

The Sepher Yetzirah/ Book Of Jezihra

Introduction

The Sepher Yetzirah, or '**Book of Formation**', is acknowledged as being one of the most important kabbalistic texts. Its brief note-like style has made it one of the most commented upon works in the field of kabbalah. The concepts contained within it detail the basic acts of creation through the use of the Hebrew letters. It is supposed to be the text which medieval kabbalists used to create a golem¹. The Mirach Sepher Yetzirah pages contain the text [in English] and a meditation based on the text. The names of the Hebrew letters appear in *italics*.



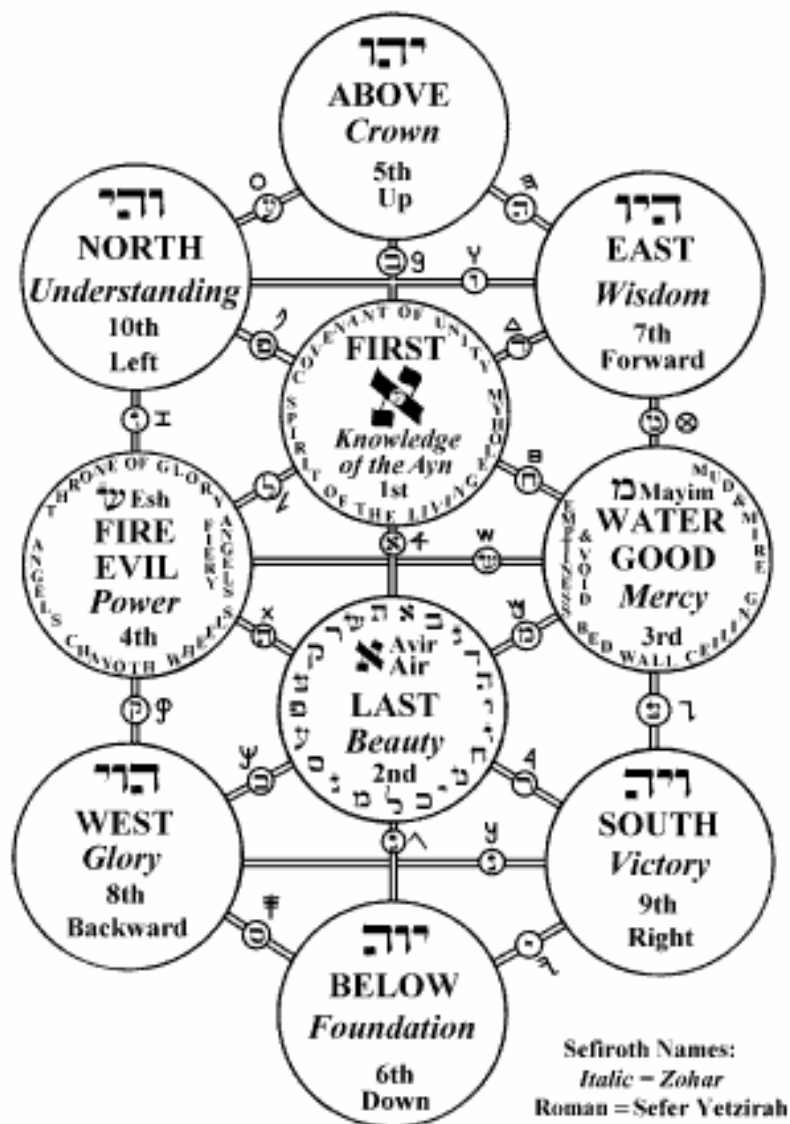
Book Of Jezihra

[Chapter 1]

1.1

With thirty two wonderful paths of wisdom **Yah** - the **Lord of Hosts**, the **God** of Israel, the living **God, King** of the Universe, **El Shaddai**, merciful and gracious, high and exalted, dwelling in eternity, whose name is **Holy, He** is lofty and holy - *engraved* and **He** created **His** universe with three books: with *letters*, with *number* and with *sound* [see next chart].

¹ In Jewish folklore, a 'golem' [sometimes, as in Yiddish, is pronounced 'goilem'] is an animated being created entirely from inanimate matter. The name appears to derive from the word 'gelem', which means 'raw material' [John Grau, 2007].



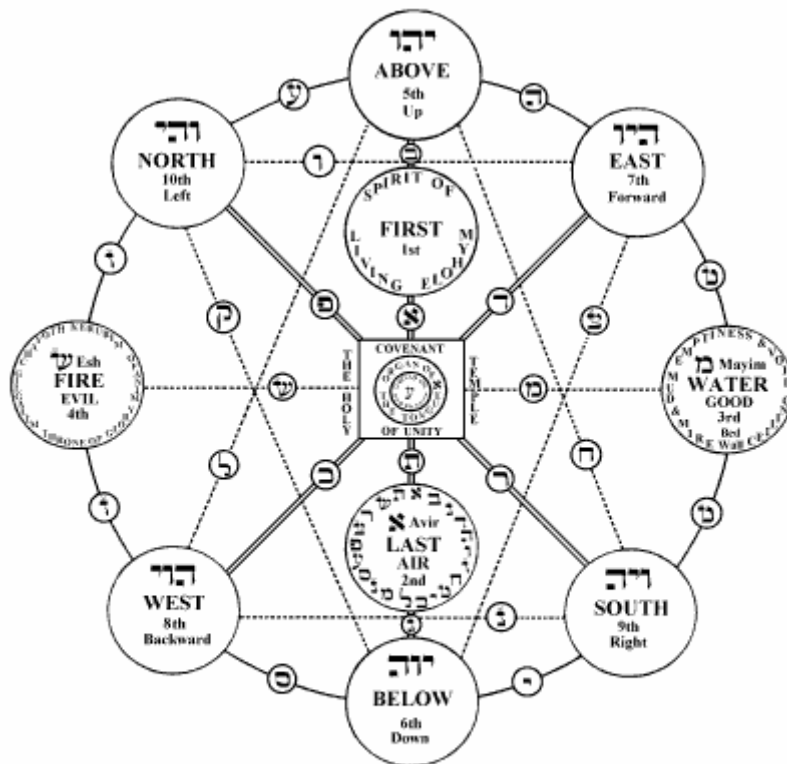
1.2

Ten Sephiroth of Nothingness and twenty-two formative letters: three Mothers, seven Doubles and twelve Singles².

