

**The Ten Tinctures of the *Golden Thread*:
Their Materia Medica
(based on the teachings of Kabbala)**

		<i>SEFIRA (HEB/ENG)</i> Body Part Spiritual Expression <i>Pathological Expression</i>				
Emotional	Too Much Mental	Spiritual		Emotional	Too Little Mental	Spiritual
Always looking for a new thrill. Peak experience junkie.	Needing to be constantly creative, but having neither time nor patience to carry things through. Lots of ideas, no viable fruit. Addiction to	Lofty ideas and visions of service that completely disregard the limitations and particular soul-mission of the individual. Learning for its own sake, without any counterbalancing impulse to internalize and/or apply the teachings.	WHEAT CHOKHMAH INTUITIVE INSIGHT Right Brain Ego-transparency <i>Schizotypal Personality</i>	Habit rules one's relationships. Lacking the drive to know more, and go deeper.	Fear of creativity. Always copying someone else's way, or opinions, etc. Lack of curiosity.	Inability to question, listen, admit to not knowing. Unwillingness to acknowledge a Higher Power. Spiritual complacency. No drive toward transcendence. Incoming information gets twisted by personal bias and narcissistic ego needs.
Reading too much into other people's behavior.	Overly analytical. Dissecting an idea to the point that it loses its spark, mystery, and life.	Spending so much time decoding God's communications that there is no time to just live and be. Too much in the head. Lacking spontaneity.	BARLEY BINAH DISCERNMENT Left Brain Joy <i>Paranoid Personality Disorder</i>	Unable to read non-verbal communications.	Lacking a capacity to experience the joy that comes from creating a relationship with God based on mutual communication.	Unable to determine the implications or applications of an idea or behavior. Unable to think things through. Ideas are vague and
Gullibility. Taking everything to heart, Lacking discrimination.	Inability to move forward in study, because there is always another review that would be helpful.	Always seeing both sides yet getting paralyzed by that and losing the capacity to act decisively. Losing one's moral scalpel by not only seeing the reasoning behind an evil act, but justifying it as well.	GRAPES DAAT KNOWING Limbic System, Corpus Collosum; Neck Binding mind to heart, right to left <i>Borderline Personality Disorder</i>	Lack of Empathy.	Narrow-minded, opinionated attitudes that come from always seeing things as black and white, right and wrong. Difficulty sustaining concentration.	Unbridgeable gap between head and heart. Living in contradiction to one's beliefs though often unaware of that fact.

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Suffocating another with more generosity than he/she can hold or bear. Unbridled pursuit of pleasure. Squandering resources either from self-indulgence or lack of awareness.	Blind generosity and universalism to the point that one justifies and even nurtures evil. Inability to recognize distinctions. Inability to prioritize giving. Inability to identify moments where the proper response is "tough love."	Feeling so secure in God's unconditional love that one stops being rigorously careful about one's reciprocal obligations (be they moral or religious).	ETROG - RIGHT <i>CHESED</i> GENEROSITY Right arm Love of G-d, truth, and creation <i>Narcissistic Personality Disorder</i>	Non-relational, cold, lacking in passion, warmth and generosity.	Habitually assuming the worst about people. Critical in one's judgments.	Dispassionate and impersonal relationship with God.
Selfish. Fearful of not having "enough," (whether time, money, love, etc.). Ascetic. Anorexic. Engaging in self-denial to the extent that the boundary itself becomes the pleasure, instead of a means toward obtaining some higher, positive good (whether physical or spiritual).	Always deciding that the next step in personal and spiritual development requires more self-constriction (rather than, perhaps, sometimes, the loosening of reins). Conservative to the point of strangling all growth.	Fear-based relationship with God and religious practice, where one's primary motivation is the avoidance of "punishment." Overly stringent.	ETROG - LEFT <i>GEVURAH</i> DISCIPLINE Left arm Awe of God and fear of the consequences of wrong action <i>Avoidant Personality Disorder</i>	No boundaries, always merging. Can't say no, but can't live up to commitments. Feeling resentful for giving too much.	Lacking self-criticism. Impulsive.	Insufficient drive and discipline to push beyond one's current comfort zone, and to sustain a path of
Inability to bear chaos as a necessary stage toward greater order and harmony. Overly concerned with appearances.	Inability to keep a secret because of over-empathizing with the one who would want to know.	Lack of individuation because it requires the pursuit of skills and opportunities at the expense of others and this creates, at least temporarily, a state of imbalance. Inability to break symmetry as a necessary prerequisite to taking a further step.	ETROG - CENTER <i>TIFERET</i> BEAUTY Heart Compassion, empathy <i>Obsessive-Compulsive Personality Disorder</i>	Lacking empathy. Lacking a sense of aesthetic.	Flipping back and forth between extremes, of being too lenient and then too stringent, and back again.	Observing the letter of the law, but ignoring its spirit (which is its aesthetic).

