **ego**. I came to understand the ego not as an enemy, but as a powerful survival mechanism that had quietly taken control of my identity, perceptions, and reactions. The ego kept me alive, but it also kept me asleep.

This realization marked the true beginning of my mystical path.

Through deep introspection, intuitive meditation, and spiritual study—particularly within the mystical framework of **Kabbalah**—I began to experience reality differently. I no longer *believed* spiritual ideas; I began to *perceive* them. Awareness expanded. Time softened. Meaning became immediate rather than theoretical.

I came to understand the body as a **vessel**, consciousness as the **Light**, and the ego as the force that both protects and imprisons the soul. The ego creates separation, fear, and distorted identity—but it also provides the resistance necessary for awakening. Without it, there would be no choice. Without struggle, no consciousness.

At a certain point, seeking truth was no longer enough. The truth began to reveal itself.

Mysticism, I learned, is not about escaping the world—it is about seeing clearly *within* it. It is the direct experience of reality beyond illusion. It is the recognition that consciousness precedes identity, that awareness is more fundamental than thought, and that the soul has always known what the mind is trying to remember.

I now walk the path of a **Kabbalistic Mystic**, dedicating daily time to intuitive meditation, reflection, and inner listening. This practice is not ritualistic or rigid—it is alive, responsive, and deeply personal. It has reshaped how I see myself, others, and existence itself.

The greatest revelation of my journey is this: The ego is not evil—but unconscious ego is dangerous. When unexamined, the ego builds false identities, feeds narcissism, distorts self-worth, and disconnects us from our authentic nature. When understood, observed, and restrained, it becomes a tool rather than a master. This is why I write.

My work is devoted to helping others—especially young people—recognize the ego early, understand how it forms, and learn how to live consciously instead of reactively. Teen years are when ego identity solidifies, when self-image becomes fragile, and when unconscious patterns take root. Awareness at this stage can change the entire trajectory of a life.

I do not teach from theory alone. I teach from lived experience, inner transformation, and direct knowing. Everything in this book comes from the same place my awakening did—not from doctrine, but from truth revealed through awareness.

I am a mystic not because I chose the title—but because the path chose me.

And this book is an invitation: to look inward, to question identity, to meet the ego honestly, and to remember who you were before the world told you who to be.

The Light Behind the Darkness

A Mystic's Journey Through Pain, Ego, and Awakening

Introduction — The Unseen Path

There is a moment in every life when the world we think we know cracks open. For some, it comes gently. For me, it came through pain—years of it—and through a lifetime of fighting to stay alive in a body that felt like it was working against me. My body, my mind, my energy, my purpose—each one fractured, reshaped, and transformed me into the mystic I eventually became.

I did not choose this path in the traditional sense. I *remembered* it.



Looking back, every illness, every surgery, every sleepless night, every fall, every wave of deep depression, every mystical moment of clarity—they were all threads of the same fabric. They were teachers. They were messengers. They were the forces that pushed me through the illusions of ego and into a direct awareness of the truth that lives beneath everything.

This book is the story of how I came to understand the battle between the Ego, the Soul, and the Light—and how I learned that the greatest war any human will face is waged within.

It is also a guide for those who feel lost, overwhelmed, exhausted, or spiritually numb. You do not have to be a mystic to feel the truth within you. You only need to be willing to listen.

Part I — The Vessel and the Burden

Chapter 1 — A Life That Began in Pain

My life began with sickness—various allergies, endless ear infections, stomach problems, hernia, exhaustion. I was the kind of child who always seemed fragile, always battling something. But what I didn't realize then was that these early battles were preparing me for a lifetime of understanding suffering.



By fifteen, the childhood issues faded, and I thought I was finally free. But the body—*the vessel*—had other plans.

Sleep issues crept in. Dyslexia, Narcolepsy. Fatigue. A body that never woke feeling alive.

Then came adulthood, and the slow unraveling began.

Back pain. Herniated discs. Nerve damage. Hip replacements. A fall down a crawlspace that broke ribs. And, eventually, the diagnosis that changed everything: Waldenstrom Macroglobulinemia.

My life became a cycle of pain, treatment, hope, disappointment, and more pain. But beneath all of that, something was waiting.

A truth I could not yet see.

