

K A B B A L A H Technology for the Soul™



Beyond Blame

A FULL-RESPONSIBILITY APPROACH
TO LIFE

YEHUDA BERG

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DEDICATION

This is dedicated to my young friend Yoni who left this world this year at the young age of 19. In your absence, all those whose lives you have touched have chosen to use your passing as an opportunity to share and help others.

You have been an inspiration to so many to go beyond blame and find happiness and Light amidst what could have been incomprehensible darkness and suffering. Thank you for your gift. May your soul delight in the giving you have created.



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PROLOGUE

July 9, 2006, was an amazing day in human history. For a few brief hours, billions of people were intensely focused on one event. Nothing like this had ever happened before. The first moon walk, the resignation of President Richard Nixon, not even the final episode of *American Idol* had attracted such a gigantic audience. The event was the final game of the 2006 World Cup soccer tournament, watched by a huge percentage of the world's total population, on millions of television screens.

A much smaller number, of course, were actually present at the game—and I was one of them. Soccer had never really been my favorite sport, but when a ticket suddenly became available, I couldn't resist the chance to attend the biggest sports event ever. Not only did it turn out to be a great game, but it was also a perfect metaphor for the ideas you'll encounter in this book.



Even if you don't pay any attention to sports, you probably know that the French star Zinedine Zidane was ejected in the final minutes of the World Cup championship game for suddenly head-butting Marco Materazzi, an Italian defensive player. When I saw this with my own eyes, my first response was complete disbelief. How could one of the world's greatest and most experienced players commit such a blatant foul at the most critical moment of his career, with billions of people watching? It cost Zidane's team the game, and it became the defining moment of his career.

Although like everyone else I was mystified at first, I think I understand what happened on that soccer field. While Zinedine Zidane's action seemed shocking at the time, the truth is millions of people do the same thing every day.

You see, the blatant foul by the French soccer star might have been a surprise to the spectators, and it might even have surprised Zidane himself, but I don't think it was a surprise to his opponents on the Italian

team. I think it was exactly what they planned, what they expected, and what they brought about.

“This guy Zidane is a great player, and we might not be able to beat him on the field,” they might have said. “But maybe we can get him off the field. In fact, maybe we can get him to *take himself* off the field. All we have to do is figure out something that will get him to go out of control and react without thinking.”

And that’s what they did.

No one knows exactly what the Italian player said that caused Zidane to do something crazy and throw away the chance of a lifetime. That detail doesn’t really matter anyway, since what affects a French soccer star may not be the same thing that would affect you or me. But the important point is this: there *are* things that will cause you to react suddenly in ways that are totally against your best interests. There are things that will make you *take yourself* right out of the game—not the game of soccer, but the game of achieving your purpose in life.



And there is even an Opponent who is concentrating on exactly how to push your very specific hot buttons. As you'll learn in these pages, one of the most potent of those buttons is called BLAME. When you react to that button, you destroy your own chances of getting what you really want. But if you *resist* and *restrict* your reaction, you can win the game—and for you it's a lot bigger game than even the World Cup soccer final.

Please read this book very carefully. When you take these lessons to heart, I promise you that your life will be transformed for the better. So when you're ready, turn the page. The game of *your* lifetime is about to begin.



Part One

BEYOND BLAME

You're on the telephone, and you've been waiting on hold for a very long time. Suddenly you hear a click, followed by a pre-recorded voice saying, "If you'd like to make a call, please hang up and dial again."

You're sitting in your car at a traffic light, late for an important meeting. The guy in the car in front of you doesn't see the light change because he's busy with his cell phone, and when you honk he doesn't move.

It's your birthday, and your significant other has forgotten the date.

All kinds of upsetting things happen every day. And sometimes real catastrophes strike—Hurricane Katrina, 9/11, a divorce, a death. When these things occur, you might ask yourself, *"Why do these things happen?"*

The answer may surprise you:

It's God's fault!



In 1970, Russel T. Tansie, an Arizona lawyer, filed a \$100,000 damage suit against God on behalf of his secretary, Betty Penrose, who accused God of negligence in His power over the weather when He allowed a lightning bolt to strike her home. Ms. Penrose won the case when the defendant failed to appear in court. Whether or not she collected is not a matter of record.

There's only one problem with blaming everything on God. *YOU are God*. You just don't know it yet.

The subject of this book is BEYOND BLAME—what lies on the other side of the “life is happening to *me*” syndrome or the blame game. This book is about how to generate for yourself the total, overwhelming joy that comes from being the Creator of your emotions, your thoughts, and ultimately, of your life as a whole.

