

## Adding the Drawing of Circles and *Barukh Shem K'vod*

Inhale, filling body with light: Yod – Hei – Vav (head, chest, belly). Exhale and project Light upward, left hand pointing up, chanting:

***Sh'ma***  
(Listen)

Inhale: *Yod- Vav- Hei*, exhale and project Light downward, right hand pointing down, chanting:

***Yisrael***  
(Striving for the Divine)

**Draw circle #1**, left moving forward-down, right hand backward-up, coming to rest with right pointing forward, left pointing backward.

Inhale: *Hei- Yod- Vav*, exhale and project Light forward, right hand pointing forward, chanting:

***YAdonai***  
(Existence, Divine, My Lord)

Inhale: *Hei- Vav- Yod*, exhale and project Light backward, left hand pointing backward, chanting:

***Eloheinu***  
(Our Divinity)

**Draw circle #2**, left circling left, right circling right, coming to rest with left pointing right, right pointing left.

Inhale: *Vav- Yod- Hei*, exhale and project Light to the right, left hand to the right, chanting:

***YAdonai***  
(Existence, Divine, My Lord)

Inhale: *Vav- Hei- Yod*, exhale and project Light to the left, right hand to the left, chanting:

***Ekhad***  
(One)

**Draw circle #3** as you chant the “Aaaa” of *EkhAaaad*, right circling up and left circling down. When right is pointing up and left is pointing down, glance upward and then downward, with the intention of “unifying heaven and earth.” Then continue circle so that right points right and left points left. When you chant the *dalet* of *ekhad*, pronounce it as *th\_\_* and lean in the four directions. (*Dalet* has the numerical value of four.)

Bring in Light from left with left hand, chanting:

***Barukh***

(Blessed)

Bring in Light from right with right hand, chanting:

***Shem***

([is the] Name)

Bring in Light from behind with left hand, chanting:

***K’vod***

([of the] Glorious)

Bring in Light from front with right hand, chanting:

***Malkhuto***

(Kingdom)

Bring in Light from below with right hand, chanting:

***LeOlam***

(Forever)

Bring in Light from Above with left hand, chanting:

***VaEd***

(And Ever)

Continue with the Three Portals and *Atah Hu* or *At Yah Hi*, and take some time to meditate in silence.

(You are It, Now is the Divine)