1.3

Ten Sephiroth of Nothingness, the number of ten fingers, five opposite five with a singular covenant exactly in the middle in the circumcision of the tongue and the circumcision of the flesh [see next chart].

² Notice how Malkuth, the dense Physical Plane is entirely *missing* from the **God-head's** original designs in the above chart. It is as if the dense Physical Plane was an 'add-on' that should never have been [John Grau, 2007].



TEN INTANGIBLE SEFIROTH
 "Five opposite Five"
Sefer Yetirah Chapter 1:3

1.4

Ten Sephiroth of Nothingness, ten and *not* nine, ten and *not* eleven. Understand with wisdom, be wise with understanding. Examine with them and probe from them. Make each thing stand on its essence and make **The Creator** sit on **His Throne**.

1.5

Ten Sephiroth of Nothingness: their measure is ten which have no end: a depth of beginning, a depth of end; a depth of good, a depth of evil; a depth of above, a depth of below; a depth of East, a depth of West; a depth of North, a depth of South. A single Master, **God** faithful **King**, dominates over them all from **His** Holy Dwelling until the end of time.

1.6

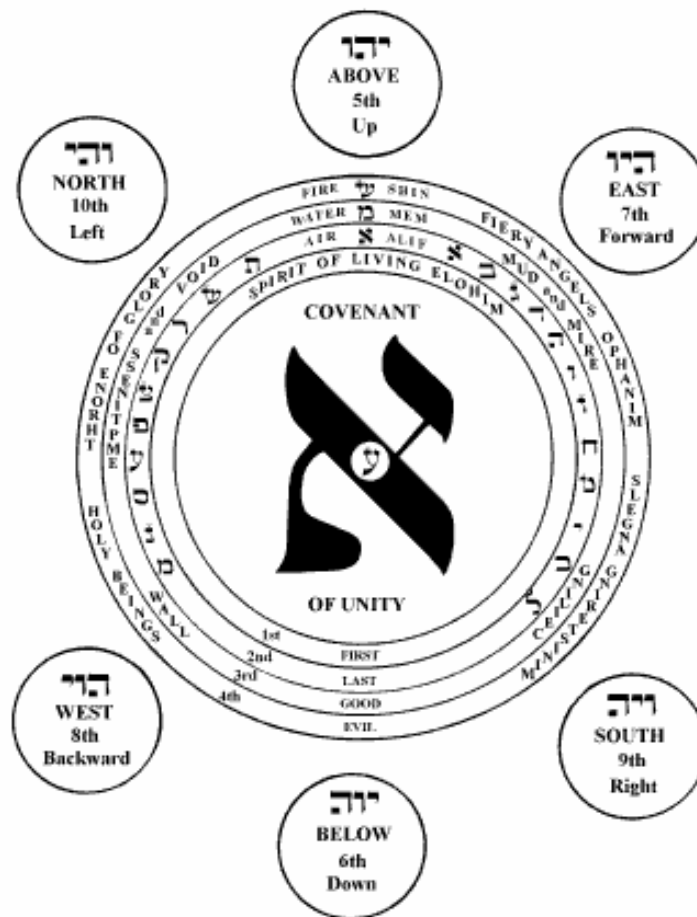
Ten Sephiroth of Nothingness: their vision is like the "appearance of lightning" [Ezekiel 1:14], their limit has no end. And **His** Word in them is "running and returning" [Ezekiel 1:24]. They rush to **His** Command like a whirlwind and prostrate themselves before **His** Throne.

1.7

Ten Sephiroth of Nothingness: their end is embedded in their beginning and their beginning in their end, like a flame in a burning coal. For the **Master** is singular, **He** has no second. And before **One**, what do you count? [see the following charts].



**TEN INTANGIBLE
SEPHIROTH**
...WHOSE MEASURE IS
WITHOUT END
BOOK OF FORMATION 1.5



Meditation on the Inner Court of the Tree of Life
 'ONE rules all of them from His Holy Dwelling Place unto Eternity'
Sefer Yetzirah 1:5

“Holy Dwelling Place Unto Eternity”

1.8

Ten Sephiroth of Nothingness: stop your mouth from speaking and your heart from thinking. If your heart runs return it to its place. It is therefore written "The Chayot running and returning" [Ezekiel 1:24]. Regarding this a covenant was made.

1.9

Ten Sephiroth of Nothingness: **One** is the Spirit of the **Living God**. Blessed and praised is the Name of the **Life** of the Worlds, the **Voice** Of Breath and Speech, and this is the **Holy Breath**.

1.10

Two: Breath from Spirit. With it **He** Engraved twenty-two formative letters, three Mothers, seven Doubles, twelve Singles, and **One Breath** within them.

1.11

Three: Water from Breath. With it **He** Engraved and Carved the twenty-two letters from chaos and void, mire and clay. **He** Engraved them like a

garden, **He** carved them like a wall, **He** Covered them with a roof. He Poured Snow over them and it became Earth [see Job 37:6].

1.12

Four: Fire from Water. With it **He** Engraved and carved the **Throne Of Glory, Seraphim, Ophanim** and the **Holy Chayot** and **Ministering Angels**. From these three **He** Founded **His** dwelling, as it is written, "**He** makes **His** angels, **His** messengers, **His** Ministers of Flaming Fire" [Psalms 104:4].