So let's be very clear. You may think you've picked up some sort of self-help book here. Well, it will help—why else would I have written it?—but not in the way you think. First off, by reading this book, you will connect to

a source of energy that will give you the power and courage to stop blaming and to start creating the life you want. I'll be the first to admit that when you blame someone for the things that go wrong in your life, it feels good. But that warm feeling doesn't last. Ultimately, you will find yourself alone with your issues, blaming someone or something else for the fact that you are unhappy. Still, the lure of that feeling is so strong that even long-time students of Kabbalah forget that the relief we get from blaming is only temporary. No matter how familiar you are with these concepts, this book serves as a reminder.

A QUICK KABBALAH QUIZ

Q: What is happiness?

A: Happiness is the outcome of taking responsibility.

Q: What is ultimate happiness?

A: Ultimate happiness is taking ultimate responsibility.



Whoa! Wait a minute. Ultimate responsibility? I thought happiness came from getting something I want, or eating my favorite meal, or having the woman or man I have been thinking about at the office, pay attention to me.

Ultimate responsibility—that doesn't seem like happiness—that seems like a lot of hard work.

Please pay careful attention here. According to Kabbalah, happiness comes from accepting your responsibilities—and your ultimate responsibility is to be happy! This is not just some kind of circular reasoning, because the happiness we refer to does not consist simply of momentary feelings of pleasure. It is the sustained happiness, the joy, the total fulfillment that comes from connecting to the Source of All Happiness—which kabbalists call the Light.

And where does that Light reside? Right inside each one of us.

HEAVEN ON EARTH (ALMOST)

According to Kabbalah, there really was a time when we “had it all.” More precisely, we were *given* it all: total fulfillment was bestowed on us by the Creator, who—like a parent granting a child’s every wish—only wanted us to be happy.

The only thing we did not have was the opportunity to be in charge of our own destiny, to develop our own self-worth, to earn our own success, to be the source of our own joy. In other words, we weren’t the *Cause* of our happiness; we were the *Effect* of the Creator’s desire to make us happy.

It turns out that happiness was and is the one thing that nobody, not even the Creator of the universe, could give us.

Imagine, for a moment, your own version of paradise. It doesn’t have to be the biblical Garden of Eden. Forget about the animals and forbidden fruit. Just picture an



environment in which you're given everything you could possibly want. You're handed an attractive, healthy body; all the money you'll ever need or want; a loving partner; creative projects; well-behaved, smart children.

It's a great feeling, right? But even in this paradise, the truth is there will *a/ways* be something you lack or something more you want. That's simply human nature.

Why is it human nature?

THE ANSWER TO THAT IS . . .

There was a place called the Endless World, filled with God's infinite Light—brighter than a thousand suns—and overflowing with total abundance. The Light was the source of infinite peace, love, health, sustenance, well-being, and all manner of true fulfillment.

The inherent nature of the Creator was the quality of endless sharing. But in the Endless World, there was no one with whom to share this boundless fulfillment. So God created a vessel—humanity—whose sole nature was the desire to receive. And thus there was perfect balance: the Light shared and the vessel received.

Then a profound transformation began to take place. Just as a cup gets warm when hot liquid is poured into it, the vessel of humankind began to absorb the qualities of the Light. In addition to the desire to receive, the vessel of humanity now embodied the Creator's desire to share, to initiate, and to create.



Once it was imbued with the nature of the Creator, the vessel felt unfulfilled by all the abundance it had been spoon-fed. Kabbalists call this condition *Bread of Shame*. As a result, the vessel chose to pull back from the primordial paradise to find its own way to fulfillment: *“Don’t fulfill my desire unless I have earned it!”* This action was the impetus for the creation of this physical world, where we, as humanity can only derive true fulfillment and true happiness—the kind we did not have in the Endless World—through the work of becoming like the Creator. Only when we initiate, share, create, and take charge can we draw the Light into our lives and achieve the fulfillment we truly want.

ASK YOURSELF HONESTLY: “WHAT DO I REALLY WANT?”

Many people tell themselves, “If I could just make a little more money . . .,” or “If I could just get a better job . . .,” or “If I could just get along better with my spouse . . .,” or maybe “If I could just get out of this apartment and into a nice house . . . then everything would be all right and I would be happy.” But we know that those things don’t make us happy. Sure, they may give us some pleasure temporarily. But our problems don’t go away.

Many struggling people believe that winning the lottery would solve all their problems and make them happy. Well, the rent would be covered, you could pay off that credit card debt, and you could buy all those things you want without worrying about the prices, but could money cure your friend’s terminal cancer? Could it bring you your soul mate? Could it make your children love you? Could it fill the empty pit inside that whispers in the dark of night, “Is this all there is?”



Ask Yourself Honestly: “What do I really want?”

Stories about lottery winners, after the first flush of victory, rarely end happily. No matter how many houses and cars and digital gizmos winners can now buy, their winnings can't protect them from isolation, depression, or death. And the way in which they received their wealth didn't increase their self-worth or their ability to create or share. It's Bread of Shame.

