

The ayes/eyes/i's have it: Kabbala and Consciousness

Sermon Delivered by Heather Mendel

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Having been born outside the US, one of the things I have always loved about this country is the way we Americans play with words and language. For the Mary Olivers of the world, our words can paint pictures we can feel. For the less creative among us, words both explain and confound us. Words define what is and at the same time what is not. Words draws us together and split us apart.

Playing with words is fun. The phrase the ayes have it normally refers to garnering consensus when we vote. A noble thought and intention indeed! What if today we play with that word a-y-e-s . . . or e-y-e-s . . . or the letter i as we will consider now. We can change the word aye to eye and what do we see right here, right now in the US in the year 2026? Nothing is as it was. Perhaps this has never been truer for any previous generation. Do you recognize this country we love right now? This world? This climate? Physicists have told us since 2020 that Mother Earth is spinning faster than before and we are losing micro seconds to our days.

One perspective of the huge transformation taking place right now, in my opinion, IS more than global, more than social as the veils are torn back and truths and hypocrisy once hidden is being revealed. I sense a transformation of our awareness, affecting everyone of us as well as the world (and dare I say) the entire cosmos of consciousness that we inhabit.

Are we human beings on a spiritual journey? Or spiritual beings on a human journey? And the answer is . . . YES! Spiritually, we constantly dwell in the Mystery, spurred on by hope AND in the physical, biological forms we inhabit. We transition, stage by stage, in this glorious evolutionary thrust of life on Gaia. Richard Tarnas reminds us if there is no Mystery, and if we really know exactly how things will always work out, what is the adventure? What is the choice we can make? Do we believe the universe is beneficent? Are we hopeful? Can we trust? Have faith? Are trust and faith the same thing? Questions. So many questions. Judaism teaches we honor the question more than the answers we get! To fully experience the wonder of life, we evolve, being initiated into new ways of being. How do we each deal with not knowing?

The ayes have it. We change the word aye to the letter i and we can look at where we are right here, right now in the US in the year 2026.

As we have watched what feels for many of us like a century this year (and it is only August) we could say that the i's have it, referring to the singular letter i, or as we understand it, ME ME ME.

We all know (or use) the iPhone, iPad, iMac, all named in ways that can be interpreted as myphone, mypad, mymac, MINE MINE MINE separating me out of the crowd, placing ME at the center of everything. Imagine if we used the us-phone, the us-pad, the us-mac? What kind of world would we be being living in?

Sounds funny but the enquiry is profound. Perhaps this question is the basis of the transition in consciousness that we are making: the transition from me to we. . .and from i to us?

Apple may have played with the i as a letter with this in mind? Perhaps a different perspective of thinking about the i is all the the i words we use without paying attention, for example, information, these digital wonders we now do not seem to be able to live without, are the tools we use to connect us to a greater network, where we gather more data in the pursuit of information. We assume the more information we have, the smarter we are, the more intelligence we have. Really?

Does more information make us smarter? Best-selling author, historian and futurist Yuval **Noah** Harari asks this in his book "Nexus": What is the relationship between information and truth? To find out, perhaps you can read his 400 page volume :-).

Another i word is Intelligence. Artificial or otherwise, intelligence is definitely on our minds! After all, is AI not a phrase we are beginning to see and hear every day? Artificial Intelligence? Leaving aside the artificial for a moment, we can ask ourselves what do we mean by the word intelligence? Is it the same as intellect? I would suggest it is not. But once we start defining such i words as intelligence and intellect, what of instinct and impulse, which may be biologic in nature, and what of imagination, intuition and insight, which move us into the more ephemeral realm, or as some would say, shift us from left-brained attention to detail and differences to right-brain recognition of pattern and wholeness of (and here is another i word we don't focus on enough yet) the interconnection between the two for "whole brain living" in the words of neuroscientist Jill Bolte Taylor.

Playing with words, we might ask whole brain or Holy brain? The ability we have to shift from either-or to both-and is built on a desire for more than a me-focused existence and society, a sacred connection to community and the world we live in.

Charles Eisenstein, in his book "The More Beautiful World our Hearts know is Possible" is right! We are at another i word: We are living at the stage of interbeing. Nothing is as it was and we ask where is all of this leading? Just because the change is not complete in a 24-hour period, it is happening nevertheless, whether we know it or not.

Biologists can name such shifts as evolution: huge changes in the environment (physical as well as social, political and religious) requiring us, if we are to survive, to change, to adapt, to expand, in so doing to broaden our consciousness of what is really important. Just "me" (selfish

greed and power) . . . or "we" the connected, caring community of which we each have a significant part to play? Unity not uniformity.

Sociologists describe this change as the final collapse and death of the five-thousand-year-old patriarchy that overpowered the preceding matriarchy that had existed for many more than five thousands of years. Astrologers say this is the start of the Aquarian age.

Sociologists? Biologists? Astrologers? Who is right?

They all are.

Diverse perspective of a single reality.

In order for us to function as a more conscious, caring and compassionate humanity we have to release our fear of difference and celebrate our diversity.

