

## Science (Reductionistic) and Energetics (Wholistic)

### • Science...

- Takes the world apart measuring its parts
- Looks to the part to understand the whole
- Is based on dissection and analysis
- Sees how things are different from each other
- Is head based

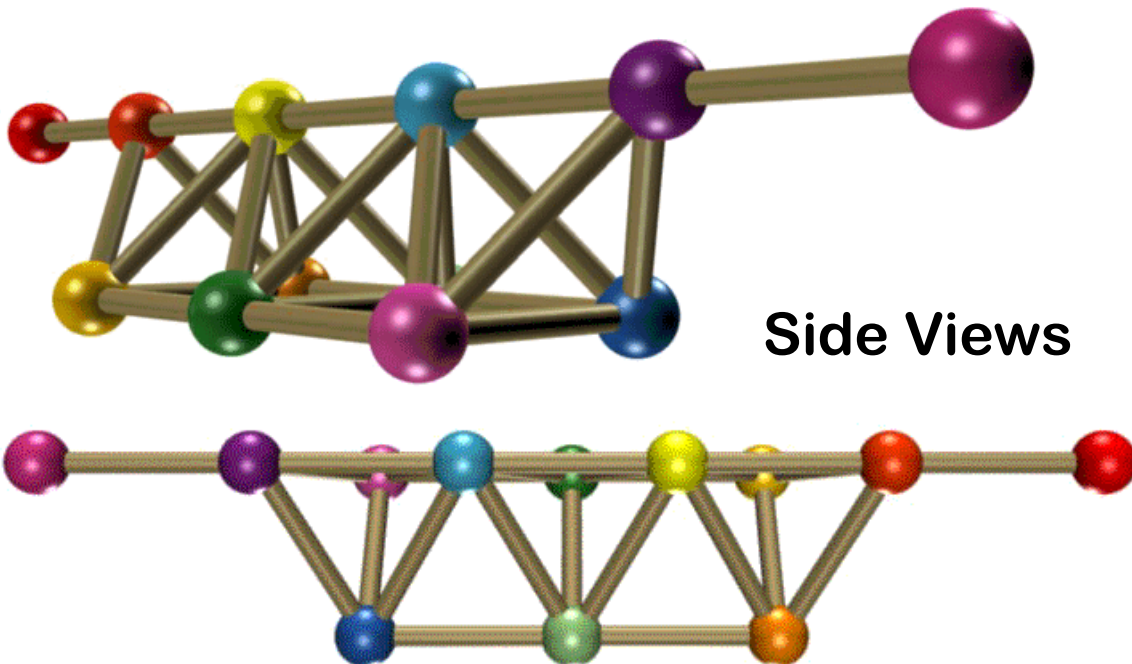
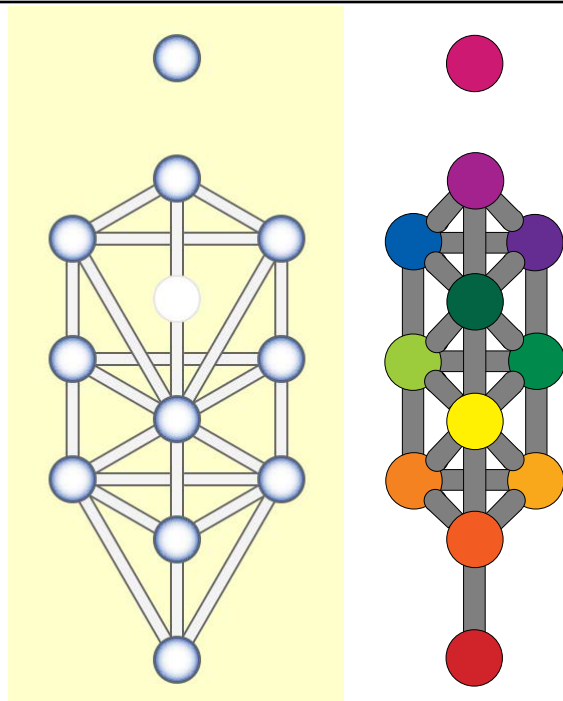
### • Energetics...

