



KETER:

Oneness of All Being, Singular Awareness

Touching top of head, perceptualize *Keter* as sphere of white light at your crown, and chant:

אחת רוּחַ אֱלֹהִים חַיִּים

Akhat – Ruakh Elohim Hayim

(One – Breath of the Living Divine)

Perceptualize second *Keter* as a sphere of white light a few feet above your head, and chant:

הוּא אֱלֹהֵינוּ אֵין עוֹד

Hu Elohienu Ayn Od

(It is our Divinity, There is Nothing Else)

Visualize *Aleph* above head between the two *Keters*,

Think: “Open to Joy and Sorrow”

Bring hand to heart, visualize center line of light extending from top *Keter* down into the heart, and chant:

אֲרוּמְמָךְ אֱלֹהֵי הַמְּלֶכֶךְ וְאַבְרָכָה שְׁמֶךָ לְעוֹלָם וָעֶד

Aromimkha Elohai HaMelekh, va'avarkha Shimkha le'olam va'ed

(I will exalt You, my Divinity, the Sovereign, and I will bless Your Name forever and ever.)

ב

MALKHUT:

Presence in All Things, Reverent Awareness

Perceptualize line of light descending from heart, down through body, manifesting *Malkhut* as sphere of blue and earth color light below your feet, and chant:

שתיים רוח מרוח

Sh'tayim – Ruakh MeRuakh

(Two – Breath from Breath)

Perceptualize second *Malkhut* as sphere of blue and earth color light a few feet below your body, and chant:

אמת מלפניו אפס זולתו

Emet Malkeinu, Efes Zulato

(Truth is Sovereign, there is Nothing except It)

Visualize the *Bet* vertical line of light before you to your right, Connecting *Hesed* and *Netzakh*,

Think: “Welcoming the Presence” and chant:

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאֶהְלֵלָהּ שְׁמִיךָ לְעוֹלָם וָעֶד

B'khol yom avarkhekha, va'ahal'lah shimkha le'olam va'ed

(Every day I will bless You, and I will praise Your Name forever and ever.)

ג

HOKHMAH:
Spacious Awareness

Right hand to right skull, perceptualize *Hokhmah* as sphere of dark blue/gray light and chant:

שלוש מים מרוח
Shalosh – Mayim MeRuakh
(Three – Water from Breath)

Perceptualize second *Hokhmah* as watery sphere of dark blue/gray light a few feet to your right and behind you, at shoulder level, and chant:

לְשֵׁם יְחִוּד קוּדְשָׁא בְּרִיךְ הוּא
L'Shem Yikhud Kudsha Brikh Hu
(For the sake of unifying the Blessed Holy One)

Visualize *Gimel* vertical line of light behind you to the right, connecting *Hokhmah* and *Tiferet*,

Think: “Fullness of Being” and chant:

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד וְלִגְדֻלָּתוֹ אֵין חֶקֶר:
Gadol Adonai um'hulal me'od v'lig'dulato ayn heker
(Great is the Divine and exceedingly praised;
Its Greatness is beyond comprehension!)

7

BINAH:

Discerning Thought, Contemplative Awareness

Left hand to left skull, perceptualize *Binah* as fiery sphere of yellow and green light and chant:

ארבע אש ממים

Arbah – Aysh MeMayim

(Four – Fire from Water)

Perceptualize second *Binah* as fiery sphere of yellow and green light a few feet to your left and behind you, at shoulder level, and chant:

ושכינתה

U'Shekhintei

(And the Divine Presence)

Visualize *Dalet* vertical line of light behind you to your left,

Connecting *Binah* and *Yesod*,

Think: “I am nothing, all is Grace” and chant:

דור לדור ישבח מעשיך וגבורתיך יגידו

Dor l'dor y'shabakh ma'asekha, ug'vurotekha yagidu!

(From generation to generation your works are praised, and your mighty acts are proclaimed!)

**SEFIRAT DA'AT:
Knowing, Connecting**

Bring palms together in front of your mouth, feeling invisible sphere there
(*sefirat Da'at*), and chant:

כְּכַתּוּב בְּתוֹרַתוֹ וַיְדַעַת הַיּוֹם
בְּדַחֲלֵי וּרְחִימוֹ, לְיַחַד שֵׁם י"ה בּו"ה בְּיַחַדָּא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל

*Kaktuv b'Torato, v'yadata hayom,
bidkhilu urkhimu l'yakhed Shem Yod Hei b'vav Hei, biyekhuda sh'lim,
b'shem kol Yisrael!*

(As it is written in Torah, "Know Today!"