1.13

He chose three letters from among the formatives - *aleph, mem, shin* - and **He** set them in **His Great Name** and with them sealed the six extremities. **Five:** **He** Sealed Height, faced upwards and sealed it with *yod, he vau*; **Six:** **He** Sealed Depth, faced downwards and sealed it with *he, yod, vau*; **Seven:** **He** Sealed East, faced straight ahead and sealed it with *vau, yod he*; **Eight:** **He** Sealed West, faced backwards and sealed it with *vau, he yod*; **Nine:** **He** Sealed South, faced to the right and sealed it with *yod, vau, he*; **Ten:** **He** Sealed North, faced to the left and sealed it with *he, vau, yod*.

1.14

These are the Ten Sephiroth of Nothingness: The **Spirit** of the **Living God**, Breath from Spirit, Water from Breath, Fire from Water, up, down, East, West, North, South.

[Chapter 2]

2.1

Twenty two formative letters: three Mothers, seven Doubles, twelve Singles. The three mothers are *aleph, mem, shin*. Their foundation is a scale pan of merit, a scale pan of liability, and the tongue of decree deciding between them. Three Mothers, *aleph, mem, shin*. *Mem* hums, *shin* hisses, and *aleph* is the breath of air deciding between them.

2.2

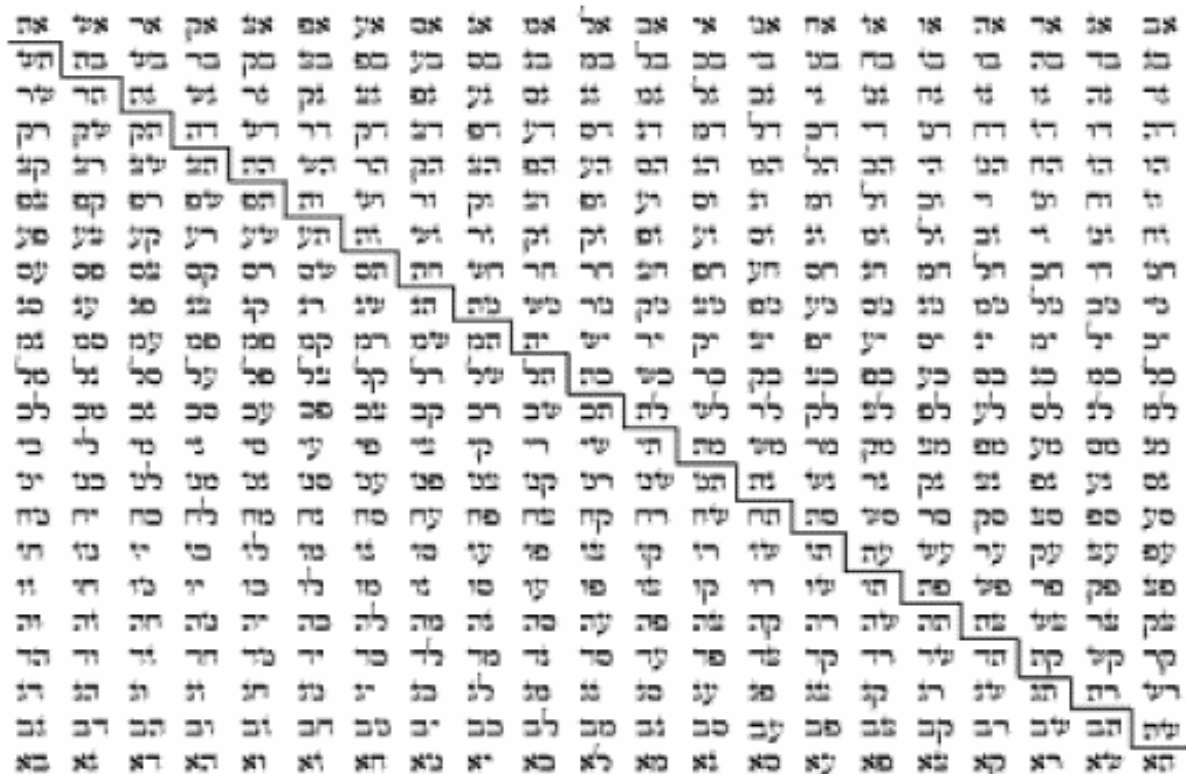
Twenty two formative letters: **He** Engraved them, **He** Carved them, **He** Permuted them, **He** Weighed them, **He** Transformed them. And with them **He** Depicted all that was formed and all that would be formed.

2.3

Twenty two formative letters: **He** Engraved them with voice, **He** Carved them with Breath, **He** Set them in the mouth in five places. *Aleph, cheth, he, ayin* in the throat; *Gimel, yod, kaph, qof* in the palate; *Daleth, teth, lamed, nun, tau* in the tongue; *Zayin, samekh, shin, resh, tzaddi* in the teeth; *Beth, vau, mem, pe* in the lips.

2.4

Twenty two formative letters: **He** Placed them in a circle, like a wall with 231 gates. The circle moves backwards and forwards. A sign of this is: there is nothing in good higher than delight [*ayin, nun, gimel*], there is nothing in evil lower than plague [*nun, gimel, ayin*] – [see chart below].



He set them in a cycle like a kind of wall with two hundred and thirty one gates. And the cycle rotates forward and backward.

Book of Formation 2.4

2.5

How did **He** do this? **He** Permuted them, weighed them and transformed them. **Aleph** with all, and all with **aleph**. **Beth** with all, and all with **beth**. They repeat in a cycle and exist in two hundred and thirty-one gates. It emerges that all that is formed and all that is spoken emanates from **One Name**.

2.6

He Formed substance out of chaos and made non-existence into existence. **He** Carved great pillars from air that cannot be grasped. This is a sign: **He** Foresees, Transforms and Makes all that is formed and all that is spoken: **One Name**. A sign for this is twenty-two objects in one body.