Chapter 2 — When Pain Becomes Identity

There is a point where suffering becomes a companion. Days blur. Tasks become impossible. Motivation disappears. Depression moves in like a fog you can't escape.

Cannabis oil helped keep my disease and chronic pain at bay, and it pulled me deeper into a state of quiet, warm peace—where I felt calm but also disconnected.



And yet, in that stillness, something ancient began to move inside me.

A whisper. A pull. A memory. A knowing.

Pain stripped my life down to silence—and in that silence, I began to awaken.

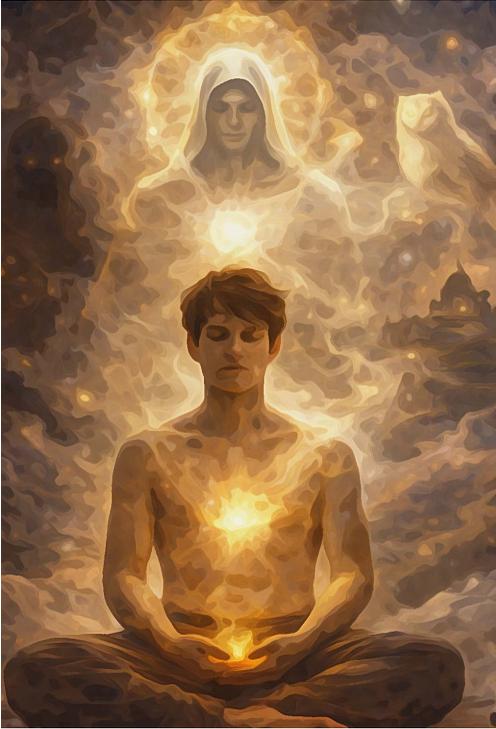
Chapter 3 — The Shift That Changed Everything

I didn't find mysticism. It found me.

There was no ceremony, no teacher, no book that opened the door. Instead, it was a moment of pure inner clarity—a sudden awareness of the *truth behind reality*. A truth that felt familiar, as if I had lived it before.

I remembered what it meant to be a mystic. I remembered consciousness as light, the ego as shadow, the body as vessel, the soul as the pilot. And I remembered that I had lived this path in another life.

This life was the continuation.



The moment this truth returned to me, the world changed. Every ache, every illness, every emotional collapse gained meaning. Every experience was training—forcing me to go inward, deeper than most people ever have to.

In the quiet, I began to see the mechanics of creation. The structure of the soul. The purpose of ego. The reason for suffering.

Everything snapped into place.

Part II — The Battle Within

Chapter 4 — Ego: The Serpent of Survival

Every human is born with ego. It is not evil. It is not wrong. It is the mechanism that allows your vessel to

survive.

In mystical truth, the ego is the Serpent in the Garden.

It whispers: *“I will protect you. I will keep you alive. I will give you enough light to survive, but not enough to awaken.”*

The serpent creates restriction—limiting the flow of spiritual light so that we can exist physically without burning out. But the moment we begin to seek awareness, the serpent becomes something else:

A barrier. A manipulator. A thief of consciousness.

And as humans reach adolescence, around age thirteen, the serpent grows powerful. It becomes the center of identity. It dictates desires. It shapes reactions. It disconnects the soul from the vessel.

This is the war every teen must face—but adults often never win.

Chapter 5 — How Ego Takes Over the Soul

Ego grows by feeding on three things:

1. Pain
2. Fear
3. Desire

Throughout my life, the ego grew strong because it fed on all three. Pain strengthened its grip. Fear kept me locked inside myself. Desire pulled my attention outward.



Eventually, the ego became like a false god—shaping my identity, my reactions, my worth.

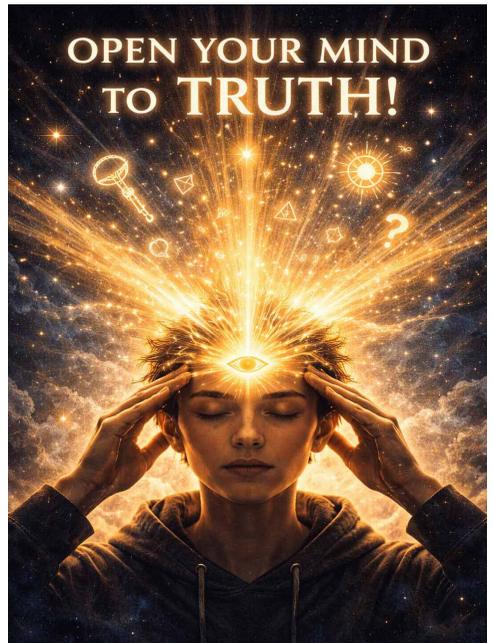
But ego is not identity. Ego is the mask.



