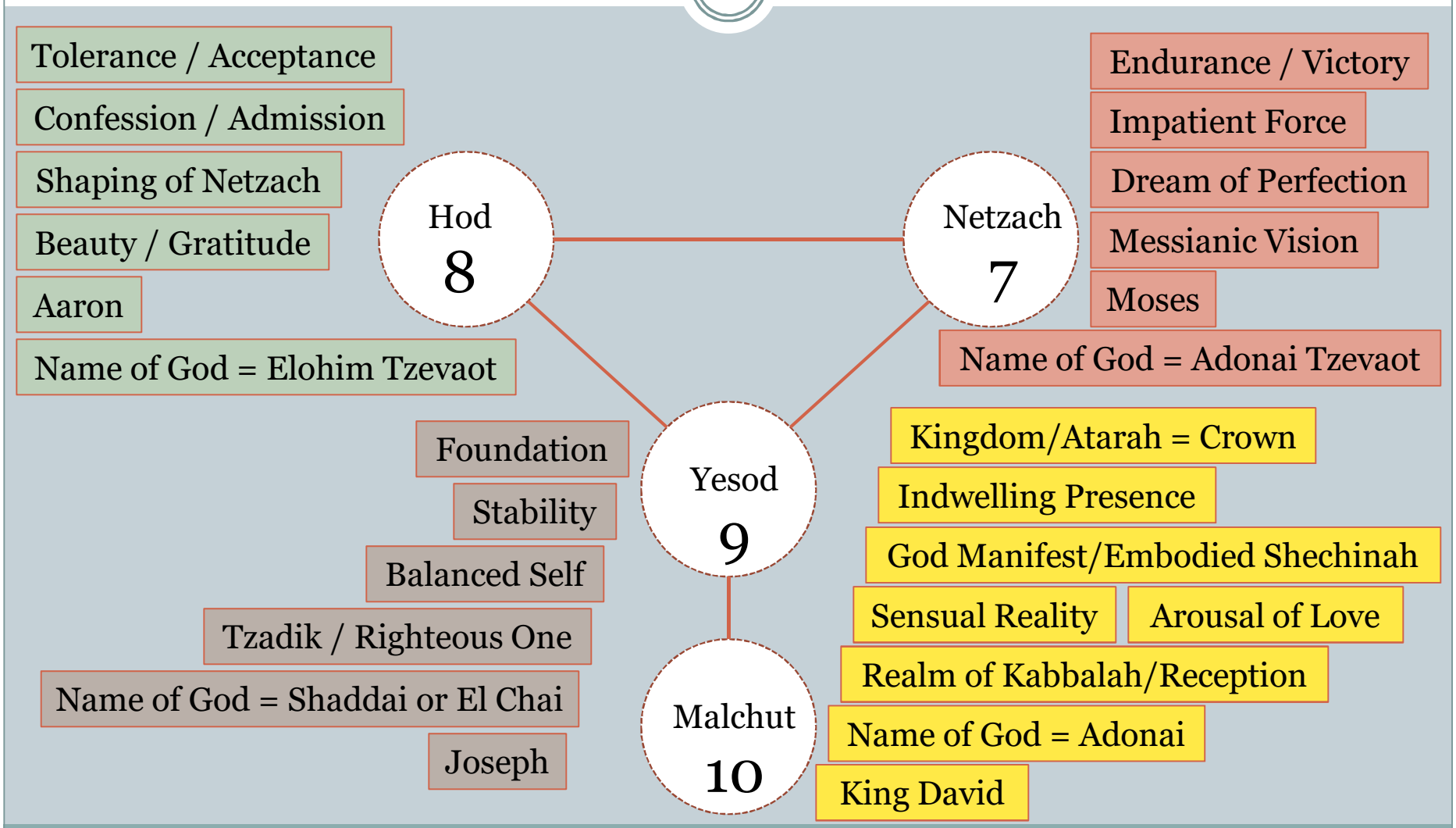Introduction to Kabbalah