The Creator made this universe for us so we could achieve the only form of happiness we really desire, the only thing that we did not have before—the ability to create our own satisfaction. There is no one else in the world who can completely fulfill our desires for us. That's the bottom line: one person cannot give another person the joy of self-attainment. And self-attainment is the only way we can have the complete contentment we desire. As the ancient kabbalists teach us, it is part of human nature and the nature of this world that no matter how much is given to us, as long as we are the ones who are receiving and not the ones who are giving, we will always feel Bread of Shame. We will always be the vessel and not the Creator. We will always feel

powerless. We will always find someone to blame for our unhappiness.

You know the saying that happiness is a choice. Well, according to Kabbalah, happiness is actually the *result* of the countless choices that we make at every moment. From a kabbalistic viewpoint, it is not the *rightness* of a choice that matters, it is just that in making a conscious choice, we move ourselves beyond the possibility of blaming, toward the certainty of true happiness.

If we are not aware of the constant choices that we make, then we eventually become controlled by outside forces or random situations and feel powerless in a universe that is chaotically happening *to us*.

The truth is, when we are really aware of ourselves, we see that we are always making choices, although the choices may be made unconsciously. Even deciding to postpone making a choice—or not making one at all—is in fact a choice in itself.



Ask Yourself Honestly: "What do I really want?"

It may sound like a tall order to be conscious of and responsible for our choices, but it is possible. When we decide that we want to get rid of blame, anger, frustration, envy, bitterness, regret, guilt, and a thousand other negative feelings that are poisoning our life right now, then we can begin to write the screenplay for the life we want to live.

Three hands are shown in silhouette, pointing towards the center of the frame. One hand is at the top left, another at the top right, and a third at the bottom right. The background is a solid light gray.

Part Two

THE TECHNOLOGY TO GO BEYOND BLAME

If you've heard it said that Kabbalah is a religion, please let go of that thought right now. Kabbalah is a results-oriented system that explains the laws of the universe and how we can best operate within it.

Kabbalah doesn't intellectualize or rationalize. Kabbalah is infinitely practical—a time-tested *technology* designed to give us the tools to access the energy we need and want from the source of that energy. In a sense, it's like going to a website and downloading a song. Kabbalah shows us how to download from the *99 Percent Realm*, where all happiness resides, where true friendship and love exist, where all sustenance, prosperity, and fulfillment dwell.



THE 99 PERCENT WORLD

Kabbalists refer to the physical world—the world we know through touch, taste, sight, sound, and smell—as the *1 Percent Reality*. The immeasurably larger domain, the remaining *99 Percent*, is hidden from our everyday awareness.

The 99 Percent World is not something you can measure with a yardstick, clock, or thermometer, even though it's always there. Think of a lamp. Although the light may be very bright and powerful, when a blanket is placed on top of it, it's as if the light had disappeared. Kabbalah teaches that the Creator's Light is hidden from us not by one blanket, but by ten intervening dimensions, like curtains hung between us and the Light and us. Whenever one of your dreams comes true, whenever you have a problem for which a solution suddenly appears, whenever you bump into the very person you were just thinking about, you have connected with the 99 Percent World.

The 99 Percent is the ultimate source of joy, waiting for us to connect with it.

Why do we have to connect with it? Why isn't it just available to us?

Remember, humanity was unfulfilled by just receiving the Light passively. We felt powerless. We wanted to do away with Bread of Shame by giving rather than just receiving. We wanted to earn our happiness through our spiritual work—the work of drawing down the Light from the 99 Percent World, and then behaving like the Light by sharing and caring for others.



THE OPPONENT

So our purpose in life is to become the Creator of our own ultimate happiness, and we need to do this as a matter of choice (free will). But how can we make a positive choice without the possibility of making a negative one? Part of our spiritual work is to overcome the force that leads us in the opposite direction, which Kabbalah calls the Opponent.

There is a story in *The Zohar*, the foundational text of Kabbalah, about a great king who was ready to step down from the throne. He wanted his son to succeed him as king, so he decided to test his son's character. He asked the most beautiful harlot in all the land to use her many charms to seduce his son. The son refused her advances and the king happily turned over the reign of his kingdom. *The Zohar* asks: Who was responsible for the boy becoming king? It was the harlot, acting as his Opponent. Had he not had the opportunity to be tested, the son would not have risen to the stature of king.

The Opponent is both external and internal. The external force creates the situations to which we can choose to react or not react. And it's the internalized voice of the Opponent (the ego) that often makes us choose the path of least resistance. It says, "I'm not to blame for this situation. Others are. I am not to blame for my unhappiness, others are. I am powerless in my own life. I am limited and cannot create my own happiness."