The soul is the truth.

When suffering becomes overwhelming, when identity collapses, when life pushes you to the edge—that is when the mask cracks.

That cracking is the beginning of awakening.



Chapter 6 — The Dark Night of the Soul

There were days I could not function. Days I cried without knowing why. Days I felt like a failure to my own spiritual promise. Days I stared out the window with no energy to move.

But in mystical tradition, these moments are sacred.

The Dark Night is the soul demanding space to awaken.



It strips away all attachments. All illusions. All ego.

What is left is raw truth—painful, powerful, liberating.

This is when the real journey begins.

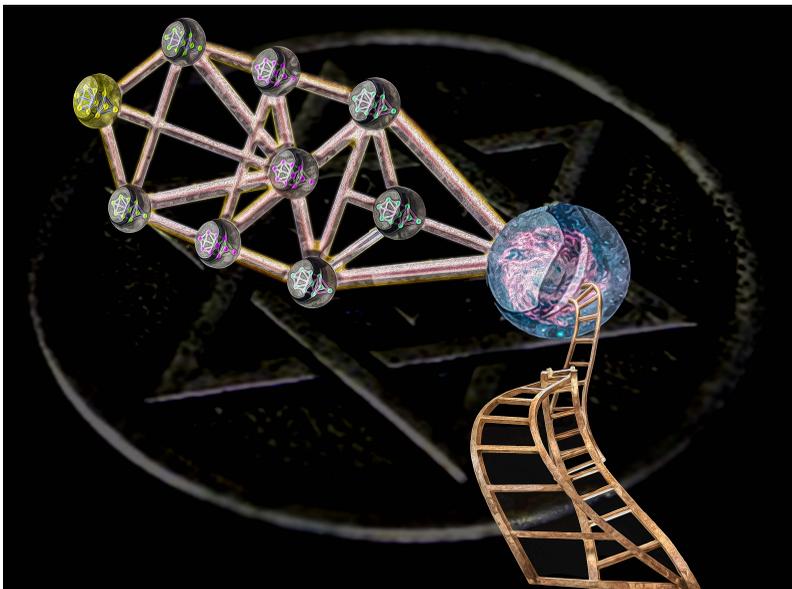
Part III — Awakening to the Light

Chapter 7 — Remembering the Four Worlds

Through meditation—intuitive, not structured—I tapped into a profound awareness of the Four Spiritual Worlds of Kabbalah:

- Atzilut — World of Emanation (Pure Light)
- Beri'ah — World of Creation (The Blueprint)
- Yetzirah — World of Formation (The Structure)
- Assiyah — World of Action (Physical Reality)

These worlds explain how consciousness descends into the body. How the soul is filtered through layers. How the ego becomes strong enough to overshadow the light.



The moment I remembered this structure, everything in my life made sense.

Pain was not punishment. It was resistance—necessary for awakening.

Chapter 8 — The Adam-Eve Consciousness

In mystical truth, Adam and Eve were not two people. They were one consciousness—Adam-Eve—a being filled with pure divine light.

Adam-Eve desired to *give* light, but the vessel could not handle unlimited energy. The ego (the serpent) offered a solution: restrict the light so the vessel could survive.

This restriction was necessary, but it created a side effect: separation.

The serpent became the force that disconnects humans from their soul.

We spend our lives trying to return to the state of Adam-Eve—unity, peace, awareness.

My journey was a slow return.



Chapter 9 — The Truth Behind Identity

Identity is not built from reactions. Identity is not built from pain. Identity is not built from survival.

