

13 DIMENSIONS OF DAAS

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“If you lack *daas*, what do you have? If you have *daas*, what do you lack?”

- Talmud, Nedarim

DAAS - דעת

All self-development and self-transcendence must begin with a “self” that can enact that change. An "awakened self" that is no longer satisfied with the mundane unconscious momentum of everyday existence. An "independent self" that is no longer bound to one's own limiting beliefs, thoughts and habits, and is now free to re-assess and re-evaluate them. A "visionary self" that senses the possibility of a greater life and a greater world. An "evolutionary self" that yearns to be known, revealed and even transcended. A "Divine self" that has begun to remember its true Infinite nature, and the ultimate heights and destiny that are available to us all. That self, in all its dimensions, is what the Kabbalists call our *daas*. *Daas* is at the core of everything we do in Elevation and learning to access this state is the secret to living our happiest and most successful life. There are 13 core dimensions of *daas*. Becoming conscious of each of them allows us to activate *daas* more fully and consistently, and to reap its blessings in our lives.

1. ATZMIUS – עצמיות Essential Self

Daas is different from every other faculty of our consciousness in that it is the very sense of “self” that underlies them - the true “you”. Thus, it's not just another mental faculty like intellect, imagination, and emotion, but rather the pure, open, field of consciousness in which all the other faculties operate. When the noise of our mind and heart are silenced and our daas “returned,” we experience a profound sense of calm, serenity, inner peace and centeredness -- a sense of returning to our true self. This “self-sense” of daas is a pure awareness of our own existence, of our unique Divine personality and of our

infinite purpose and destiny. It is a simple, still, yet potent knowing. In this state, our innate value, worth and self-love are clear, tangible, unquestioned and unquestionable.

2. RACHAMIM – רחמים **Compassion**

More than just loving or caring for someone, compassion is the capacity to love and care for someone even as they fiercely resist you with anger, hatred, pain, or any other kind of negativity. It means loving people even when they've lost their capacity to love themselves; connecting to people even when they can no longer connect to themselves; and helping them even when they seem beyond help. In essence, *rachamim* is a kind of spiritual x-ray vision that enables us to see and resonate with the innate good, light and divinity within all beings – even when that good is deeply hidden and concealed -- and to then act from that perception in a way that shifts the dynamic, reveals the good, and sets it free. Sourced in, and pouring forth from our *daas*, *rachamim* is one of the highest spiritual attributes and, when used consistently, a true indicator of one's spiritual mastery, for it means that one now sees Divinity constantly, in all things.

3. SOIVEL HAFACHIM – סובל הפכים **Holding Space for Contradiction**

Many of us spend our lives locked into limited views of our reality, unable to hear any other perspective outside of our own. Through *daas*, however, we can access a higher, more objective sense of self, separate from any of our own personal beliefs or opinions. From there, we're no longer triggered or existentially threatened when those beliefs are challenged, because our sense of existence is no longer drawn from or defined by them. We are now able to "hold space" for contradictory opinions, even those which directly oppose our own. This allows for more open, curious and compassionate dialogues and leads to more holistic, nuanced and integrated understanding.

4. KAVANAH – כוונה **Attention**

The capacity to willfully, and with clear intent, focus our mind, consciousness, and entire being on any person, place, or object of our choosing. True *kavanah* is not just "mindful," but also "heartful;" not just intellectual, but also experiential. The more *kavanah* we have - the more concentrated on and absorbed with another we become - the more our sense of self dissolves, as do the boundaries that seem to separate us. This leads to...

5. HAKARAH V'HARGASHAH – הכרה והרגשה Felt-Sense Recognition

The capacity of the self to reach beyond self - to connect, sense and resonate with an “other” as opposed to just thinking thoughts *about* them, or feeling attraction or repulsion *toward* them. This profound mechanism of *daas*-consciousness is experienced as a kind of beautiful, non-intellectual awareness of that thing, a felt-sense and deep recognition of what we place our full attention on. It produces a strong feeling of unity and bonding with the “other”, as if, in that moment, the other unites with us, becomes part of us, and through that is “known” to us in the deepest sense.