Kabbalists explain that we all have two sides to our nature: one that is negative, reactive, fearful, insecure, and blaming; and one that is capable of anything, is powerful beyond our understanding, is positive, sharing, and takes responsibility. The obstacles that we encounter in life are not really our enemy. As we saw with the king and the harlot, they are the opportunity that the Creator (the king) puts before us in order to give us a chance to become the Creator ourselves. There's not much satisfaction in inheriting a fortune from your rich uncle, especially in comparison to building the fortune on your own against all odds. There's no



accomplishment in winning a game that's stacked in your favor.

If you want to be a great tennis player, you may not like it when your opponent returns your best serve, but that doesn't mean you should start playing without someone across the net from you. In fact, the Opponent is a very important concept in Kabbalah. The Opponent exists so we can learn to choose to earn our own happiness.

CREATING THE CIRCUITRY FOR HAPPINESS

If your ultimate joy comes from fulfilling your ultimate responsibility, and your ultimate responsibility is to be completely and permanently joyful, how does knowing all this translate into making it happen?

Your consciousness is the seed for everything that happens to you in this life. Depending on your thoughts, feelings, and actions, you will either access the energy of chaos or the energy of fulfillment. Instead of waiting for some power to come in, solve your problems, and grant your wishes, you need to create a connection with the source of that power. Since that connection to the 99 Percent World has probably happened only sporadically in your life, you need to break out of your habitual ways of living.

Look at it this way: If you were a radio running on batteries, what would happen when the batteries ran down? The radio wouldn't be able to pick up a signal



and broadcast it to whoever was listening. Someone could come along and recharge the old batteries or put in new ones and the radio would play for a while, but then it would run down again. However, if the radio were connected directly into the source of energy, plugged into unlimited wattage, it would be able to transmit its signal at any time. It would be able to share its music with others. It would be happy.

Kabbalah teaches us about the flow of energy and how we can plug into it. It teaches us that the universe operates in two states of existence and through two columns of energy:

Creator	or	Created
Light	or	Vessel
Sharer	or	Receiver
Cause	or	Effect
Powerful	or	Powerless

You're always in one of these two states. The problem is, you may not be aware of which one you're in, or that you have any choice in the matter. The good news is that the choice is always open to you.

Kabbalah is about *circuitry*. It's not a "top-down" system in which God is depicted as an all-powerful father or king. Circuitry means that you are *never* simply an Effect (unless you make the conscious or unconscious choice to be one). You are *never* the pawn of a Divine master. You can *always* improve life at its seed level.



GETTING THE MESSAGE

Imagine you're still feeling a bit sleepy as you get into your car one morning. The next thing you hear is a very unpleasant crunching noise: you've backed right into a car behind you. That will cost you the price of two new bumpers. If asked to explain why this accident happened, would you blame it on the other driver?

If someone were to tell you there was a vital spiritual message about your life concealed in this incident, what would your reaction be?

Suppose you got into a second accident of the same kind only a day later. Would you be more inclined to believe there was something going on beyond the perception of your five senses? What if a similar accident happened every day for a week? Would it just be simple coincidence?

Here's what you need to understand: Everything in your life is exactly as it should be *right now*, based on what

you need *at this moment* to move your soul forward toward ultimate happiness.

The car accident described above may have seemed like a random event, but there's a way in which the accident (and all the events of your life) are the manifestation of something much larger. Kabbalah teaches that your soul has passed through the world in many different life spans. In each of these lifetimes, there was a specific aspect of your soul that needed to be corrected before you could move on to the next stage of your spiritual journey. You can ignore the message that is being sent to you, but if you do, the message will continue to be sent until you take positive action to make your correction.

Problems in our lives are really messages that need to be heard and addressed. In the example of the car accident, it may be that an accident of some kind occurred in the past—perhaps even in another lifetime—for which you may have blamed someone else and failed to take responsibility. Now you've been



presented with an opportunity to correct that situation. You need to not react to the fender-bender by getting angry and excusing yourself from blame. Instead, use it as an opportunity to move your soul past a sticking point by accepting responsibility.

Whether you are right or wrong in the everyday world is much less important than whether you choose to connect to energy that will move you beyond blame and into happiness.

CHOOSING TO TAKE CHARGE

How do you turn around the circumstances of your life so you're in control, so you're the Creator of your own happiness? No matter what the situation might be, there is always a way. Finding that way is the key to unlocking your destiny of ultimate happiness.

Many people have had an unhappy childhood for one reason or another. Some will use that experience to move forward in their lives, while others will remain stuck in the role of blaming themselves or others (even blaming those who are long gone from their lives).

My mother and teacher, Karen Berg, explained a powerful kabbalistic concept in one of her lectures. In speaking about abusive relationships from the point of view of reincarnation, she said that the reason a person is abused in this lifetime, difficult as it might be to accept, is that they were an abuser in a past life. The cycle of abuser/abused stops when the person's soul,



their individual spark of the Light, says, “That’s enough! The debt has been paid.”