[Chapter 3]

3.1

Three Mothers: *aleph, mem, shin*. Their foundation is a scale pan of merit and a scale pan of liability, and the tongue of decree deciding between them.

3.2

Three Mothers: *aleph, mem, shin*. A great mystical secret covered and sealed with six rings. And from them emanated Air, Water and Fire; and from them are born Fathers, and from Fathers, descendants.

3.3

Three Mothers: *aleph, mem, shin*. **He** Engraved them, **He** Carved them. **He** Permuted them, **He** Weighed them. **He** Transformed them, and with them **He** Depicted: Three mothers *aleph, mem, shin* in the Universe. Three mothers *aleph, mem, shin* in the Year. Three mothers *aleph, mem, shin* in the Body, male and female.

3.4

Three mothers, *aleph, mem, shin*, in the Universe are Air Water and Fire. Heaven was created from Fire; Earth was created from Water; and Air, from **Breath**, decides between them.

3.5

Three mothers, *aleph, mem, shin*, in the year are the hot, the cold and the temperate. The hot is created from Fire; the cold is created from Water; and the temperate, from **Breath**, decides between them.

3.6

Three mothers, *aleph, mem, shin*, in the body, male and female, are the head, belly and chest. The head is created from Fire; the belly is created from Water; and the chest, from **Breath**, decides between them.

3.7

He Made *aleph* king over Air and **He** Bound a crown to it and **He** Combined them one with another. And with them **He** Formed Air in the Universe, the temperate in the Year, and the chest in the Body. The male with *aleph, mem, shin*; and the female with *aleph, shin, mem*.

3.8

He Made *mem* king over water and **He** Bound a crown to it and **He** Combined them one with another. And with them **He** Formed earth in the Universe, cold in the Year, and the belly in the Body. The male with *mem, aleph, shin*; and the female with *mem, shin, aleph*.

3.9

He Made *shin* king over fire and **He** Bound a crown to it and **He** Combined them one with another. And with them **He** Formed Heaven in the Universe, hot in the Year, and the head in the Body. The male with *shin, aleph, mem*; and the female with *shin, mem, aleph*.

[Chapter 4]

4.1

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*. They direct themselves with two tongues: *Beth – bheth, Gimel – ghimel, Daleth – dhaleth, Kaph – khaph, Pe – phe, Resh – rhash, Tau – thau*. A structure of soft and hard, strong and weak.

4.2

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*. Their foundation is wisdom, wealth, seed, life, dominance, peace and grace.

4.3

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*, in speech and in transposition. The opposite of wisdom is folly; the opposite of wealth is poverty; the opposite of seed is desolation; the opposite of life is death; the opposite of dominance is subjugation; the opposite of peace is war; the opposite of grace is ugliness.

4.4

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*. Up and down, East and West, North and South, and the **Holy Palace** exactly in the centre supports them all.

4.5

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*. Seven and not six, seven and not eight. Examine with them and probe with them. Make each thing stand on its essence and make The **Creator** sit on **His Base**.

4.6 Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*, of Foundation. **He** Engraved them, **He** Carved them; **He** Permuted them, **He** Weighed them; **He** Transformed them and with them **He** Formed: Seven planets in the Universe; Seven days in the Year; Seven gates in the Body, male and female.

4.7

Seven planets in the Universe: Saturn, Jupiter, Mars, Sun, Venus, Mercury, Moon. Seven days in the Year: the seven days of the week. Seven gates in the Body, male and female: two eyes, two ears, two nostrils, and the mouth.

4.8

He Made the letter *beth* king over Wisdom and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: the Moon

in the Universe; Sunday in the year; the right eye in the body, male and female.

4.9

He Made the letter *gimel* king over Wealth and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: Mars in the Universe; Monday in the year; the right ear in the Body, male and female.

4.10

He Made the letter *daleth* king over Seed and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: the Sun in the Universe; Tuesday in the year; the right nostril in the Body, male and female.

4.11

He Made the letter *kaph* king over Life and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: Venus in the Universe; Wednesday in the year; the left eye in the Body, male and female.

4.12

He Made the letter *pe* king over Dominance and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: Mercury in the Universe; Thursday in the year; the left ear in the Body, male and female.

4.13

He Made the letter *resh* king over Peace and **He** Bound a crown to it. And **He** Combined one with another and with them **He** Formed: Saturn in the Universe; Friday in the year; the left nostril in the Body, male and female.

4.14

He Made the letter *tau* king over Grace and **He** Bound a crown to it. And **He** Combined one with another and with then **He** Formed: Jupiter in the Universe; the Sabbath in the year; the mouth in the Body, male and female.

4.15

Seven doubles: *beth, gimel, daleth, kaph, pe, resh, tau*. With them were engraved: seven [Super-] Universes, seven firmaments; seven lands, seven seas; seven rivers, seven deserts; seven days, seven weeks; seven years, seven sabbaticals, seven jubilees and the **Holy Palace**. Therefore, **He** Made sevens beloved under all the heavens.

4.16

Two stones build two houses; three stones build six houses; four stones build twenty-four houses; five stones build one hundred and twenty houses; six stones build six hundred and twenty houses; seven stones

build five thousand and forty houses. From here go and calculate that which the mouth cannot speak and the ear cannot hear.