6. HISKASHRUS V'HISCHABRUS – התקשרות והתחברות Psychic Bonding & Connection

Remarkably, through binding and uniting my mind with another person or object, I can influence it, and be influenced by it, through pure consciousness alone. This action of “inter-including and interconnecting” my *daas* with another is more than a supernatural technique or a fun party trick. In fact, it's central to our ultimate purpose in this world - namely, to use our mind, heart and intent to transform and elevate everything we interact with.

7. YEDIOS – ידיעות Knowledge

Daas is our knowledge bank, which contains the sum accumulation of everything we have learned, experienced and know to be true. This doesn't only include the detailed information and data, but also the underlying beliefs and abstracted principles that we draw from them.

8. RATZON – רצון Will

Since “what you want” is always an extension of “who you are,” it's not surprising that *daas* is also the source of our values, higher goals, and spiritual ambitions. Thus, *daas* is the will and desire of our true self, as opposed to the “self”-sabotaging wills of our *middos* (lower emotional desires), such as ego, lust, fear, etc. Since we are continually confronted by this inner battle of higher and lower wills, *ratzon* must be not only will (the knowledge of what we truly want) but also *willpower* (the determination to overcome all the resistance on the way to achieving it).

9. YETZER TOV – יצר טוב **Conscience**

The inner, intuitive wisdom, insight and knowing of that which is good, right and true. In moments of choice, this still, small voice whispers to us, speaking to the true motivations behind our behavior and decisions, and gently attempting to guide and nudge us in the right direction. Higher than the subjective bias of our more ego-based beliefs, thoughts, and feelings, the conscience remains ever-present - though our habitual thought-patterns can certainly muffle its voice and diminish its potency and influence.

10. BECHIRAH – בחירה **Free Choice**

Only through the consciousness of *daas* do we have the capacity to choose. Its winning combination of objectivity, sensitivity, and intuition allows it to be conscious and “awakened” enough to make distinctions, in moments of decision, between what is good and bad, right and wrong. When empowered, it can draw on the superior moral and spiritual insight of the *yetzer tov* and leverage it to overcome any internal resistance that our destructive ego-nature puts in our way to stop us from doing what's right.

11. MANHIGUS – מנהיגות **Leadership**

The spiritual awakening and ultimate perfection of every person is dependent on their capacity to awaken and empower their *daas* and return it to its true position of leadership and strength. Before *daas*, each individual element fights to rule the system itself, egotistically declaring “I am the ruler!” *Daas* steps in as the true rightful king, captain and conductor of our consciousness that can catalyze and align all the other faculties of mind and heart, body and soul, into a unified, harmonious system.

12. TIKKUN – תיקון **Self-Alignment**

Before *daas*, our consciousness exists in exile as an unfocused, chaotic, fragmented, self-sabotaging mass (*tohu va'vohu*). As *daas* awakens, its primary goal is to fix what's broken and return it to good. To take each destructive desire, break its automatic animal habit, perceive the holy good at its core, and rechannel it to be realigned and united with our higher self. *Daas* works to transform the system, bringing healing, rectification, unification and elevation.

13. DAAS ELYON – דעת עליון Transcendent Self

Somewhat ironically, while *daas* is our self, it is also the gateway and platform to launch beyond our self into the transcendent super-consciousness of our Divine soul. *Daas Elyon*, literally the “Higher Self”, is the root and super-conscious source of our soul, personality, and destiny. Above and beyond the limitations of embodied consciousness, *daas elyon* has access to worlds, wisdom, and influence beyond what our rational mind can comprehend. It knows the true purpose and potential of our life, and operates as a teacher, guide, and conspirator in helping us to achieve it. The ultimate perfection of any person is to align their lower self in order for the infinite light and love of their higher-self to come down and be expressed through it.

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