



A GLIMPSE INTO THE AFTERLIFE

Part 1: Past Lives & Root Souls

by Rav DovBer Pinson
IYYUN Center for Jewish Spirituality

The following are excerpts from two books by Rav Pinson; Reincarnation & Judaism: Journey of the Soul and Jewish Wisdom on the Afterlife: The Mysteries, the Myths, the Meanings.

Root Souls:

ADAM | The primordial prototypical human being, Adam was neither all man nor all women.

Today these two aspects of the male/female dynamic are present in the protoplasm of all human cells, men and women... Adam's soul is the collective and universal soul.

All souls are rooted in the collective cosmic soul of Adam.

(R. Chaim Vital. Shar HaGilgulim, Hakdamah 12. Midrash Rabbah, Shemos, Parsha 40:3.)

According to the Talmud, originally, Adam's body stretched from the earth into the heavens. (*Sanhedrin, 38b*) After he ate from the tree of knowledge, Adam shrank. Kabbalistically, the parts of Adam's soul that paralleled the diminished parts of the body also diminished, and became the source of "old souls." The parts of the soul that remained connected to Adam's body are the so-called "new souls," And yet there are some souls who originate from a source beyond Adam; these are "the truly new souls." Most people have new souls, which are part of the body of Adam.

(Shar HaGilgulim, Hakdamah 3.)

Souls are grouped into families. (*Ramak: Shiur Komah, Sbit Alfei Shnin, 163. Shalah vol. 5, Kedushas HaGuf, p. 160.*)

Generally, children and parents have a soul-to-soul connection, at times, souls will reincarnate into other vessels, at times the nucleus of the immediate family can be comprised of various sources, and not from one root. (*Hakdamah 10. See also Ohr Hachaim, Ki Tissa 32:27.*)

Knowing Root Souls:

Two souls that share the same root will instinctively be averse to each other. (*Hakdamah 20.*)

Yet, if both these souls reach a more elevated state, there will be a beautiful love between the two. (*Pri Eitz Chayim, Shar Hanbagos HaLimud, p. 361.*)

Purpose:

"the purpose of reincarnation to restore the Root soul thus creating a tikkun of the mystical figure of adam."

"...the reason for the soul's descent into this world is for the purpose of Tikkun/ Rectification...not that the soul is with fault, and needs purification, rather Tikkun means enhancement, the soul receives greater fulfillment.

(AriZal: Shar Ha'Gilgulim Hakdamah 16. Safer HaGilgulim Chap 4)

Past Life Memory:

According to the AriZal each life is a new consciousness and that is why people do not recall their past life.

The Ramak writes that people do not remember past lives is so that old hates and grudges should not be carried over from one life to the next.

R. Moshe Cordovero: Shiur Komah, Shit Alfei, Chap. 4, p. 166.

Though ordinarily people cannot recall past lives, there are ways one can, in fact, recall a previous incarnation:

A) Ruach Hakodesh, “divine intuition,” which incidentally is available to all, as the Midrash says.

(Tana Devei Eliyahu, Chapter 9. See also Sharei Kedusha, Part 3, Shar 6 and Shar 7. Sefer Habris, Part 2, Maamor 11;3, p. 482.)

B) Deep meditation or hypnosis, which allows the unearthing of levels of soul that existed in previous bodies.

C) Through ibbur, “impregnation,” from sparks of the soul that exist in gan eden. To be sure, some sources speak of a need to remember past incarnations to help with one’s present condition. *(R. Shlomo of Radomsk. Tiffères Shlomo Al HaMoadim. Pesach, p. 116a.)*

Four Dimensions of Soul:

1:Nefesh

The soul level of nefesh is the spirituality of the physical. The spirituality of the physicality, such as the pleasure we derive from physical actions or sport is connected with our nefesh.

More densely nefesh is connected with the blood of the body, and with our liver, which is the digestive system of the body. At its bear roots nefesh is our subtle bio energy, energy related to body and eventually becoming manifest within body as it crystallizes as form.

2:Ruach

Being moved, whether by someone else’s kindness or a beautifully played musical interlude propels us into a ruach/ spirit state...ruach dips us into the aesthetics, an art form in which we lose our “little” selves within something that seems much greater than us. Ruach is also associated with the heart, the expansiveness of feeling and the sensing of beyond self.

3:Neshamah

A reflection of beriah is our soul level of neshamah. Neshamah allows us to experience freedom. Neshama gives us the ability to choose our life, and choose it according to the deepest resources of who we are.

4:Chaya

Life force is manifested as ratzon - will. Beyond mind, duality.

The five dimensions of soul correspond to the four basic worlds + Adam Kadmon:

1. **Nefesh** (*action*) corresponds to the world of asiyah, “completion”
2. **Ruach** (*emotion*) to the world of yetzirah, “formation”
3. **Neshama** (*intellect*) to the realm of beriah, “creation”;
4. **Chaya** (*will*) to the world of atzilus, the world of emanation;
5. **Yechidah** to Adam Kadmon.