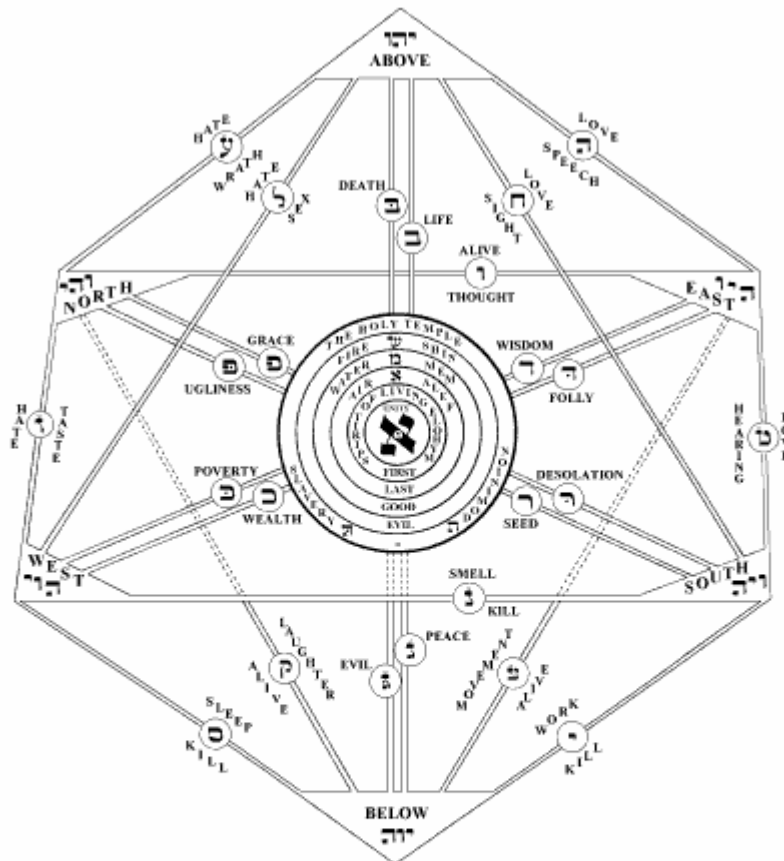
[Chapter 5]

5.1

Twelve Singles: *he, vau, zayin, cheth, teth, yod, lamed, nun, samekh, ayin, tzaddi, qof*. Their foundation is speech, thought, motion, sight, hearing, action, coition, smell, sleep, anger, taste, laughter.

5.2

Twelve Singles: *he, vau, zayin, cheth, teth, yod, lamed, nun, samekh, ayin, tzaddi, qof*. Their foundation is the twelve diagonal boundaries: the upper East, the North East, the lower East; the upper South, the South East, the lower South; the upper West, the South West, the lower West; the upper North, the North West, the lower North. They extend to infinity, and it is they that are the boundaries of the Universe [see chart below].



TWENTY-TWO LETTERS ARE THE FOUNDATION

...and He hewed out great columns from Air which is not tangible
 ...and they continually become wider forever,
 ...and they are the arms of the universe.

Sefer Yetzirah 5:2

Double Pyramid Tree

5.3

Twelve Singles: *he, vau, zayin, cheth, teth, yod, lamed, nun, samekh, ayin, tzaddi, qof*. Their foundation is that **He** Engraved them, Carved them, Permuted them, Weighed them, and Transformed them. And with them **He** Formed: twelve constellations in the Universe; twelve months in the Year; and twelve directors in the Body, male and female.

5.4

Twelve constellations in the Universe: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, Pisces.

5.5

Twelve months in the Year: Nissan [1st = spring/April], Iyar, Sivan, Tamuz, Av, Elul, Tishrei, Cheshvan, Kislev, Tevet, Shevat, Adar.

5.6

Twelve parts of the Body, male and female: [1 & 2] the two hands, [3 & 4] the two feet; [5 & 6] the two kidneys; [7] the gall bladder; [8] the intestines; [9] the stomach; [10] the liver; [11] the colon; [12] the spleen.

5.7

He Made the letter *he* king over speech and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Aries in the Universe; Nissan in the Year; and the right foot in the Body, male and female. **He** Made the letter *vau* king over thought and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Taurus in the Universe; Iyar in the Year; and the right kidney in the Body, male and female. **He** Made the letter *zayin* king over motion and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Gemini in the Universe; Sivan in the Year; and the left foot in the Body, male and female.

5.8

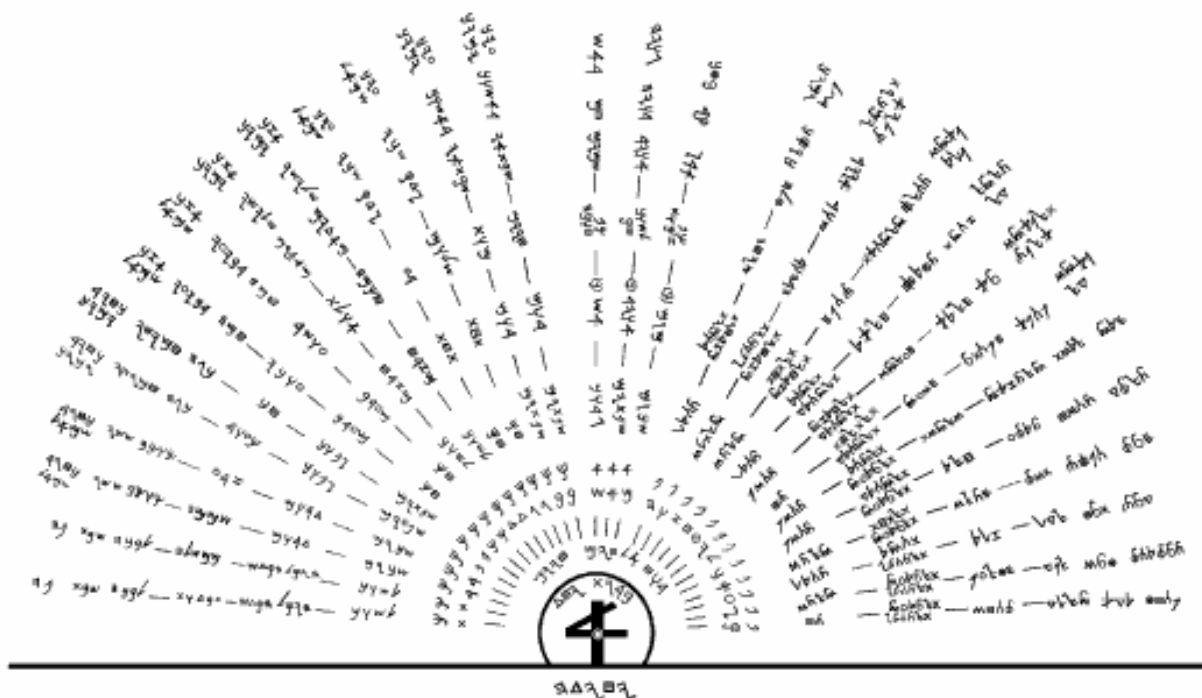
He Made the letter *cheth* king over sight and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Cancer in the Universe; Tamuz [4th month] in the Year; and the right hand in the Body, male and female. **He** Made the letter *teth* king over hearing and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Leo in the Universe; Av in the Year; and the left kidney in the Body, male and female. **He** Made the letter *yod* king over action and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Virgo in the Universe; Elul in the Year; and the left hand in the Body, male and female.