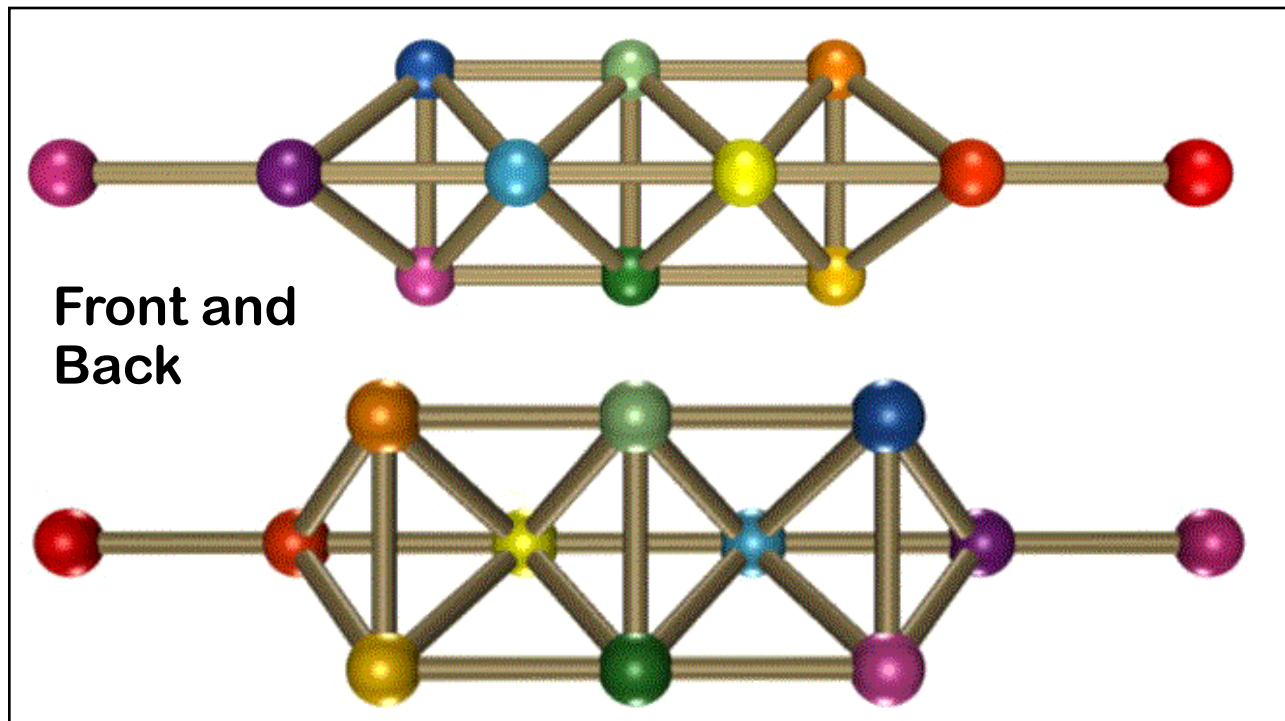
- Puts the world together, seeing how parts relate to each other
- Looks at the whole to understand the part
- Is based on unification and imagination
- Sees how things are similar to each other
- Is heart based

## Roylon Mortenson's Tree of Life

- Left: How it is pictured in most books
- Right: Roylon Mortensen's restoration of the original tree of life model

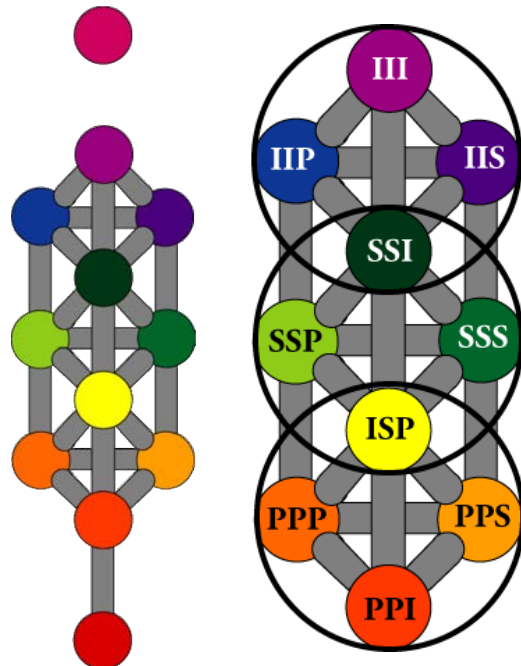
Illustration by Roylon Mortensen (Roylon.com)

