



## What is Kabbalah?

Kabbalah (Qabalah, Cabbala) literally translated, means to receive from mouth to ear. It is the Hebrew mystical system, not a religion, as such it particularly supports all kinds of spiritual beliefs. The Tree of Life is its primary symbol and in itself is a model for transition and self-development.

There are 10 centres of energy, called Sephirot on the tree which can be linked to the numbered suits of cards in the Tarot. These Sephirot are joined by 22 energy paths which correspond with the 22 Major Arcana Tarot cards and the 22 letters of the Hebrew alphabet.

The Hermetic Order of the Golden Dawn, formed in the late 1880's, was responsible for collating, focusing and expanding on existing Western esoteric traditions to formalise this system including linkages between the Tree of Life, the Tarot, the Hebrew letters, the human body and astrology.

Many Tarot Decks contain symbols representing the astrology and/or letters associated with the cards. However some artists or designers of decks have taken it on themselves to "redesign" the paths, so care should be taken in following the symbols until they have been proven.

The workshop introduces the structure of the Tree of Life, its sephira and paths.

Our date of birth gives valuable information about the lessons to be learnt in this lifetime. The path it corresponds to on the Tree, conveys a special message for us, amplified by its symbolic letter.

Likewise one's name at birth reinforces the skills brought forward from previous lives, which will assist in your current development process.

This is not to be confused with the Life Path number from Numerology, or the astrological Sun Sign, as translated into a Major Arcana archetype.

Life Path cards help make sense of the reasons we are really drawn to some cards in the deck and dislike or are repelled by others. This can sometimes mean the cards carry messages we are not particularly keen on hearing; in a similar manner to the parts of ourselves we are not ready to accept.

Come and enjoy a fun afternoon with the workshop, finding your personal Major Arcana cards within the Tarot and understanding how they resonate with your life journey!

Alternatively book a special reading with Sara and have her explain this especially for you, on an individual basis.

Sara integrates her insights from the Tarot with her knowledge of Astrology, Numerology, Energy Healing, Chinese Astrology and the Tree of Life. This enables her to provide more multi-dimensional readings.

She is a compassionate soul whose life purpose is to inspire and empower her clients to develop their lives and reach their true potential. She has a wealth of life experience to back up her spiritual abilities; having been a mother, wife, lover and grand-mother, as well as a Department Manager in large international organizations, a successful management consultant, a small business owner, a teacher and a Board Director on several not-for-profit Associations!

Readings will be recorded by tape or a MP3 file burned into a CD. The CD will be mailed to the client on the following day if this option is required.

All information shared by the client with Sara is strictly confidential.

***All positive change empowers***