



Transforming Darkness into Light (Teachings of Kabbalah)

Yitzchak Ginsburgh

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The Ba'al Shem Tov, the 18th century founder of the Chassidic movement whose teachings are rooted in Kabbalah, revealed that any process of spiritual growth must proceed through three developmental changes in psychological attitude which he called "submission, separation and sweetening". Our ultimate goal is to sweeten our problems, to transform darkness into light. But in order to accomplish this, we must first nullify our ego, the root of all of our problems and anxieties, and create a pure, positive state of good and light within us, separated from our outer darkness. In *Transforming Darkness into Light*, Rabbi Ginsburgh presents the fundamental elements of a system of Kabbalistic psychotherapy, as it has developed in Chassidic thought and practice. He highlights many ways in which the Jewish mystical path to psychological well-being both agrees with and differs from the dominant schools of modern psychotherapy. Rabbi Ginsburgh also examines in depth the pivotal role played by the therapist, and the power of speech in counseling. He shows, step-by-step, how to separate out the negative influences in our lives, heal our psychological wounds and how to taste the sweetness of inner peace so that we can do our part to bring the world to be a place of peace and blessing for all humanity.

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