

Talya Birkhahn

Symphony of Light Cards

Discovering Inner Truth and Goodness

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ISBN: 978-965-550-319-7

International sole distributor:

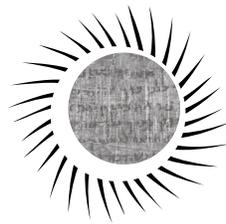
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Discovering Inner Truth and Goodness

52 Inspirational Cards for the Revelation of Inner Truth and Goodness
for Children and Adults



Contenido de Semrik

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Discovering Inner Truth and Goodness



The Symphony of Light cards are an invitation to inner riches concealed in each and every one of us, and to the love and magic of the world around us. Through our encounters with the cards we can connect to our higher spirit that nurtures us through transcendental sources; get to know the truth within us, and learn how to improve our lives.

Using the cards can be through a direct encounter between an individual and the cards by personally connecting through addressing issues that are troubling him or her such as relationship breakup; inability to establish discipline; difficulties in creating intimacy; experiences such as “the world doesn’t take notice of me,” etc.

I would like to invite each of you to get acquainted with these cards wherever they meet you on your journey through life. You may look at them when you are alone, with friends, with family, and in different settings of guidance or therapy. The cards will always be waiting to open for you and guide you wherever you need to go. Put your faith in them and enable

them to assist you, to fulfill you, and realize the wisdom and beauty within you.

The cards are suitable for anyone whether a therapist, organization adviser, group counselor, story teller, coach, teacher, parent, or child. Anyone can take the cards and use them in their own way. A psychologist may wish to delve deeper into human emotion or a young person might just want to enjoy the pictures and to build an imaginative, story-like world through the cards.

You can also work with the cards in a group setting, whether in a game-like manner or in a more therapeutic way. Furthermore, once you have fulfilled all your options, you always have the option to come to me for treatment sessions—adults, children, or as a family—based on a method I developed that combines philosophical, psychological, and spiritual aspects. I am also available for workshops on how to achieve the most from the cards.

I would like to tell you how the cards were created. I remember when I was a young girl I considered myself a shy and insecure child. I had difficulty expressing myself and had no access to my inner resources of strength. At that time, for example, I experienced great difficulties answering the teacher's questions, or reading out my homework. It was as if

my mouth had condemned me to silence, even though I knew, deep inside me, that sometime in the future I would be able to express my true self. Back then, I wished I had a double who would speak for me; when I grew up, I found this poem of the Greek poet Konstantinos Kavafis (1863-1933) that expressed my thoughts at the time:

Hidden

From all I've done and all I've said
let them not seek to find who I've been.

An obstacle stood and transformed
my acts and the way of my life.

[...]

In years to come, in a more enlightened society,
someone created in my image
will appear and freely act.*

Sometimes I feel the cards are an entity that was born and is almost alive and talking to me.

The years, friends, and various opportunities have forced me to choose between being a person who is shut off from the world or painfully to challenge myself to emerge from my

* Translated from Hebrew: Kavafis, K. (1978). Poems. Tel Aviv, Hapoalim Library, P. 16

conch shell into the world and completely expose myself to learn to be "me" in the outside world. This initiation took years of hard work and unrelenting effort until I arrived to where I am today, battle-worn yet very content.

Over the years, I discovered the precious gifts inside me that I had received from my parents and from my environment. I found that my destiny in life was to pass these gifts on to others. When I discovered that I was blessed with the skills of an educator and the ability to convey them to others, I began to provide counseling and treatment and to teach. I developed a method that sees the person as a whole and where I combine three aspects: the brain (philosophical aspect), the emotion (psychological aspect), and the spirit. With the help of these three outlooks I meet adults and children and with them to try to unravel the secret to the difficulties in their lives. We peel away unnecessary layers of tension to reach the inner being that enables them to live well and establish their dreams. Through this process, we go through the transformation of ego into a vessel that can be filled with light and passed on to others. This way of life allows us to create meaningful dialogue, develop relations that are based on mutual respect, improve our existing relationships, enhance our powers of listening and thinking, and consolidate the values of our lives.

When I realized these insights, I wrote the book** that conveyed my personal journey following the ten enumerations (Sefhirot) in the Kabbalah. The writing brought much pleasure and light into my life. I am a person of faith although I don't live my life according to the Jewish religious law (Halacha). I live according to the spirit of the Kabbalah as I understand it; therefore, I believe the cards can suit any person, whether of religious beliefs or secular. Each person can discover through them his or her profound inner being and by conversing with them become a better person.

After writing the book I had a dream- to give a visual expression to the values I developed in the book, such as love, giving, boundaries, responsibility, security, leadership, and more. Today, with utmost joy, I present these to you - the illustrated cards - so you may enjoy them, as I have enjoyed my journey with them.

It is my perception that the Kabbalah is an expression of ancient Jewish thought that includes the secrets of how people can improve their daily lives. When we connect with the abundance of light surrounding us we can gain a precise understanding that allows us to recognize the truth

** Birkhahn, Talya. (2014). *Symphony of Light - My Journeys Within the Tree of Life* Tel Aviv: Contento de Semrik