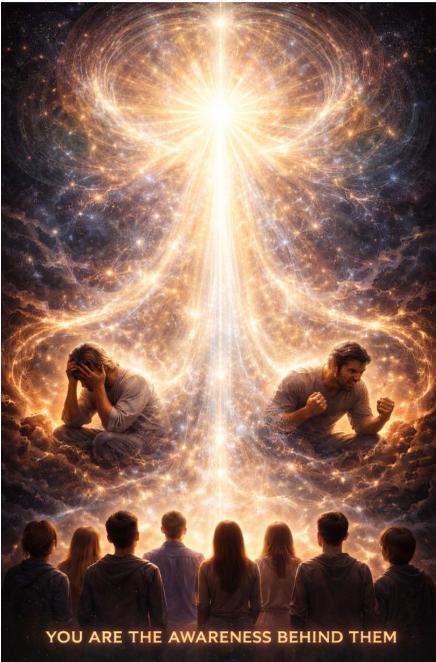
Identity is built from conscious choice.

This is the lesson I want to give to teens—and to anyone who has never been taught:

You are not your ego. You are not your fears. You are not your reactions. You are the awareness behind them.

When you separate from ego, your real self emerges.

In the end, solitude became my sanctuary. Not loneliness—solitude.



I became deeply introverted, drawn inward toward the truth. I found peace in silence, in meditation, in being alone with the Light.

This is the life of a mystic: not removed from the world, but deeply connected to the truth beneath it.

Chapter 13 — The Light That Remains

I no longer fight the darkness.

I observe it.

I understand it.

I transform it.

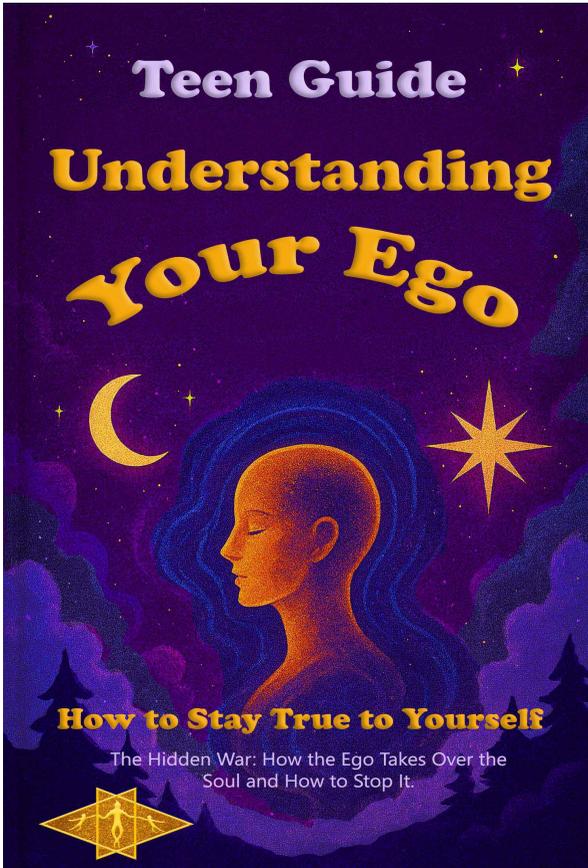
My journey is not over. It is never over—not for any of us.

But I have remembered who I am. I have remembered why I am here. I have remembered the truth of creation.

And now, my task is simple. To teach others how to reclaim their consciousness from the ego, and return to the Light that is their true self.

This book is only the beginning. You will edit it. You will shape it. You will expand it. But the foundation is here—the truth of your journey and the road-map for others. Your path was never just yours. It was meant to illuminate the way for countless others who are still trapped in the darkness.

And now, your story will become their guide.



Part VI — The Teen Guide:
The Complete Teaching

Lesson 1 — What Is the Ego?

The ego is the inner voice that says “*I am separate.*” It is the part of the mind that was designed to help you survive but often takes control of your thoughts, emotions, and identity.

For teens, ego shows up as: -
Worry about what others think -
Jealousy - Defensiveness -
Overthinking - The need to belong - The fear of being judged

Mystically, the ego is the Serpent—a force that restricts your inner light so you can exist physically. It is not bad; it is simply loud. Your job is to learn how to quiet it so you can hear

the real you beneath the noise.

