

THE HEALING CENTER, CONGREGATION BENE SHALOM
4435 W. OAKTON SKOKIE IL 60076
847-677-3330 (VOICE) 847-674-0327 (TTY)



HEALING KABBALAH

FOUR ARCHANGELS MEDITATION: A MEDITATION TO REACH THE GREATER MIND

Moses Cordovero wrote a 16th Century Encyclopedia of Jewish Mysticism, called *Pardes Rimonim*. In English it is translated as “Orchard of Pomegranates.”

This meditation is to get into the Greater Mind. State of mind in which one is confident that one is protected by God and that one is, indeed, going to receive the healing that one is praying for. It is a positive state.

This meditative practice is to help you walk into the Greater Mind. It is based on the ten *Sefirot*, the attributes of God.

You are in a state of fear. In your regular meditation place, light a candle, close your eyes, and uncross your legs. Begin by bringing in the Light of God with the Candle Meditation.

Imagine the Archangel Michael, to the right of you. The Archangel Michael is the Angel of Protection. And imagine him with his robes and his robes are in wonderful gold. So you see the archangel to the right of you with a gold, flowing robe. He is your protector. Imagine him with you constantly.

Then imagine on the left of you, the Archangel Gabriel. The Archangel Gabriel is the Angel of Strength and Love. He is wearing a deep red robe.

Ahead of you, imagine the Archangel Uriel, the “Light of God.” He leads you to God. His robes are silver and gold.

Behind you is the Archangel Raphael, the Angel of Healing. His robes are green and purple. In the Kabbalah, green and purple are the colors that are synonymous with YHVH.

Imagine yourself surrounded by these four archangels. Knowing as Moses Cordovero says that, when you imagine the angels, this gives them life and so they do come into reality when you focus on them and imagine them. And you imagine these four angels

with you in the center with a great emphasis on the Archangel behind you, Raphael, with the purple and green robes.

Now imagine the Shekhina, the Feminine Presence of God, over you. Her Light is shining not only on the four archangels giving their robes a bright, bright shine but also shines on you.

And Moses Cordovero says that if you focus on the four archangels and on the Presence of the Shekhina, and you believe the four archangels are with you, protecting you, leading you, and healing you and allowing you to receive the Light of the Shekhina, no harm or illness will befall you because you are constantly protected by these angels.

The last sentence of this meditative practice reads:

Know this to be a reality and then the angels are a reality. This is a marvelous meditative practice that this mystic thinker teaches us how to do to get into the Greater Mind.

Know that the angels are with you. Know that they are with you. Because if you know that they are with you, by imagining them, we give them reality. That is how we do this.

The Hebrews call this Koach Demyon. Which is the imaginative faculty. And when we exercise the imaginative faculty we are exercising the presence of God in the spiritual world.

God has given us not only a rational faculty which we all use every day, but also an imaginative faculty which the Kabbalah masters encourage us to use.

Moses Cordovero said that if you have faith that the four angels are always with you, it will diminish your fear and it will diminish your anxiety and you will be able to enter into the Greater Mind more easily because you will know that these angels are always with you and the Presence of God is always above you.