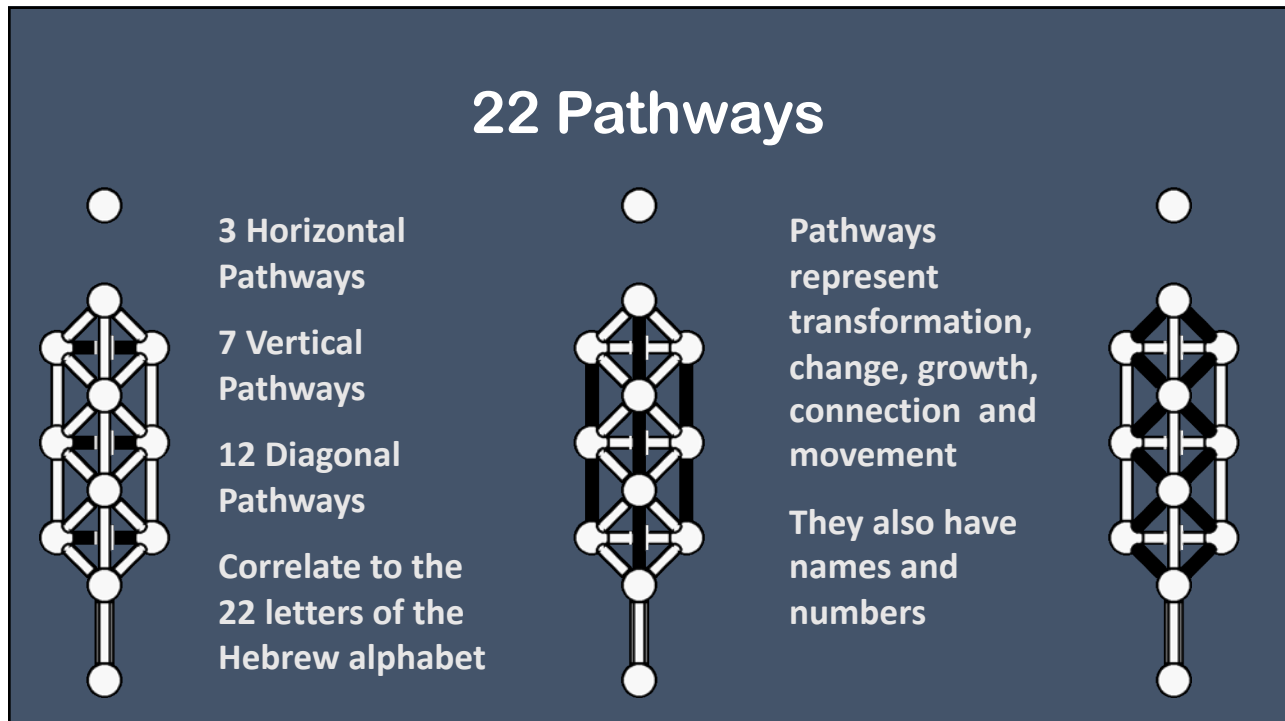
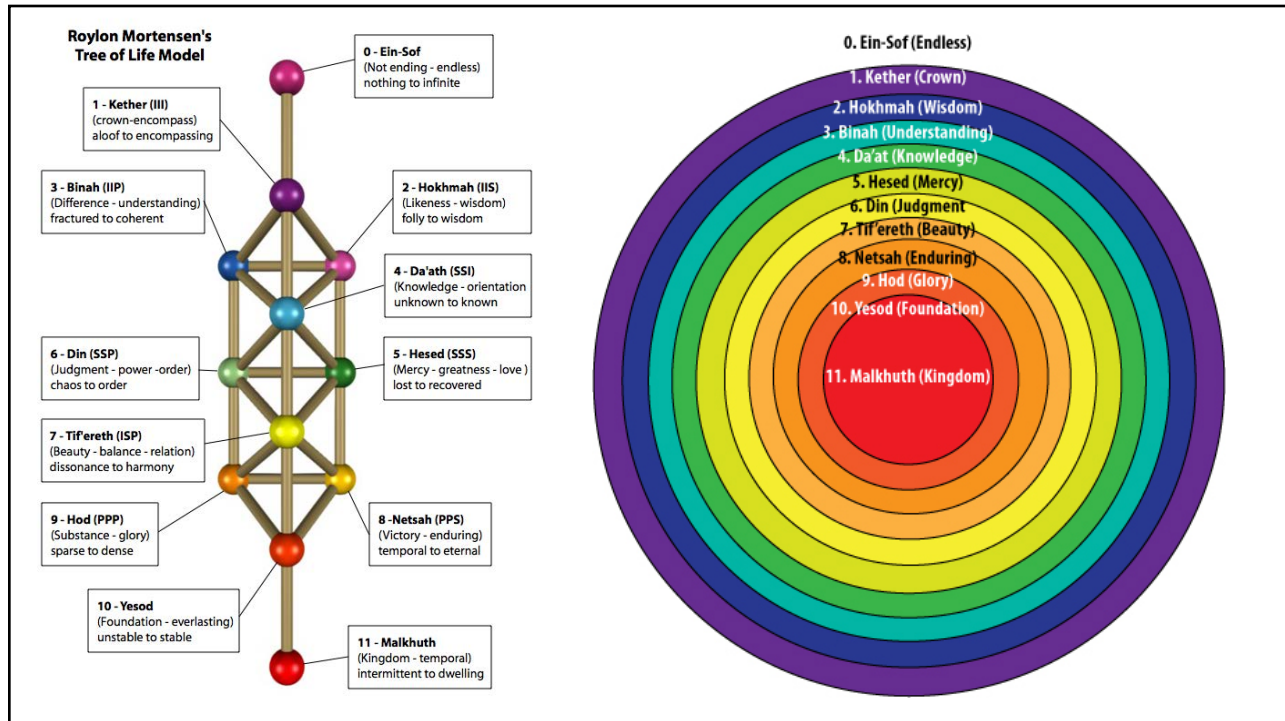