Key Mystical Insight:

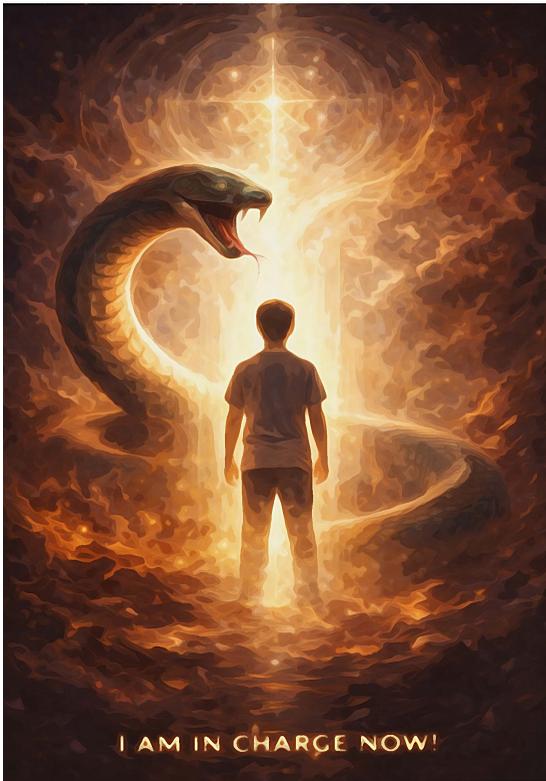
Ego is the shadow created by the Light. You cannot remove the shadow, but you can keep it small by standing closer to the Light.

Lesson 2 — Why Ego Gets Strong at Age 13–14

At thirteen, a spiritual shift takes place. In Kabbalistic understanding, this is the moment when your vessel faces its first major test of independence.

Before thirteen, a child lives mostly from pure soul energy. After thirteen, the ego suddenly awakens with full force. This is the moment the Serpent stands up and says:

“I’m in charge now.”



This is why teens experience: -
Identity confusion - Mood swings - Strong reactions - Emotional sensitivity - The need for independence - Arguments with parents - Deep insecurities

Mystically, this is the moment when teens must begin the battle that adults continue for the rest of their lives:
The struggle between Ego and Soul.

Key Mystical Insight: The ego becomes loud at thirteen because your soul is ready to grow. The pressure you feel is not failure—it is awakening.

Lesson 3 — How Ego Creates Narcissism

Narcissism is not confidence. It is ego in survival mode.



Ego creates narcissism when it becomes convinced that the world is dangerous. It responds by inflating itself: - “I’m better than you.” - “I’m more important.” - “I don’t need anyone.” - “I am always right.”

But beneath every narcissistic behavior is deep insecurity.

A mystic sees narcissism not as arrogance, but as fear wearing a mask.

Teens fall into this trap easily because ego is new, loud, and untrained. Narcissism is simply ego trying to protect the self from vulnerability.

Key Mystical Insight: Narcissism is the ego pretending to be the soul. But the soul does not need to pretend—it *knows*.

Lesson 4 — Building Real Identity

Identity is not built on: - Reactions - Popularity - Friend groups - Social media - Clothing style - Approval from others

Identity is built on conscious choices.

A conscious choice is a decision made from awareness, not reaction.

Ask yourself: - *“Is this what my soul wants?”* - *“Is this choice coming from fear or truth?”* - *“Would I make the same choice if nobody were watching?”*

When teens learn to choose consciously, they develop a real identity—one that cannot be shaken by the opinions of others.

Key Mystical Insight:

Your real identity is formed the moment you stop reacting and start choosing.

Lesson 5 — How to Break Ego Control

Breaking ego control is not about fighting it. Fighting ego only makes it stronger.

Instead, mystics break ego control through awareness.

Try this process:

1. Notice the reaction.
“I feel jealous.”
“I feel angry.”
“I feel insecure.”
2. Pause.
Give it 3–5 seconds of breathing.
3. Name the ego.
“This is not me. This is my ego reacting.”
4. Choose consciously.
“What would my soul choose instead?”

This simple four-step method dismantles ego’s automatic control.

Key Mystical Insight:

Ego loses power the moment you shine awareness on it.

Lesson 6 — How to Quiet the Ego

The ego becomes loud when the mind is noisy. To quiet the ego, you must create inner stillness.