All that may be needed is to switch your thinking. There is always a choice: “I can cry about the abuse I’ve suffered and thus remain stuck in my suffering, or I can rise above the situation, turn my pain into growth, and become someone who helps do something to remove pain and suffering from the world. I can take the lump of clay I’ve been handed and sculpt it into something beautiful. I refuse to think of myself as powerless any longer! I can leave this abusive situation. I’m making a decision, a conscious choice: From now on, *I am powerful and in charge of my life!*”

It may sound simplistic, but it works! “I am in charge of my life,” is more than just a mantra to repeat over and over again. That consciousness, that awareness, is the switch to activating a spiritual technology that connects you to a source of joy so powerful that it fills every empty space in your life.

God never blames. God makes things happen. The moment you take responsibility for what you do with whatever hand you've been dealt, you become like The Creator. You plug into the 99 Percent World and connect to the Light. Now, by tapping in, you create your own newly carved destiny. Suddenly, people feel a different energy from you. Let's face it, there is a world of difference between the energy of someone who is creative, inspired, willing to take chances and be responsible for the outcomes, and the energy of someone who always seeks the approval of others, defends themselves, feels they are being "done to," and is afraid to step out of the box lest they get hurt. Who would you rather have a relationship with, work with, play with?

Who would you rather be?

Remember the two columns? As a victim, you are powerless, the Created, the Vessel, the Receiver, the Effect. When you take charge of your life, you become powerful, the Creator, the Light, the Sharer, and the Cause.



THE POWER OF GIVING

One of the Opponent's cleverest tricks begins when we're still in the crib. As infants we're helpless, and when we cry with pain from our empty bellies someone comes along to feed us. Very quickly we learn to manipulate the world around us to first get what we need, and as we get older and more capable, to get what we want. The Opponent sees to it that the lesson we take away from our helpless infancy is that life is about acquiring, about taking or receiving rather than about giving.

The reason this is so brilliant is that the Opponent has succeeded in teaching us that things are exactly the opposite of how they truly are. If you ever read Superman comics as a child you may remember Bizarro World, a place in which things are the opposite of how they are here on Earth: what people say is the opposite of what they mean. The Opponent has us living in Bizarro World because once we've survived

infancy, taking only moves us away from what we really want and need. It only gives us Bread of Shame. Giving is the real source of power in our lives. It makes us the Cause, not merely the Effect. It makes us God.

Have you ever felt broke, but found it in your heart to come up with a few quarters for that homeless person, or a few dollars to drop into that Salvation Army bucket? If so, do you remember how you felt in that moment? I'm guessing you felt powerful, as you realized that there are people in far greater need than you are, and you're choosing to help them. Power comes from giving. Powerlessness comes from taking.

Blaming works the same way. When you accept full responsibility, you're giving yourself the gift of true power. You're making yourself like the Creator. When you blame, you give that power away. You make someone else the Cause, and yourself the Effect.



THE LAW OF ATTRACTION

According to Kabbalah, the secret of all secrets is the Law of Attraction. According to this universal Law, *Like Attracts Like*. When you are not like God, you create distance between yourself and the 99 Percent World, which results in chaos and darkness. When you let go of being a victim and become the Cause of the circumstances in your life, you are now identical to God—the Cause of all Causes. Like Attracts Like. Again, *Like Attracts Like*. Repeat it to yourself because it happens to be the hidden key to your supreme fulfillment: LIKE ATTRACTS LIKE!

So when you are the Cause, you are *like* God. Why? God is the ultimate Cause and, by acting like God, you achieve closeness and oneness with God. Take a boulder that has been chipped away from a mountain, stick it back into the mountain, and the boulder *becomes* the mountain. They are indistinguishable from one another. The only reason you call it a rock, or a stone, or a

boulder is because it has been separated from the mountain from which it originated.

You place yourself back into the mountain we call God when you emulate God, when you are like God. That means accepting responsibility for being the *Cause* of your own chaos. Period. No buts. No arguments. No questions. Full responsibility. No matter what. Now, when you are God, you *can answer your own prayers*. You can do anything. So accepting responsibility is actually the most powerful prayer we can ever hope to make. Profound. Earth-shattering. It's about greed of a kind, because it's about "what's in it for me?" The answer is: *Everything!*

And what do we do when we run off the rails? We pray to an external God. We pray as victims instead of accepting responsibility. We ask an outside force to solve our problems. Or we ask our accountants. Or lawyers. Or friends. And we point the finger of blame at others. Or we point it heavenward. And when the chaos increases, we "pray" harder to God for more help.