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<p>Uncompromising. Unable to feel the other side. Aggressively assertive of one's perspective. Using the Bible as a club, to express superiority and exert control. Context insensitive.</p>	<p>In decision-making, one grabs the first option because "not knowing" is too uncomfortable. Inflexibility in belief system.</p>	<p>Inability to compromise for the sake of peace.</p>	<p>FIGS <i>NETZACH</i> EBDURANCE Right leg, kidney, testicle, ovary Security <i>HaShem's</i> goodness <i>Schizoid Personality Disorder</i></p>	<p>Reactive (rather than proactive). Insecure and self-doubting.</p>	<p>Unable to make a clear and firm decision. Plagued by Nagging fears that the most important factor was neglected.</p>	<p>Feeling vulnerable and at the mercy of malicious forces, as if something could happen that is outside God's system of benevolent justice.</p>
<p>Repressing one's real and healthy resistance to a wrong decision, in order to make peace with the immediate options at hand. Herd consciousness.</p>	<p>Wishy-washy belief system where a person's opinions shift to resemble those of the people with whom he or she is presently in contact.</p>	<p>Lacking moral fortitude. Always rationalizing the path of least resistance and greatest personal gain.</p>	<p>POMEGRANATE <i>HOD</i> CONSENSUS Left leg, kidney, testicle, ovary Kind simplicity and harmlessness <i>Histrionic Personality Disorder</i></p>	<p>Defining oneself more by what one rejects than by finding common ground. Focusing on what's wrong, rather than what's right. Lacking patience and willingness to be in process (a necessary part of the effort of making peace).</p>	<p>Constantly undermining one's decisions by not being able to find and maintain an inner consensus to the stand taken.</p>	<p>Missing the taste bud that actually takes pleasure from making peace and which compensates for the pain of</p>
<p>Inability to receive. When in need, taking rather than receiving. Aggressive giving. Constant talking. Manipulative influence.</p>	<p>Too controlling in terms of the process. No flexibility in terms of incorporating feedback from the world and adjusting the plan accordingly.</p>	<p>Forcing one's own brand of "truth" on another, when the mystery of that person's soul might require something different from them.</p>	<p>OLIVE <i>YESOD</i> IMPLEMENTAION Male genitals, female womb Drive to exert positive influence <i>Anti Social Personality Disorder</i></p>	<p>Inability to bond with others and arouse their desire to receive what one seeks to give. Passive-aggressive. Punishing others by refusing to make oneself available to them. Refusing to put oneself out in the world (for example, to generate livelihood), as a way of hurting one's dependents, but which really hurts oneself worst of all.</p>	<p>Not being able to translate a vision into a step-by-step sequence of accomplishment. Trying to do too many things at once, so that nothing finishes quite</p>	<p>Lacking the taste bud for integrity, and so choosing immediate gratification over truth and good. Lacking the drive to use one's learning and spiritual development to influence the world in a positive way.</p>

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Self-effacing. Too passive. Lacking initiative. Lazy and depressed. Black hole of emotional need. Addictive personality.	Inability to determine the time for birth because of over attachment to the fetus and resisting the loss that birth entails.	Insatiable desire to be filled. Never satisfied.	DATE <i>MALCHUT</i> MASTERY Female genitals, genital crowns of both men and women; feet. Surrender, submission <i>Dependent Personality Disorder</i>	Lack of receptivity. Inability to accept instruction, follow directions, or gracefully respond to requests.	No awareness that there are those who know more than oneself. Assuming that what one knows is all there is.	Inability to bring things to completion. To close the deal, to say, "Enough."
Driven by creature comforts. Stubborn and stiff-necked. Willing to sell one's soul for comforts and vanity. Competitive. Aggressive.	Chutzpah and megalomania. Self-absorption. Always assessing the situation in a way that preserves one's central and righteous position. Racist.	I bow to no one. I am the master of my world.	NAJA HAJE NACHASH SERPENT <i>Force of Illusion</i> <i>Survival instinct, Self-awareness, Self-expression</i> <i>Sadistic Personality Disorder</i>	Lacking self-esteem. Shame based personality.	Lacking a sense of social propriety and dignity. Always assuming that others know better. Blind obedience.	Lack of drive to overcome the obstacles that are always in the path of self-expression.
Seeking ecstasy as a regressive attempt to return to the spiritual womb.	It is so clear that all is by God's design that one chooses not to fight injustice or ease suffering because: "Why interfere with God's plan? It is clearly God's will that these people should suffer. It's not my place (or responsibility) to interfere."	Love of God supersedes love of God's creatures, so that one's spiritual practice becomes self-elevating instead of for the service of the planet. The <i>tsadik</i> who warms himself in his own coat.	MULTI <i>KETER</i> TRANSCENDENCE Crown of head; Pineal gland Faith, Pleasure, Will <i>Masochistic Personality Disorder</i>	Insufficient attachment to the God-given pleasures of this world. Lacking a drive to engage with life and actualize potential.	Agnostic. The mind causes the soul to doubt its experiential knowledge of G-d.	Spiritual castration, which is the fear of expressing will.