Ways to quiet ego: - Deep breathing - Meditation - Spending time alone - Nature walks - Journaling - Turning off your phone - Practicing gratitude

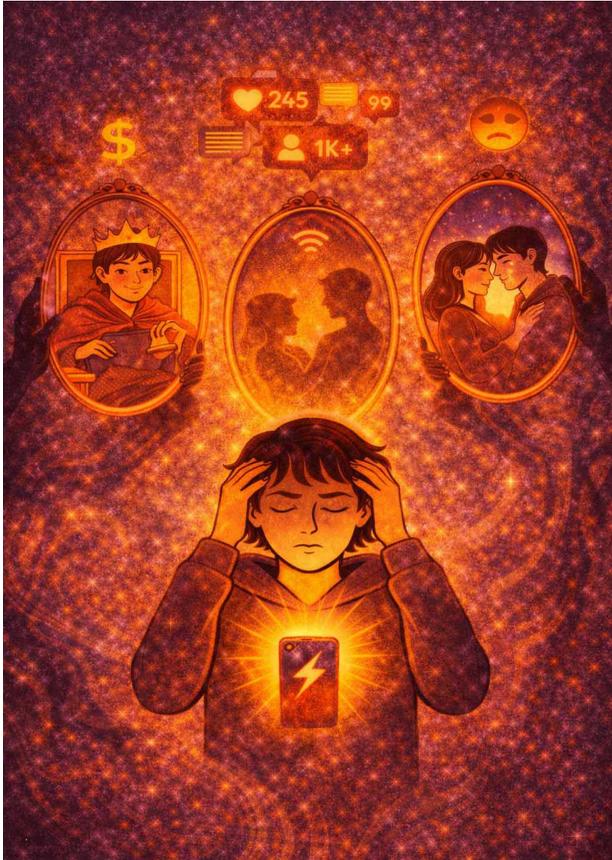
The quieter your mind becomes, the stronger your soul becomes.

Key Mystical Insight:

Silence is the language of the soul.

Lesson 7 — Social Media & the Ego Trap

Social media is a playground for ego. The need for likes, followers, validation, attention—these are all tools of the Serpent. Mystically, each notification is like a tiny spark of ego energy. It pulls your identity outward, away from your inner truth.



To stay grounded online: - Follow people who inspire you, not trigger you - Limit your screen time - Avoid comparing yourself to others - Remember that everyone posts the highlights, not the truth - Take breaks when you feel overwhelmed

Key Mystical Insight:

Social media feeds the ego but starves the soul. Balance is the key.

What is a Mystic?

A mystic is a person who seeks to **awaken, glimpse, and reclaim the innate spiritual Oneness** at the core of their being. In other words, a mystic is a spiritual seeker who is driven to surrender their ego and orients their whole lives toward deeply integrating the primordial truth that they are an inseparable part of the Divine.

‘Mysticism,’ a word that became popular in the 18th century, stems from the Greek word *mustēs* which refers to someone who has been ‘initiated into the mysteries.’ But mysticism itself has been around since the dawn of time.

Some of the more famous mystics throughout history include Lao Tze, Gurdjieff, Pythagoras, Guatama Buddha, Julian of Norwich, Jalal ad-Din Muhammad Rumi, St. Teresa of Avila, Ramana Maharshi, Dante, Saint John of the Cross, Anandamayi Ma, Jesus Christ, Carl Jung, and so many more.

There are numerous definitions of what a mystic is out there. But one that resonates strongly comes from author and translator of mystics, Mirabai Starr, who [writes](#):

The way of the mystic is the way of surrender, of dying to the false self to be reborn as the true Self, the God Self, the radiant, divine being we actually are. It’s not that the old self—the personality, the ego, the stories we tell about our lives—is bad or wrong. It’s that when we recognise the essential emptiness of our individual identity in light of the glorious gift of our interconnectedness with the One, independence becomes much less compelling.

9 Signs of the Mystical Experience

At some point in life, the majority of us are bound to have at least one mystical experience. Such tastes of [Self-Realization](#) or what the Buddhists call ‘*satori*,’ can be so vivid and so acute, that they change our lives forever.

But how can we know whether we’ve had one or not?

One place we can look is within the work of W. T. Stace, a philosopher of religion, who **defined** the seven characteristics of mystical experiences in the following way:

Unitary consciousness (i.e., the experience of Oneness)

Nonspatial, nontemporal awareness (i.e., timelessness and spacelessness)

Sense of reality and objectivity (i.e., there is an unquestionable ‘realness’ to the experience – it’s not a mere hallucination)

Blessedness and peace

Feelings of the holy, sacred, or divine

Paradoxicality (i.e., there is a realization of the Unity and interdependence of opposites, also known as non-dual awareness)

Ineffability (or the inability to put into words the experience; it is unfathomably paradigm-shifting)

W. N. Pahnke, a physician and psychiatrist, in his assessment of the above characteristics, **added** two more: **(8) transiency** and **(9) subsequent life improvement**. In other words, the mystical experience might be temporary, but it creates deep positive ripple effects in our lives.