Anodea Judith, in her book "Waking The Global Heart", describes what we are experiencing is the maturity of humanity. . .from the rebelliousness of the teenage idolatry of independence (those pesky i words again) to the maturing perspective of interdependence. Judith sees this as a shift from the "love of power". . . to. . . "the power of love".

Using the template of the chakra system, she describes the changes we are experiencing as a raising of our collective functioning from the center of our will at the solar plexus level to the opening of our hearts—center of love, appreciation and gratitude—and as we do so, we focus on integrating diverse perspectives into a whole greater than its parts.

Whereas biologically in order to survive we develop an ego to navigate us through the physical reality of our lives, we know that biology and ego are only part who we are. Additionally there is an eternal, limitless, unnamable essence to us that counterbalances the ego: ego and Essence, self and Soul, Self with a small s and Soul with a capital letter.

Anodea Judith uses the chakra system as a map of our participation in this world, as individuals in community. As an aside, I remember the day I started university in South Africa, way back in 1964, where the president of the university welcomed all new students and reminded us we had entered a place where everyone was equal and no one was more equal than anyone else! (And this in the height of the apartheid years.)

We mentioned that eastern spiritual traditions use the chakra system as a 2D map of a 3D reality. Judaism offer a different view. **Judaism, a this-worldly spiritual tradition that honors the question more than the answer, the deed over the creed, invites us all to participate in healing an imperfect world by replacing our I/it reactions to any we see as other with Martin Buber's I-Thou relationship.** Like all spiritual traditions, Judaism asks us to answer the questions **Who am I, why am I here and where am I going?**

Answers from Kabbalah, the mystical aspect of Judaism answers this way (by the way, the word kabbala is a verb meaning receiving, suggesting the ongoing process): Answers can only be offered to those who continue to question and evolve to know the next question to ask!

Who am I? I am an individual spark of the totality of the Divine, a temporary manifestation of Eternality, present in this incarnation with an opportunity to recognize unity in diversity. So magnificently expressed by mystic Rabbi Rami Shapiro.

Why am I here? To evolve in consciousness, growing through exploration, experience and expression, expanding my vibrational range or signature.

Where am I going? Home but now more conscious . . .
as the many become One,
recognizing IN this return,
is the healing and wholeness
from which I came,
for which I came
and of which I am a part.

In a nutshell the ABC of Kabbala is: **All is balanced, connected, diverse and evolving.**

Kabbalah offers the Tree of Life as a diagram that describes the unfolding of creation into manifestation AND a pathway back to the Oneness from which we come: the no-thingness that divides into polarities in our third-dimensional world giving us the ability to make choices in order for us to evolve in consciousness.

Like the Buddhism's chakra system, Kabbalah's Tree of Life is a 2D map of a 3D experience, one perspective of how we (and the world we live in) came into being. This process explains our own creative process from an idea to manifestation. Think of yourself writing a poem, creating an artwork, designing a garden, where a spark ignites an idea, an intuition, an insight and image (who knows from where it came) that takes us on a journey into the polarities of thought and feeling between which runs a middle path of possible actions that transcends through seven levels of increasing density.

This is half the story. Our lives are about re-climbing that Tree, growing in consciousness to become all that we can be. As we expand, we are able to integrate and interconnect the visible and invisible realms in which we function as we move from a teenage mindset of me and mine to a more mature and evolved stage of valuing and practicing cooperation and compassion. We are all different AND, as individual cells in the body of the Divine, at the same time we are all identical in that sameness. Individualistic and Identical. . .more of those i words:-)).

Living with the Mystery is part of the initiation that leads to transformation. As said earlier, if we know how it ends, we are not truly experiencing our encounter with the Mystery. It is

essential for us to remain hopeful in spite of the uncertainty and the bleak nature of the moment.

There is a Jewish tradition that reminds us to carry two notes with us at all times. In the right pocket the note reads, For you the Cosmos was created; in the left, You are but cosmic dust. Between the two, we live.

So. . .the i words have it. It is all about intention, interpretation and imagination on the path towards expanding consciousness, that interconnecting field in which we live, from where we come and to where we go. Light and dark, male and female, ego and essence, left brain right brain, our attention to the details of difference and/or our patterns of connection. Which is best for our focus?

And the answer is YES, not either/or . . . both/and. While we strive to evolve in consciousness we enter its integrative middle path.

Our grandson has learned too well. In a recent discussion about the crazy world we find ourselves in, I suggested we can simplify what we ascribe to: inclusivism OR exclusivism. At 22, he smiled, looked me in the eye . . .and told me. . .he chooses both:-))).

My husband, Norman, always taught as Jews we don't believe in miracles, we just depend on them. So in the end, HOPE-FILLED always, we all have choices, only possible when there are alternatives, when we walk the spectra between the polarities, and see the reality of both/and: diverse perspectives of an eternal, unnamable and unlimited truth.

Me or we? Both/and . . .OR . . .Either/or. What do you choose?

Heather Mendel

heathermendel@gmail.com

www.sacredfemininekabbalah.com

YouTube: <https://bit.ly/2stoegw>

New Classes on zoom:

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Starting Oct 2026—for details:

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