See what's wrong with this picture? Now we are doing the exact opposite of true prayer (which is taking responsibility). Thus, all of our so-called prayers are actually driving us farther away from God. Like attracts like. Say it ten times a day. Say it a hundred times. Mind-blowing. Any wonder our prayers go unanswered? When we pray to an external God, we are being an Effect, the opposite of God, so we're creating separation between ourselves and God.

Our prayers are actually creating even more distance between ourselves and the 99 Percent.

What a hoax, what a plan, what brilliant strategy by the Opponent!

And now, he will give you 63 reasons why this isn't true, in an effort to plant doubt in your mind.

THE CREATOR

Where did this feeling of blaming and “victimhood” come from in the first place? It was created to keep us from becoming God. It was created by the Opponent—our self-centered egotistical attitude—to prevent us from unleashing our God-like power to control our world and our lives . . . and our egos!

When most of our time is spent in the land of *I-me-mine*, our minds narrow, our world shrinks. When we have a personal problem, it seems huge, insurmountable. When we become more like God—more like the Creator, the one who shares with others, the Cause and not the Effect—our world expands. Now our problems become manageable—because we are willing to assume full responsibility for them. They don’t loom quite so large.

So we have to *earn* the power of God through dedicated effort. We have to *earn* our birthright and destiny, which is to have endless happiness and joy, created by



our own hands. And we develop our creative power in direct proportion to our success at eradicating ego and selfishness. Thus, sharing and ego-restriction are powerful ways to help us evolve the strength to accept responsibility. Selfishness is what prevents us from taking responsibility. The less selfish we are, the easier it is for us to accept responsibility. And when we accept responsibility for our own thoughts, words, and deeds, we unleash the Godly power within us. It's all connected. Thus, sharing, kindness, and resisting reactive behavior are all tools designed to awaken the strength and foresight to be accountable for everything!

So you see what's at stake here? When we accept responsibility, we become God. It's not a matter of morality, it's a purely practical approach: it works!

When we are God, imagine our power. The only weapon the Opponent has is to make us feel like victims. It's a trap. A trick. Deception. And we buy into it. We fall for it every minute of every hour of every day, seven days a week. Imagine what would happen to our life and this

world if everyone stopped for one moment and accepted full responsibility for everything. The chaos would be over. The doubts implanted by the Opponent would be gone.

When you become God, everything changes. Everything. You have just unlocked the power to achieve boundless fulfillment.



MOVING BEYOND BLAME

Since blame is a well-established habit for most of us, you need to go Beyond Blame ASAP. Blame is not part of being the Cause of your own happiness. As long as blame remains part of your world view, you are cutting yourself off from real joy.

Instead of saying, “Why me?” when something happens, suppose you cut out the “me,” and ask, “Why? What’s the real reason this situation has come into my life? If I restrict my negative impulse to blame something or someone outside of myself, what positive responses open up to me? How can I use what’s happened to become more like the Creator?”

Here’s an example of how this system works.

Suppose you really want a lasting relationship, but since you haven’t found your soul mate yet, a sexual encounter is sounding pretty good. You can make a conscious decision: “I know this is not a substitute for

a loving deep relationship, but I will settle for good sex at this point. If in the end I get hurt, I am not a victim because I walked into this situation with my eyes open.” Although this may not have been the smartest decision in the world, at least by not feeling like a victim, you are connecting to some small portion of the Light. Don’t misunderstand me. I am not suggesting that having a one-night stand is a good idea. I am merely using this as an example of the choices that we are faced with in life. To really understand the effects of this type of sexual encounter, you can read my book, *The Kabbalah Book of Sex: And Other Mysteries of the Universe*. But for the purpose of this book, let’s look at it from the point of view of blame.

The biggest problem with being a victim is the game we play with ourselves. We make silent decisions without really thinking about them, and then we find ourselves in situations where we blame others for hurting us: “Boo-hoo. I slept with him and he broke my heart. Why me?”



If the decision to have sex was made consciously, then you can no longer be the victim: “I wanted to have sex, and I enjoyed it. It was my choice. I take responsibility and I will pay the energetic bill collector and move on.”

GUILT

There is a big difference between taking responsibility and blaming yourself—a big, big difference. You may know that no one else is to blame for your problems, but you may decide that it's all your fault. You're to blame. You can't do anything right. You really fouled up this time, and all you can do is wallow in your failure. That's blame turned inward, and it's called *guilt*.

Guilt is not the result of taking responsibility. The Opponent would like us to think we are taking responsibility by feeling badly about what we did, but it's an illusion. In reality, guilt changes nothing. If you beat yourself up mentally, emotionally, or physically, you're just depleting the energy you need to change. Choosing to stay in guilt can lead to depression. You can become paralyzed with guilt, unable to move forward in life.

The way to move out of guilt is the same as moving out of blame: take an action to be like the Creator. The



Creator does not have a need for self-abuse. The Creator merely shares, creates, initiates. The next time you feel guilty about something, take responsibility for what you have done and make a commitment to change. Then take an action of sharing in order to connect to the 99 Percent. Download the energy to give you the power to change. It's as simple as that.