Stages of the Mystical Journey

Awakening

Spiritual awakening can be understood as that sudden spark or dawning discovery that there’s more to life than meets the eye. In the awakening stage, we begin to ask deeper questions about life and go in search of answers. The result of this **soul searching** is that we must become lone wolves, distancing ourselves from our previous way of being and paving a totally new path for ourselves.

5. Purgation

Purgation is a stage that involves becoming aware of all our shadows and inner blockages that obscure the Light of Consciousness within us. This is a difficult stage because, after the initial excitement of awakening or enlightening spark of Self-awareness, we recognize in the words of Jack Kornfield, “after the ecstasy, the laundry.”

[Inner work](#) is demanded at this stage of the mystical journey, and its sole purpose is to “purge” or dissolve everything standing in our way of mystical Unity and Oneness.

And yet, as laborious as the Purgation or inner work process can be, it is required to find the ‘hidden Jewel’ that is always and forever inside of us.

In the words of various mystics and sages, Purgation is necessary because it helps us to realize the following:

- ... he and He become one entity. (Abulafia, Judaism)
- The Kingdom of Heaven is within you. (Christianity)
- Look within, you are the Buddha. (Buddhism)
- Atman (individual consciousness) and Brahman (universal consciousness) are one. (Hinduism)
- By understanding the Self all this universe is known. (The Upanishads)
- He who knows himself knows his Lord. (Mohammed, Islam)

See: [The Inner Work Journal Bundle](#) for additional support through this stage.

- **Illumination**

Once we have done a lot of deep work in the Purgation stage, we come to taste exhilarating moments of Illumination. For example, **we might reach deep states of enlightened awareness within meditation**, experience a sense of

unification in nature, deep love for others and self, or even have a spontaneous moment of bliss.

However, the Illumination stage is short-lived and doesn't mark a permanent shift in consciousness. The intense high of Illumination (also known as having an experience of 'ego death') often leads to the intense low of the next stage:

1. Dark Night of the Soul

The **Dark Night of the Soul** can be best depicted by a picture: that of a desolate wasteland where everything feels lifeless, meaningless, and devoid of the Divine.

Fourteenth-century Italian poet, writer, and mystic Dante Alighieri described the Dark Night perfectly in his epic poem "*Inferno: The Divine Comedy*":

Midway upon the journey of our life
I found myself within a forest dark,
For the straightforward pathway had been lost.
Ah me! how hard a thing it is to say
What was this forest savage, rough, and stern,
Which in the very thought renews the fear.
So bitter is it, death is little more;
But of the good to treat, which there I found,
Speak will I of the other things I saw there.

St. John of the Cross, who coined the word 'Dark Night of the Soul' back in the 16th century (in his work titled by the same name), described why this stage happens:

No matter how much individuals do through their own efforts, they cannot actively purify themselves enough to be disposed in the least degree for the

divine union of the perfection of love. God must take over and purge them in that fire that is dark for them.

As painful and wretched as this stage may be, it is just that, a stage. And it leads to the final part of the mystical journey:

5. Union

After one has experienced the death and rebirth within the Dark Night of the Soul – which we can see as a necessary (but painful) initiation – the final stage embodies all that the mystic has ever longed for: *Divine Union*.

Union is the shift in awareness, the expansion of consciousness, the attainment of Nirvana, Enlightenment, Unity, **Non-Dual** awareness, and the “Kingdom of Heaven” that is so often written about in mystical literature.

Within Union, the mystic is no longer trapped in the limitations of the small, illusory ego-self, but recognizes – directly and permanently – the “I Am” or the God Self that has forever and always been there, yet was simply veiled.

Unlike the Illumination stage, Union is a *total transformation and liberation*, not a temporary glimpse into the Divine.

12 Signs of the Modern Mystic

While the external appearance of mystics has changed through the ages (e.g., from robe-wearing monks and nuns to fez-wearing Middle Eastern poets), the same essence applies to all mystics, no matter what race, religion, or time period they’re from.