## Tree of Life Basics

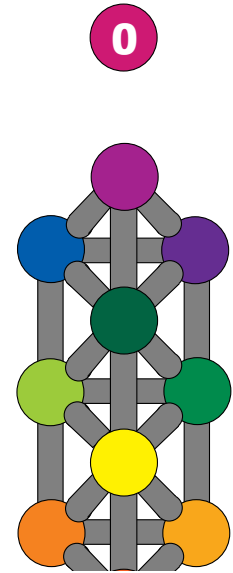
- 3 pillars
- 3 worlds (tetrahedrons)
- 2 pyramids
- 12 spheres
- 22 pathways
  - 3 horizontal pathways
  - 7 vertical pathways
  - 12 diagonal pathways





## 0 - Ein Sof (Not Ending, Endless)

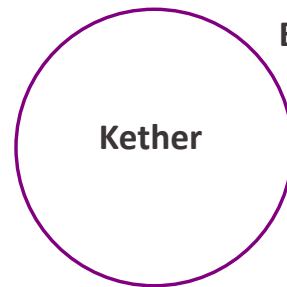
- III
- Nothing, numberless, innumerable, infinite
- Infinite: eternal, like space, unending, symbolic of heavens
- Eternal: Infinite to nothingness
- Crown energy (connection to the divine)



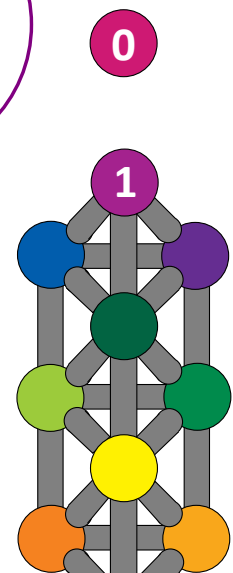
## 1 - Kether (Crown, Encompass)



- Nothing to numberless and infinite (III)
- Single, alone, one, unique, comprehensive, oneness, unity
- Strange: incomprehensible, aloof, exclusive, unique, extraordinary
- Detachment: Aloof to embracing
- Third-eye (spiritual perception, consciousness)