TRY IT!

During the next few days (or even the next few hours) something will probably happen to trigger your “blame response.” Unfortunately, you’ve probably been using that response all your life. It’s well engrained, so you’ll have to be very conscious in order to respond in a different way.

Even if it seems like you’re a totally innocent victim, see what happens if you *accept total responsibility*. See what happens when you realize that every difficulty in your life has been chosen by you, at the deepest level of your soul, so that you can overcome the Opponent and use the challenge to become the Cause of your own happiness. Not even the Creator can coerce you into changing your own destiny. After all, if change came from outside yourself, then you would not be the one who fulfilled your responsibility for creating your own ultimate happiness.

The role of victim can be very seductive. There’s a certain pleasure in feeling sorry for yourself, even if you



Try It!

know in your soul that you're only playing a part. Chaos, pain, suffering, and even death are illusions, just as darkness is an illusion made convincing by the absence of light.

So go beyond blame. When you feel like the world is picking on you, ask yourself, "What pleasure am I getting from this feeling? How can I stop chasing that pleasure and exchange it for what I really want?"

When you think that God has forgotten about you, tell yourself this: "I will remind myself of the spiritual truth I know but have forgotten—that God is within me!"

When your life seems too difficult and demanding, say this: "I will find ways to make life easier for others—not out of altruism, but from the ultimate self-interest. It will make my life better!"

When everything is going wrong and there seems to be too much evil in the world, tell yourself, "I bring more good into my life and the lives of those around me."

IT'S OKAY TO FALL DOWN

You don't have to be perfect at being responsible right out of the box. Don't even try. It's OK to fall into feeling like the victim every once in a while. We all do. The difference now is that when you fall into it, you'll *know* who the real enemy is. It's not the person out there you should be blaming. It's your Opponent who is making you feel powerless. So losing one round of the fight is not a problem. The problem is not even knowing or remembering that you are in a fight with the Opponent. When you are in the grips of blame, try to remember you can change the situation. It doesn't matter if you fall down; just pick yourself up, dust yourself off, and remember: it's always your choice.



A KABBALISTIC TALE

Before going on to the personal accounts that make up the balance of this book, let's look for a moment at a much older story that reveals the kabbalistic perspective.

Once, in a small town in Eastern Europe, there was a man named Jacob. His life seemed to be full of problems and pain. For one thing, he and his wife had never been able to conceive a child. They had very little money, every day was filled with nothing but hard work, and there seemed to be no way out.

Finally Jacob went to see the famous kabbalistic teacher known as the Baal Shem Tov, or Master of the Good Name. The teacher listened to Jacob's many problems, and also to the blame that Jacob directed at various people as explanations for those problems. After hearing all this, the Baal Shem Tov gave Jacob some mysterious advice: "Go to a certain town whose name I will give you. Tell the first person you meet there

that you have come to see a man named Josef, and ask where this Josef might be found.”

Jacob was puzzled by all this, and when the Baal Shem Tov told him the name of the town, he realized that it was very far away. Still, no one ever questioned the great teacher’s wisdom, so Jacob departed on the journey.

When he finally arrived at the edge of the town that the Baal Shem Tov had named, the first person he met was a blacksmith who was busy shoeing a horse. “Excuse me,” Jacob said, “but I’ve been sent here to look for a man named Josef. Do you know if there’s anyone by that name in this town?”

The blacksmith looked up, hesitated a moment, and then shook his head. “Long ago,” he said, “there was someone here named Josef, but he’s dead now, and no one here has named their child Josef ever since. He was a really nasty person. You wouldn’t have liked him. We’re all better off now that he’s gone.”



After hearing this news, Jacob had no choice but to begin the long trip home. As he did so, he felt worse than ever. He had devoted considerable time and effort to this journey, and he had nothing to show for it. As usual, he looked for someone to blame for the pain and desperation he felt, but there was no one to blame except for the Baal Shem Tov. It felt strange to blame the great teacher, but Jacob could not see his situation in any other way.

Jacob hurried to see the Baal Shem Tov as soon as he returned home and demanded, “Why did you send me on such a long journey to find some man named Josef, who’s been dead for so many years? Not only that, but how could this Josef have possibly helped me deal with all the problems in my life? He seems to have been a really awful person.”

The Baal Shem Tov replied in a quiet voice, “Even though you didn’t get to meet Josef, I think that just hearing about him will help you understand the way

things have been going for you. You see, in a past life, you were Josef.”

This story touches on kabbalistic teachings about reincarnation, which we mentioned earlier. But even without delving deeply into reincarnation, there is still a powerful message here. Even within a single lifetime, we can be many different people.