5.9

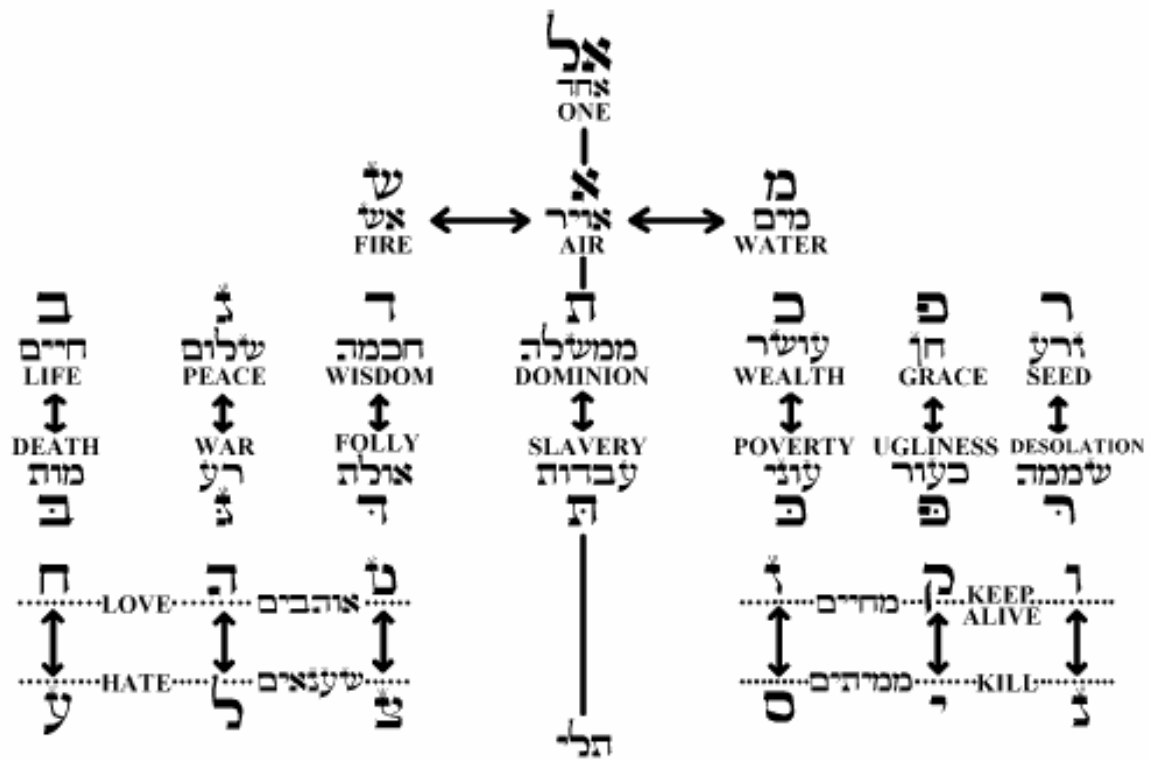
He Made the letter *lamed* king over coition [sexual union] and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Libra in the Universe; Tishrei [7th month] in the Year; and the gall bladder in the Body, male and female. **He** Made the letter *nun* king over smell and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Scorpio in the Universe; Cheshvan [11th month] in the Year; and the intestines in the Body, male and female. **He** Made the letter *samekh* king over sleep and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Sagittarius in the Universe; Kislev [8th month] in the Year; and the stomach in the Body, male and female.

5.10

He Made the letter *ayin* king over anger and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Capricorn in the Universe; Tevet in the Year; and the liver in the Body, male and female. **He** Made the letter *tzaddi* king over taste and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Aquarius in the Universe; Shevat [11th month] in the Year; and the colon in the Body, male and female. **He** Made the letter *qof* king over laughter and **He** Bound a crown to it and **He** Combined one with another. And with them **He** Formed: Pisces in the Universe; Adar [leap-year] in the Year; and the spleen in the Body, male and female. **He** Made them like a trough **He** Arranged them like a wall **He** Set Them up like a battle.



“The Sunset”



"He set them in order like a kind of battle."
 Book of Formation 5:7

“The Battle”

[Chapter 6]

6.1

These are the three Mothers *aleph, mem, shin*. And from them emanated three Fathers, and they are Air, Water and Fire. And from the Fathers, descendants. Three Fathers and their descendants, and seven planets and their hosts, and twelve diagonal boundaries. A proof of this, true witness in the Universe, Year, Body, and a rule of twelve, a rule of seven, and a rule of three. **He** Set them in the Teli, the Cycle and the Heart.

6.2

Three Mothers, *aleph, mem, shin*. Air, water and fire. Fire is above, Water is below, and Air of **Breath** is the ruler that decides between them. A sign of this is that Fire supports Water. *Mem* hums, *shin* hisses, and *aleph* is the breath of air that decides between them.