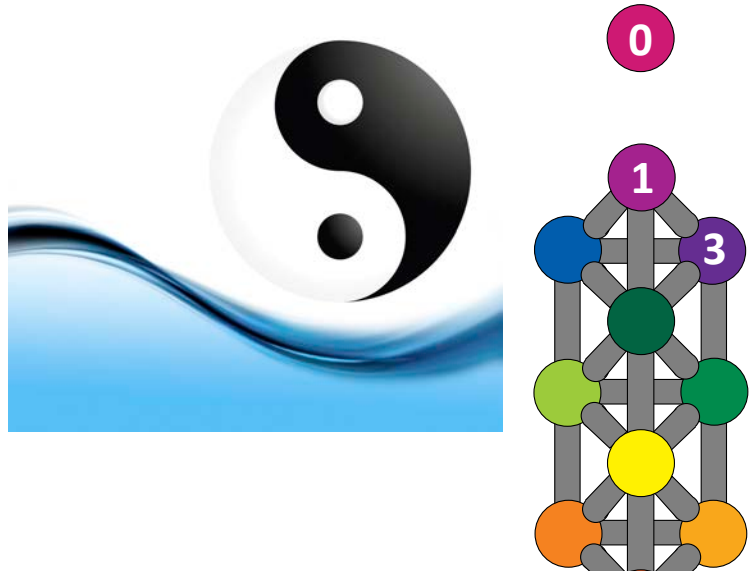
Ein Sof





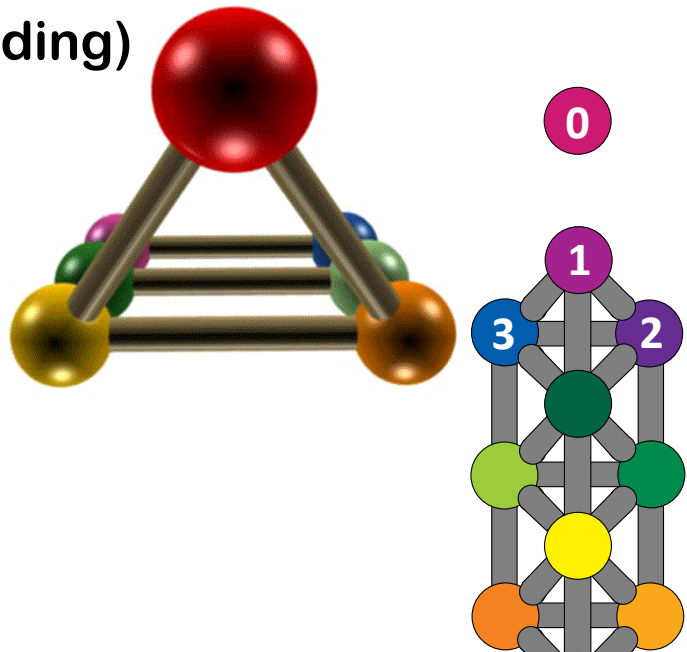
## 2 – Hokhmah (Wisdom)

- IIS
- Duality, image, likeness, copy, pair, partner, companion
- Form: intangible, image or appearance, dreamlike, vision, futuristic
- Image: Blindness to vision
- Intuitive mind (ability to see connections, wholeness, creativity and insight)



## 3 – Binah (Understanding)

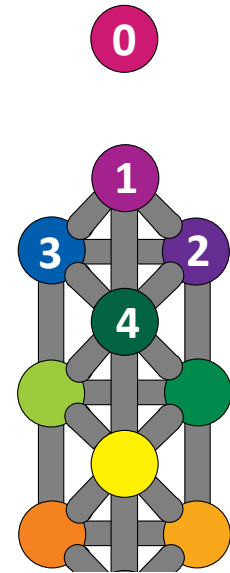
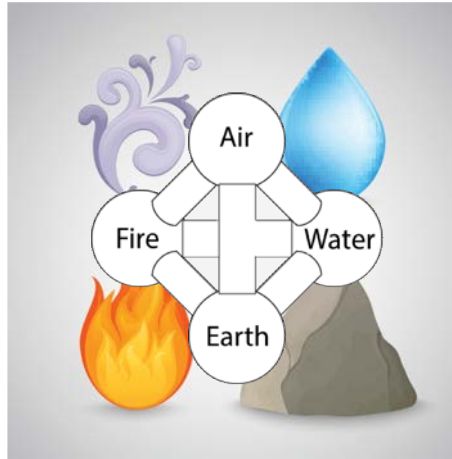
- IIP
- Interval, separateness, difference, primary, elemental, trinity
- Discrete: part, disconnected, fragmented, frozen, still
- Fracture: Fractured to coherent
- Logical brain (ability to organize information, classify, label and categorize)





