Introduction to the Tree of Life

A Little Background
How does it all fit together?

Western 4 Elements

Yin - Yang

Body, Mind, Spirit

Universal Energetics

Ayurvedic Tri-Doshas

Tree of Life

7 Chakras

Chinese 5 Elements

Medicine Wheel

My Lecture in a Dream

Universal Energetics

Everything is Energy
Circles and Cycles

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
22 Pathways

3 Horizontal Pathways
7 Vertical Pathways
12 Diagonal Pathways
Correlate to the 22 letters of the Hebrew alphabet

Pathways represent transformation, change, growth, connection and movement.
They also have names and numbers.
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)
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