6.3

The Teli in the Universe is like a king on his throne; the cycle in the year is like a king in the province; the heart in the body is like a king in war.

6.4

"Also **God** Made one opposite the other" [Ecclesiastes 7:14] Good opposite evil, evil opposite good; Good from good, evil from evil; Good defines evil, and evil defines good; Good is kept for the good ones, and evil is kept for the evil ones.

6.5

Three: each one stands alone, one acts [as] an advocate, one acts as an accuser, and one decides between them. Seven: three opposite three, and one is the ruler standing between them. Twelve stand in war: three love, three hate; three give life, three kill. Three love: the heart and the ears; Three hate: the liver, the gall, and the tongue; three give life: the two nostrils and the spleen; three kill: the two orifices and the mouth. And **God Faithful King** rules over them all from **His Holy Habitation** until the end of time. One on three; three on seven; seven on twelve; and all are bound, one to another.

6.6

These are the twenty two letters with which engraved **Ehyeh, Yah, YHVH Elohim, YHVH, YHVH Tzabaot, Elohim Tzabaot, El Shaddai, YHVH Adonai**. And with them **He** Made Three Books; and with them **He** Created **His** Universe; and **He** Formed with them all that was ever formed, and all that will ever be formed.

6.7

And when Abraham our father, may he rest in peace, looked, saw, understood, probed, engraved and carved, he was successful in creation, as it is written, "and the souls that they had made in Haran" [Genesis 12:5]. Immediately there was revealed to him **The Master Of All**, may **His Name** Be Blessed Forever. **He** placed him in **His** Bosom, Kissed him on the head, and **He** Called him "My friend Abraham" [Isaiah 41:8]. **He** Made a covenant with him and with his children after him forever, as it is written, "And he believed in **The Lord**; and he counted it to **Him** for righteousness" [Genesis 15:6]. **He** Made with him a covenant between the ten fingers of **His** Hands - this is the covenant of the tongue, and between the ten toes of **His** Feet - this is the covenant of circumcision. And **He** Bound the 22 letters of the Torah to **His** Tongue and **He** Revealed to him **His** Mystery: **He** Drew them in water, **He** Purified them with fire, **He** Stirred them with Breath, **He** Burned them with the seven planets, **He** Directed them with the twelve signs of the Zodiac.

[Basic Meditation]

The main tool of the Kabbalist is a diagram known as ‘**The Tree of Life**’. Developed by spiritual alchemists during the Middle Ages, the tree was designed to make the complicated teachings easier to work with. The ten sephiroth on the tree represent accumulations of archetypal energies [the word "sephirah" means "vessel"]. Vessels of energy lying across from one another in the tree balance each other. There are twenty-two different Tarot paths between the Sephiroth and each is symbolized by a card from the major arcana. There are also three vertical arrangements [called "pillars"] in the tree, as well various triads of energy relationships. Creation began as a lightning bolt entering through the top of the tree, and our return to **The Godhead** is represented by the path of a serpent winding its way up from the ground through branches of the tree. A ‘**Tree Of Life**’ chart is employed to organize the teachings in an easy-to-remember visual form and also serve as a focus of meditation.

The Sepher Yetzirah [Book Of Jezihra] describes the basic forces of creation – the twenty two letters of the Hebrew alphabet. It assigns to each letter a number of attributes relating to time, space and the human body. The following meditation can be used to restore the harmony of the original creation both within ourselves and in the wider universe. The meditation starts with a short section which is very much like the Lesser Pentagram Ritual of Hermetic kabbalah but which is based on a traditional Jewish prayer.

[The Meditation]

1. Face East

2. Say:

**“In the Name of YHVH, God of Israel:
may Michael be at my right,
Gabriel at my left,
Uriel before me
and Raphael behind me;
and above my head the presence of God”**

3. Spend a few minutes alternately concentrating on the sounds:

Shhhhhh...

and

Mmmmmm...

4. Visualise <i>Shin</i> in the head, <i>Mem</i> in the stomach, <i>Aleph</i> in the chest	שׁמא	
5. Project <i>Daleth</i> to the East. Form the Sun	ד	☉
6. Project <i>Beth</i> to the South. Form the Moon	ב	☾
7. Project <i>Resh</i> to the West. Form Saturn	ר	♄
8. Project <i>Gimel</i> to the North. Form Mars	ג	♂
9. Project <i>Kaph</i> above. Form Venus	כ	♀
10. Project <i>Pe</i> below. Form Mercury	פ	☿
11. Project <i>Tau</i> in the centre. Form Jupiter	ת	♃
12. Meditate on the letters as they are assigned to the various orifices in the head: <i>Daleth</i> in the right nostril, <i>Beth</i> in the right eye, <i>Resh</i> in the left nostril, <i>Gimel</i> in the right ear, <i>Kaph</i> in the left eye, <i>Pe</i> in the left ear, <i>Tau</i> in the mouth.		
13. Project <i>He</i> to the upper East. Form Aries in the Universe.	ה	♈
14. Project <i>Vau</i> to the North East. Form Taurus in the Universe	ו	♉