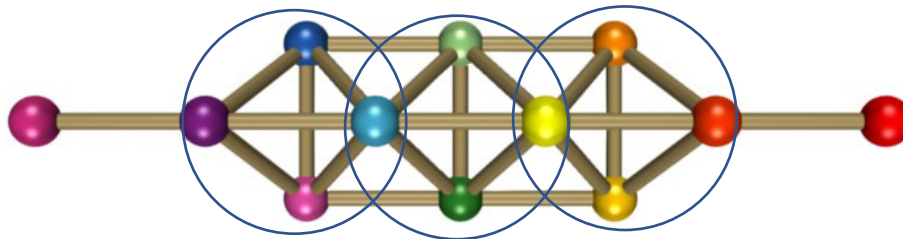
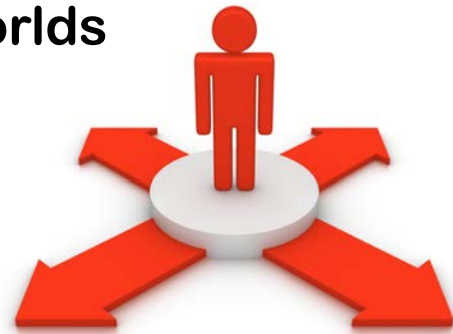
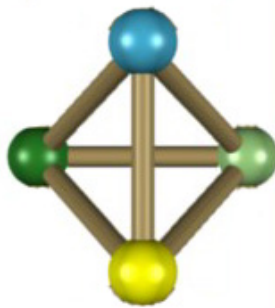
## 4 – Da'at (Knowledge)

- SSI
- Orientation, direction, focus, sure, polarity (positive and negative)
- Outward: objective, impersonal, knowing, expressive of the mind
- Opposition: Unknown to known
- Throat energy (ability to commune or come to know, and communicate)



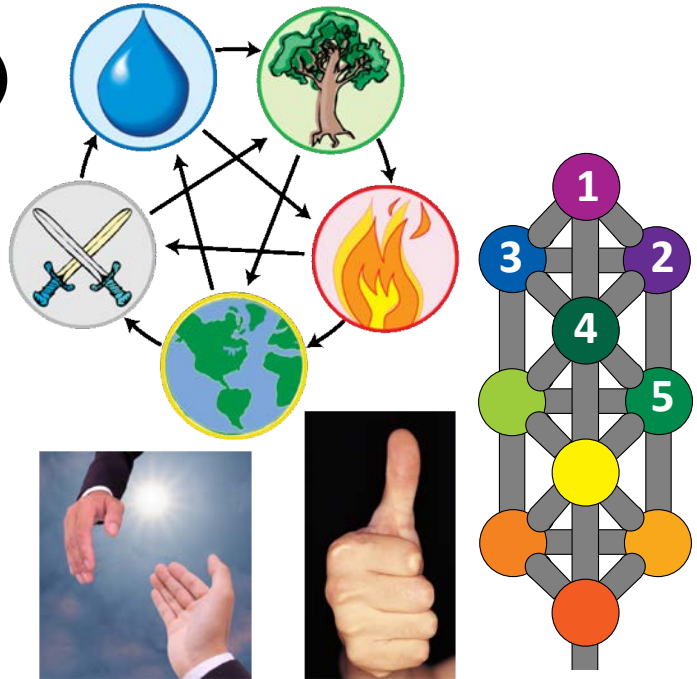
## Four Directions – Three Worlds

- The four “corners” of the earth
  - East (left)
  - South (front)
  - West (right)
  - North (back)



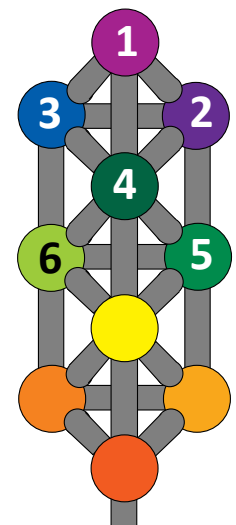
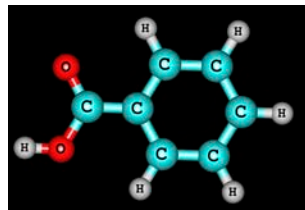
## 5 – Hesed (Mercy)

- SSS
- Expansive, immense, unmeasured, assisting, helping, humanitarian
- Yielding: expansive, open, patient, allowing, gracious, forgiving, caring
- Expansion: Lost to recovered
- Heart energy (ability to experience love, caring and forgiveness, connection to others)



