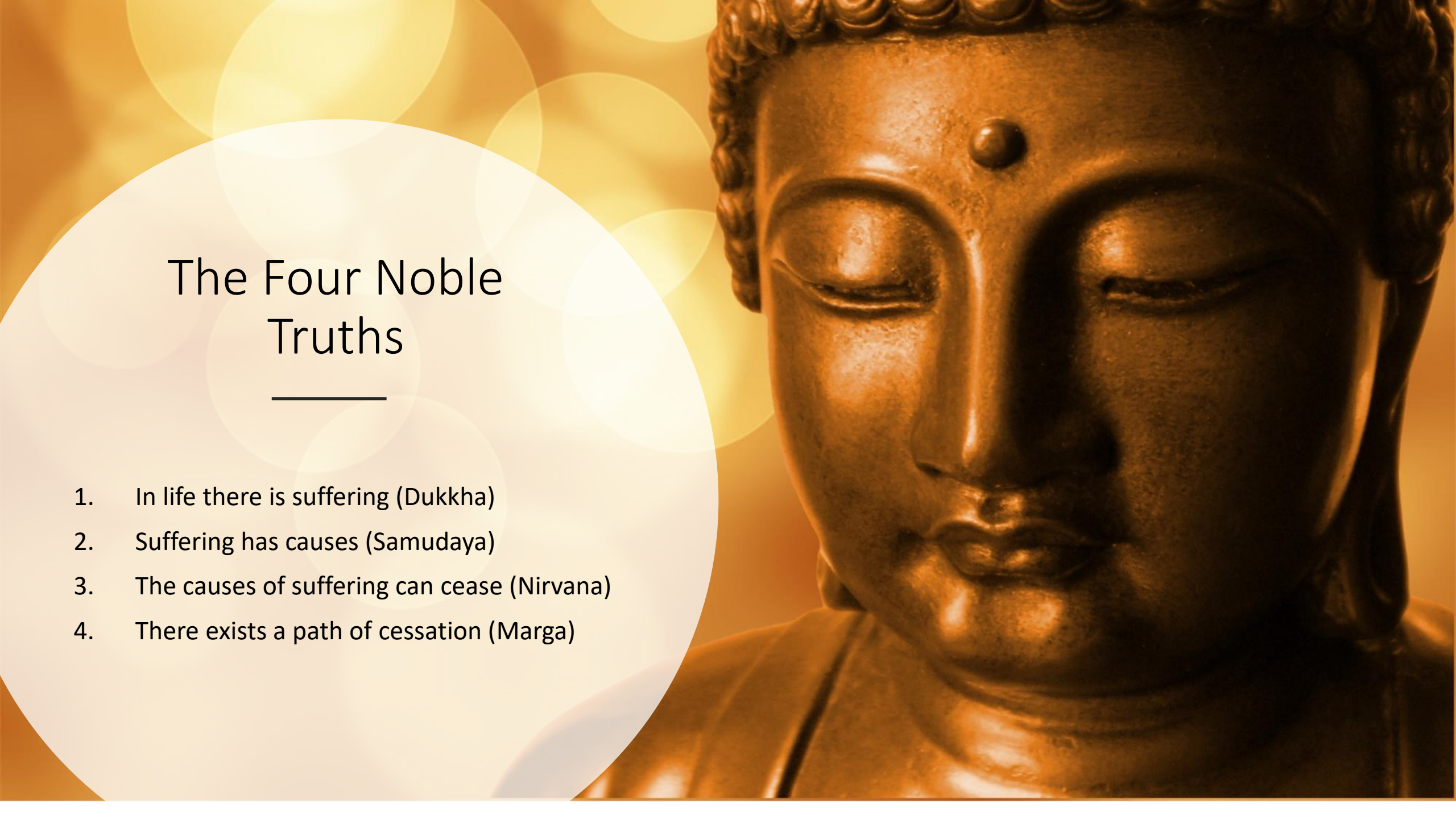




Intelligence and Understanding

The Foundations of Meditation



The Four Noble Truths

1. In life there is suffering (Dukkha)
2. Suffering has causes (Samudaya)
3. The causes of suffering can cease (Nirvana)
4. There exists a path of cessation (Marga)

Intelligence and Understanding

From Latin *intellegēns*: realizing, understanding, perceiving, discerning.

- intelligō- inter (“between”) + legō (“collect; recite”).

From Old English *understandan*, under—stand:

- to grasp the idea of; comprehend.
- to perceive the significance, meaning, explanation, or cause of something.
- to interpret or view something in a particular way.
- to be thoroughly familiar with; apprehend clearly the character, nature, or subtleties of something.

אצילות ATZILUTH

World of Archetypes

כתר
KETHER
ψ

7th
or Zero dimension

בינה
BINAH
ל

חכמה
CHOKMAH
כ

דעת
DAATH
ד

גבורה
GEBURAH
ג

חסד
CHESED
ה

6th
dimension

תפארת
TIPHERETH
פ

בריאה BRIAH

World of Creation

הוד
HOD
ו

נצח
NETZACH
ז

5th
dimension

יצירה YETZIRAH

World of Formation

יסוד
YESOD
י

4th
dimension

עשיה ASSIAH

World of Action

מלכות
MALKUTH
מ

3rd
dimension

5th
inverted

T H E F O U R W O R L D S



The Transformation of Impressions

Impression

- From Latin *impressio*, *impress*—“pressed in,” from the verb *imprimere*, to imprint.
- An effect produced upon someone
- A mark impressed on a surface by something



Willpower + Imagination = Comprehension