14. Project <i>Vau</i> to the North East. Form Taurus in the Universe	ו	♉
15. Project <i>Zayin</i> to the lower East. Form Gemini in the Universe	ז	♊
16. Project <i>Cheth</i> to the upper South. Form Cancer in the Universe	ח	♋
17. Project <i>Teth</i> to the South East. Form Leo in the Universe	ט	♌
18. Project <i>Yod</i> to the lower South. Form Virgo in the Universe	י	♍
19. Project <i>Lamed</i> to the upper West. Form Libra in the Universe	ל	♎
20. Project <i>Nun</i> to the South West. Form Scorpio in the Universe	נ	♏
21. Project <i>Samekh</i> to the lower West. Form Sagittarius in the Universe	ס	♐
22. Project <i>Ayin</i> to the upper North. Form Capricorn in the Universe	ע	♑
23. Project <i>Tzaddi</i> to the North West. Form Aquarius in the Universe	צ	♒
24. Project <i>Qof</i> to the lower North. Form Pisces in the Universe.	ק	♓
25. Meditate on the letters as they are assigned to the various parts of the body: <i>He</i> in the right foot, <i>Vau</i> in the right kidney, <i>Zayin</i> in the left foot, <i>Cheth</i> in the right hand, <i>Teth</i> in the left kidney, <i>Yod</i> in the left hand, <i>Lamed</i> in the gall bladder, <i>Nun</i> in the intestine, <i>Samekh</i> in the stomach, <i>Ayin</i> in the liver, <i>Tzaddi</i> in the colon, <i>Qof</i> in the spleen.		

You can spend as little or as much time on this meditation as you see fit, though taking time with the visualisations will make the effects more powerful.

[The Hebrew Letters]

The Hebrew Letters Are The Building Blocks Of Creation



Hebrew Letters


05	04	03	02	01
10	09	08	07	06
60	50	40	30	20
200	100	90	80	70
			400	300

key

01

					
Name	Aleph Ox	Sound	'a	Value	1
Universe	Air	Time	Spring/ Autumn	Body	Chest
Element	Air				

02

					
Name	Beth House (container)	Sound	be/ve	Value	2
Universe	Moon	Time	Sunday	Body	Right eye
Quality	Wisdom/foolly				

03

					
Name	Gimel Camel	Sound	gi/ji	Value	3
Universe	Mars	Time	Monday	Body	Right ear
Quality	Wealth/poverty				

04

					
Name	Daleth Door	Sound	da/ta	Value	4
Universe	Sun	Time	Tuesday	Body	Right nostril
Quality	Fertility/desolation				

05

					
Name	Hey Window	Sound	he	Value	5
Universe	Aries	Time	Nissan	Body	Right foot
Sense	Speech				

06

					
Name	Vau Nail	Sound	va	Value	6
Universe	Taurus	Time	Iyar	Body	Right kidney
Sense	Thought				

07

					
Name	Zayin Sword	Sound	tz	Value	7
Universe	Gemini	Time	Sivan	Body	Left foot
Sense	Motion				

08

					
Name	Cheth Fence	Sound	che	Value	8
Universe	Cancer	Time	Tamuz	Body	Right hand
Sense	Sight				

09

Name	Teth Serpent	Sound	te	Value	9
Universe	Leo	Time	Av	Body	Left kidney
Sense	Hearing				


10

Name	Yod Hand	Sound	yo	Value	10
Universe	Virgo	Time	Elul	Body	Left hand
Sense	Action				

20

Name	Kaph Palm of the hand	Sound	ka	Value	20
Universe	Venus	Time	Wednesday	Body	Left eye
Quality	Life/death				

30

					
Name	Lamed Ox goad	Sound	la	Value	30
Universe	Libra	Time	Tishrei	Body	Gall bladder
Sense	Coition				

40

					
Name	Mem Water	Sound	me	Value	40
Universe	Water	Time	Winter	Body	Stomach
Element	Water				

50

					
Name	Nun Fish	Sound	nu	Value	50
Universe	Scorpio	Time	Cheshvan	Body	Intestines
Sense	Smell				

60

					
Name	Samekh Prop	Sound	sa	Value	60
Universe	Saggitarius	Time	Kislev	Body	Stomach
Sense	Sleep				

70

					
Name	Ayin Eye	Sound	o	Value	70
Universe	Capricorn	Time	Tevet	Body	Liver
Sense	Anger				

80

					
Name	Pe Mouth	Sound	pe/phe	Value	80
Universe	Mercury	Time	Thursday	Body	Left ear
Quality	Dominance/subjagation				

90

					
Name	Tzaddi Fish-hook	Sound	tz	Value	90
Universe	Aquarius	Time	Shevet	Body	Colon
Sense	Taste				

100

					
Name	Qof Back of head	Sound	qo	Value	100
Universe	Pisces	Time	Adar	Body	Spleen
Sense	Laughter				

200

					
Name	Resh Head	Sound	re	Value	200
Universe	Saturn	Time	Friday	Body	Left nostril
Quality	Peace/war				

300

					
Name	Shin Fire	Sound	sh	Value	300
Universe	Fire	Time	Summer	Body	Head
Element	Fire				

400

					
Name	Tau Cross	Sound	ta/tha	Value	400
Universe	Jupiter	Time	Saturday (Sabbath)	Body	Mouth
Quality	Grace/ugliness				

End Note: I'd like to see all you readers out there making some use of the 'Fire Letters' that were used to make the Seven Evolving Super-Universes by the God-head.

And by this I mean, for example, if you see a news-paper story about a draught then I'd like you all to draw the 'Fire Letter' for Water [see above] over either a map or the words of the news-paper story you are reading.

As a second example you will note that there are attributions in the 'Fire letters' to correspond with parts of the human body. And so, we can also use these 'Fire Letters' for healing purposes. So, if you read a news-paper story about someone suffering, for example, from a spleen condition, then I'd like you to draw the 'Fire Letter' for spleen [see above] over the words of the story you are reading about them.

There are many more uses that these All Powerful 'Fire Letters' can be put to. And so please think of your own examples, and make use of this

system by checking the 'Fire Letter' attributions above, and by thinking of your own uses that they can be put to.

Always remember, we are *not* 'abstractly' *or* 'academically' discussing methods of ushering in the New Age we all earnestly seek. We are USING the techniques we discover, which is a far better thing [John Grau].



Brought To You By 'The One That Was Jonah'

Have a Nice Day

<http://www.signoffjonah.co.uk>