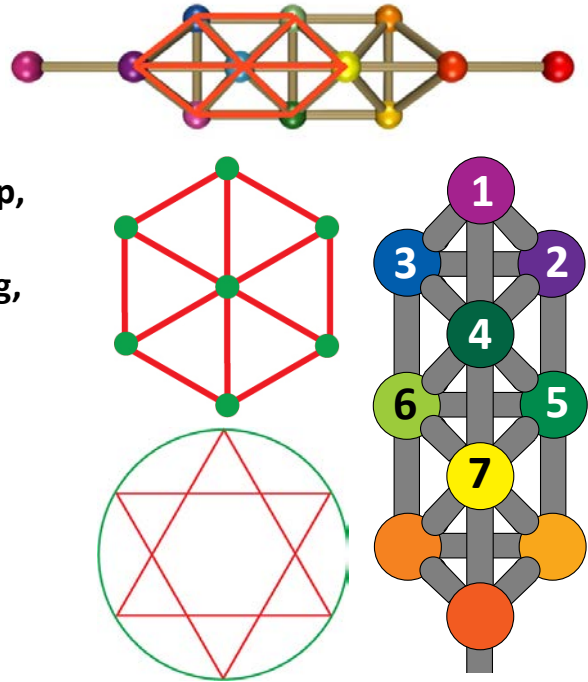
## 6 – Gevurah (Power) or Din (Judgment)

- SSP
- Order, structure, rule, power, organization
- Unyielding: closed, intolerant, controlling, exacting, indifferent
- Constriction: Chaos to order
- Thymus energy (ability to have self-esteem, self-respect, immunity)



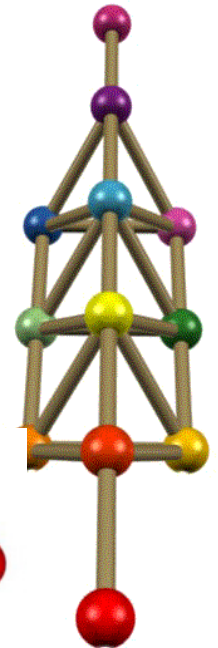
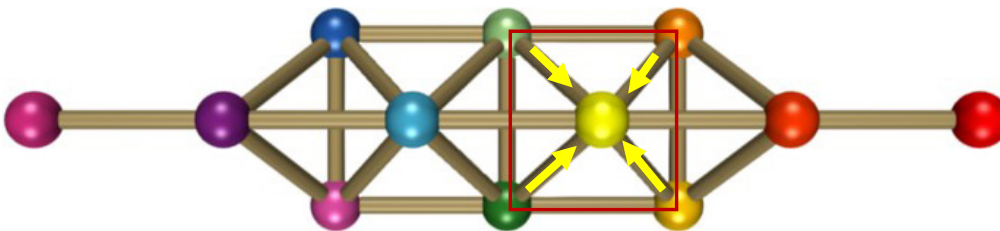
## 7 – Tif'eret (Beauty)

- ISP
- Rest, balance, harmony, relationship, connectedness, hub
- Inward: subjective, personal, feeling, expressive of the heart
- Relation: Conflict to harmony
- Solar Plexus (ability to be centered, calm, confident)



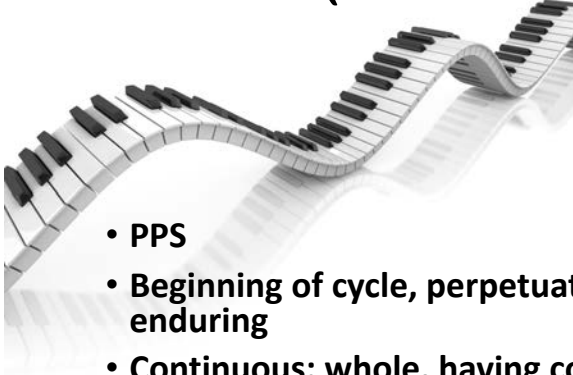
## Seven Directions

- Forward and Backward (Front and Back)
- Side to Side (Right and Left)
- Up and Down (Top and Bottom)
- Center

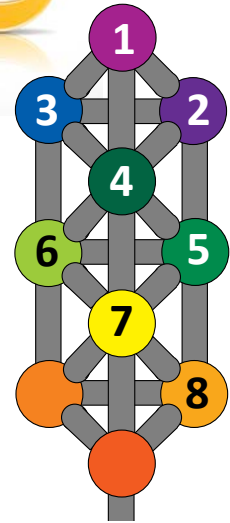




## 8 – Netsah (Endurance)

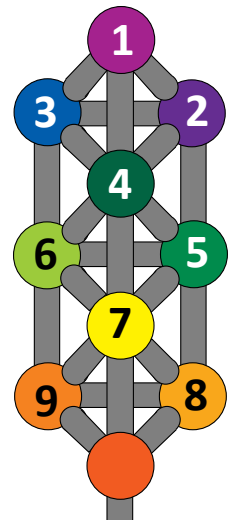


- PPS
- Beginning of cycle, perpetuating, renewal, vitality, enduring
- Continuous: whole, having continuity, flowing, energy, moving
- Flow: Temporal to eternal
- Pancreatic energy (ability to enjoy life, experience pleasure)