Many people are like Jacob. They’re unhappy with what’s happening to them, and they look outside themselves for something to blame. What they need to learn—and as we’ve seen it’s not an easy lesson—is that even when things seem far beyond our responsibility, we always have the power to change who we are, if only we can recognize that power and use it to improve our lives. To grow beyond blame, and to enjoy the benefits of that growth, accepting responsibility is absolutely essential. Please bear that in mind as you read the stories in the next section. Even more important, bear it in mind as you live your life every day.



TACKLING BLAME WITH THE 72 NAMES OF GOD

Now that you've read the stories and pondered them from the point of view of Kabbalah, you may be wondering what is the most effective way to get on with your own work of getting beyond blame. Well, the very best tool of Kabbalah that I know is The 72 Names of God.

These are no ordinary “names.” The 72 Names of God are not actual words, but combinations of three Aramaic letters that connect you to an infinite spiritual current that operates at the DNA level of the soul. The Names help you to unleash your own God-like powers and attain control over your physical reality. It is the very same spiritual technology that Moses used to part the Red Sea.

Each of the three letters in a Name has a particular function. The first is a positive charge, the second a negative charge, and the third a grounding wire, forming a circuit of energy that is transmitted directly to

your soul. The sacred sequences of letters that comprise the Names are activated visually. The flow of energy is transferred directly to you when your eyes behold the shapes of the Names. You don't even have to be able to read Aramaic.

If you would like to learn more about this ancient kabbalistic tool, consider reading my book, *The 72 Names of God*. For the purposes of this book—helping you to go Beyond Blame—there are three Names that I open-heartedly recommend:

The first is **יחל** **Letting Go**. It helps us release our past pain and suffering and be willing to welcome happiness into our lives.

The second Name is **מנקה** **Accountability**, which works with the questions we have been discussing: “Why me? Why now? What did I do to deserve this?” It helps us leave victim consciousness behind, stop our reactive behavior, and regain control over our lives.



The third name is **מלה** *Sharing the Flame*, which reveals the secret of light and darkness in the everyday world: a single candle can extinguish the darkness. When we share the Light, we lessen our own selfish nature and connect to the 99 percent realm, the infinite source of true happiness and fulfillment. Therefore, this Name has the power to bring us endless joy.

In order to make these Names work for you, it's important to have certainty in their power, understand the particular influence radiating from each Name, and follow through by activating their power with action. It is the follow-through action of going beyond blame that you have been reading about here.

As these three particular Names suggest, we have to have the courage to Let Go of the past, hold ourselves Accountable for our own happiness, and Share the Light to eradicate the darkness. This is the practical wonder of Kabbalah: it doesn't require years of silent contemplation on a mountaintop, and it works in the here and now of our day-to-day lives.

I know, it's not easy, but you're not alone. If you want the advice and help of a qualified teacher of Kabbalah, contact one of our Centres through our website, www.kabbalah.com. If you're not physically near a Centre, the website offers ways to work with a teacher online.

It's your life. Accomplish your true destiny by accepting responsibility for it. May you be happy and totally fulfilled.



YEHUDA BERG



A bestselling author and prominent authority on Kabbalah, Yehuda Berg is part of a long lineage of kabbalistic masters, and the son of Rav and Karen Berg of The Kabbalah Centre. In 2009, *GQ* magazine's The Gentlemen's Fund honored him for being an Agent of Change in the field of Education. Yehuda has authored more than 30 books on topics ranging from self-empowerment and depression, to relationships and the Bible. His bestsellers are *The Power of Kabbalah* and *The 72 Names of God*, which have been translated into 20 and 14 languages respectively. His daily Tune-ups are sent to more than 200,000 fans, and he contributes regularly to *Huffington Post*. He lectures internationally on the power of human consciousness and the possibility of personal transformation and global change. Yehuda speaks to thousands of

people from all walks of life. Teaching Kabbalah as a wisdom of change, he simply delivers deep and complex concepts in a way that is applicable to daily life. Yehuda is co-director of Kabbalah Centre International, Inc. Founded in 1922, KCI is a not-for-profit organization leading the way to bringing Kabbalah to everyone who wants to learn. Yehuda lives in Los Angeles with his wife and five children.

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OTHER BOOKS BY YEHUDA BERG

72 Names of God: Technology for the Soul

72 Names of God: Meditation Book

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Daily Tune-Ups: A Year of Living Kabbalah

Dialing God

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Kabbalah on Green: Consciousness and the Environment
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Kabbalah on Love (Technology for the Soul)

Kabbalah on Sex

Kabbalah on Sleep (Technology for the Soul)

Kabbalah on the Sabbath (Technology for the Soul)

Living Kabbalah: A Practical System for Making the Power
Work for You

Power of Kabbalah for Teens

Power of Kabbalah: Thirteen Principles to Overcome
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