Here are twelve signs of the ‘modern mystic’ based on my own years of experience (and research):

1. You find it hard to fit in or belong in this world and crave to find some kind of “home”
2. You feel dissatisfied with your life (no matter how much material success you experience)

3. You feel aimless and lost, and yet feel called to create a meaningful change on this planet
4. You feel disillusioned by various religious, self-help, and spiritual paths (aka. many of these paths feel superficial and not “deep enough” for you)
5. You intensely crave a God/Divine-filled life
6. You’ve undergone a Spiritual Awakening, [Kundalini Awakening](#), and/or Dark Night of the Soul
7. You feel everything intensely (as a [highly sensitive person](#) and/or [empath](#))
8. You crave solitude and enjoy introspection
9. You’ve experienced spiritual crises of some sort (such as the [quarter life crisis](#), existential crisis, Dark Night of the Soul, etc.)
10. Ever since childhood, you’ve been a deep thinking and contemplative person
11. You long to unite with something Greater than you and sense that [the ego](#) is a sham
12. You’ve had transitory glimpses of Oneness, Illumination, or ‘Enlightenment’

At the heart of the modern mystic, and all mystics really, is **the burning desire to reconnect with the Soul and unite with Spirit**. Whether this deep spiritual thirst is fulfilled through religion or some other path is beside the point. As the quote goes by Zen Buddhist monk Ikkyū,

Many paths lead from the foot of the mountain, but at the peak, we all gaze at the single bright moon.

A Quick Word About Mysticism & Mental Illness

The psychotic drowns in the same waters in which the mystic swims with delight.

– Joseph Campbell

The above quote from writer and mythologist Joseph Campbell perfectly highlights the fine line between mysticism and mental illness.

There's a reason why inner work as an initiatory process (such as the cultivation of [self-love](#), mental harmony through meditation, and physical groundedness through yoga) is needed. **Without creating internal space, it's easy to go from neurotic to psychotic when faced with experiences too big for the ego to handle.**

For someone prone to intense anxiety, depression, or other mental imbalances, the sudden experience of the vast primordial space of Oneness can be too much to handle. The result may be total shut down of the psyche, intense disorganization in thoughts and feelings, nihilistic bouts of [existential crisis](#), and other issues.

Whether mental illnesses such as schizophrenia, bipolar disorder, borderline personality disorder, and so on, are actually spiritual illnesses, is an entire debate itself that would require a whole book (or more) to examine.

But what we *do* know is that there is such a thing as a '[spiritual emergency](#)' where someone who hasn't gone through the rigors of spiritual practice, is dropped into the deep end *too fast and too soon*. And the result is what mainstream society immediately dismisses as "mental illness."

How to Practice Mysticism

Mysticism can be found in almost any religious or spiritual path. But how do we 'practice' it?

The simplest way to orient yourself to the mystical roots of whatever tradition or path you're in is to focus on not just connecting *with*, but rediscovering yourself **as** the Divine.

Be mindful that seeing yourself as God is not the same as **spiritual narcissism** which is an inflation of the ego that confuses itself as untouchable, unquestionably wise, and so on.

Mystics walk the radical path of burning through the ego so they can be **liberated from the illusion of the separate self** and become One with their **True Nature**, which is Life itself. This isn't a path for the faint of heart!

While many people these days enjoy calling themselves “mystics” because it looks good on social media, **true mysticism is a relentless pursuit of truth**. It is a commitment to “die before you die and realize there is no death,” in the words of Eckhart Tolle.

Here are some simple paths for practicing mysticism:

- **Spend a lot of time in nature** – In nature, we can more easily rediscover our True Nature.
- **Make space for solitude and silence** – The noise of everyday life has a way of drowning out the inner Voice, so commit to regular **solitude** and silence (if even for half an hour a day).
- **Contemplate the words of mystics** – There is so much wisdom and truth to be gleaned from the life and experiences of the mystics, who knows what revelations their words may spark within you?
- **Cultivate the qualities of the heart** – Your heart is a direct doorway to your Soul and the mysteries of the Divine. Focus on generating qualities of **compassion**, joy, generosity, forgiveness, **gratitude**, and love.
- **Less is more** – Focusing on **letting go** and embracing simplicity helps you to become a ‘clear vessel’ in which the Light of Consciousness can shine through.

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Books released soon:

Teen Guide Understanding Ego

The Light Behind the Darkness