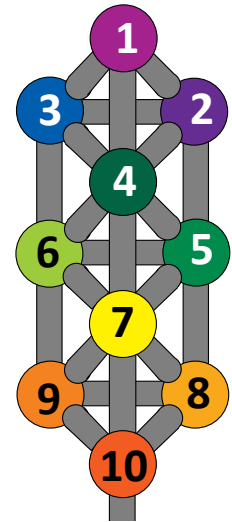
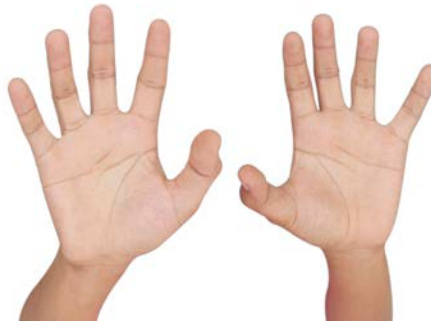
## 9 – Hod (Substance)

- PPP
- Nearing end, advanced, mature, accomplished, honorable
- Substance: present, having a tangible or sensory nature, manifest, real
- Substance: Scarce to abundant
- Liver Energy (ability to achieve goals, defend one's life)



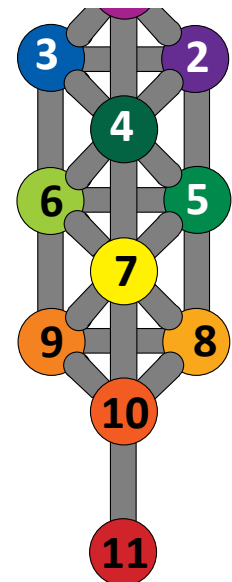
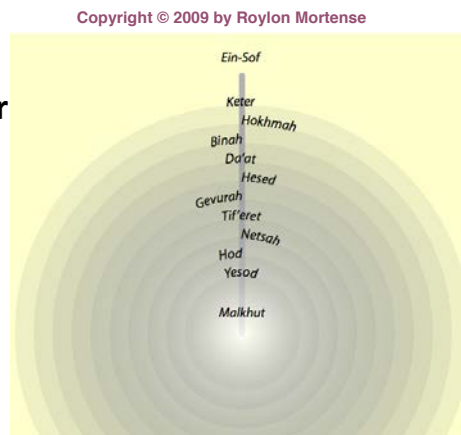
## 10 – Yesod (Foundation)

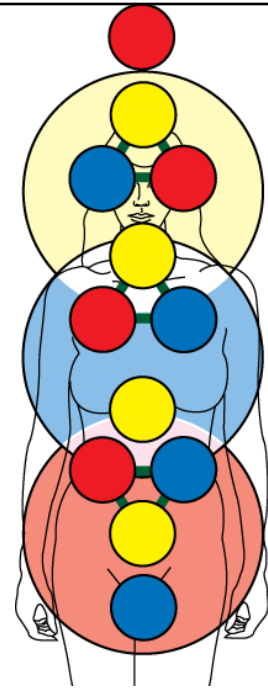
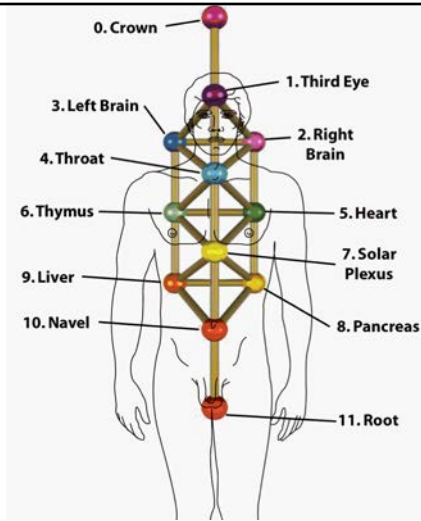
- PPI
- Completion, established, prepared, ready to proceed
- Common: comprehensible, plain, normal, universal, everywhere present
- Structure: Unstable to stable
- Navel Energy (ability to receive nourishment)



## 11 – Malkhut (Kingdom)

- Finite, defined, dwelling, limit or bounds
- One again, ongoing, continuing, dwelling
- Finite: having definite limits or bounds, symbolic of earth
- Temporal: Intermittent to dwelling
- Root energy (connection to the earth)





**The Emotional (or Energetic) Anatomy Map**