*In awe and love, to unify the Yod-Hei
with the Vav-Hei in perfect unity, in the name of all Israel!)*

ה

HESED AND TIFERET: Lovingkindness sand Radiant Presence

Lift right hand, perceptualize *Hesed* as sphere of sky blue flecked with silver light at right shoulder, and *Tiferet* as sun-yellow flecked with violet light in your heart, and chant:

המש יה"ו

Hameish – Ya- Ha- Wa

(Five – Letter Permutation of Divine Name meaning “Being”)

Perceptualize second *Hesed* as sphere of sky blue flecked with silver light a few feet to your right, in front of you, at shoulder level. Bring right hand to heart and chant:

וְהִשְׁבֹּתָ אֶל לְבָבְךָ

V'hashivota El L'vavekha

(Return to your heart)

Visualize *Hei* diagonal line of light before you to your right,

Connecting *Hesed* and *Malkhut*,

Visualize *Hei* also in your chest,

Think: “Offering Presence” and chant:

הַדָּר כְּבוֹד הַוָּדָה וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

Hadar k'vod hodekha v'divrei niflotekha asikha

*(The splendid glory of Your power
and Your wonderful deeds I shall discuss!)*

ו

GEVURAH:
Strength, Focused Awareness

Lift left hand, see *Gevurah* as sphere of red flecked with gold light at left shoulder, chanting:

שש יויה

Sheish – Ya- Wa- Ha

(Six, Letter Permutation)

See second *Gevurah* as sphere of red flecked with gold light a few feet to your left, in front of you, at shoulder level, bring left hand to belly, chanting:

כי יהוה הוא האלהים

Ki Hashem Hu HaElohim

(For Existence Itself is the [Embodied] Divine)

Visualize *Vav* diagonal line of light before you to your left,
Connecting *Gevurah* and *Malkhut*,

Visualize *Vav* also in your spine, from neck down into pelvis,
Think: “Accepting and Transcending” and chant:

וְעֲנוּז נֹרֵאֲתֶיךָ יֵאֱמְרוּ וּגְדוּלַתְּךָ אֶסְפְּרֶנָּה

Ve'ezuz norotekha yomeiru, ug'dulat'kha asap'reina

*(And of Your awesome power they will speak,
and of your greatness I shall relate!)*

ז

NETZAKH:

Endurance, Persistent Awareness

Right hand on right thigh, see *Netzakh* as sphere of pink light at right hip, chanting:

שבע הי"ו

Sheva – Ha- Ya- Wa

(Seven, Letter Permutation)

Visualize *Zayin* diagonal line, front right, connecting *Keter* with *Netzakh*,

Think: “Cutting Away Distractions” and chant:

זָכֹר רַב־טוֹבָה יִבְיְעוּ וְצִדְקָתָהּ יִרְגְּנוּ

Zekher rav tuv'kha yabiyu, v'tzid'kat'kha y'raneinu

(A remembrance of Your abundant goodness they will utter,

And of Your fairness they will sing!)

See second *Netzakh* as sphere of pink light a few feet in front of you, to your right, at hip level, chanting:

בְּשָׁמַיִם מִמַּעַל

BaShamayim MiMa'al

(In the Heavens Above)

ה

HOD:

Humility, Gratitude, Willing Awareness

Left hand on left thigh, see *Hod* as sphere of dark pink light at left hip,
chanting:

שמִינָה הוֹי

Shmonei – Ha-Wa-Ya

(Eight, Letter Permutation)

Visualize Het diagonal line front left, connecting *Keter* with *Hod*,

Think: “Hovering Presence” and chant:

חֲנוּן וְרַחֻם יְהוָה אֶרֶךְ אַפַּיִם וְגָדֹל הַסֶּד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

(Gracious and compassionate is the Divine,

Slow to anger and abundant in loving kindness!)

See second *Hod* as sphere of dark pink light a few feet in front of you,
to your left, at hip level, chanting:

וְעַל הָאָרֶץ מִתַּחַת אֵין עוֹד

V'al Ha'Aretz MiTakhat, Ayn Od

(And Upon the Earth Below, there is Nothing Else.)

ט

YESOD

(and TIFERET again):

Joy, Eros, Blissful Awareness; and Radiant Presence

Hands to belly, see *Yesod* as sphere of orange light at reproductive organs,
chanting:

תשע וייה

Teisha – Wa-Ya-Ha

(Nine, Letter Permutation)

Visualize *Tet* diagonal line, back left, connecting *Keter* with *Yesod*,

Think: “Hidden Goodness” and chant:

טוב-יְהוָה לְכֹל וְרַחֲמָיו עַל-כָּל-מַעֲשָׂיו

Tov Adonai Lakol, v'rakhamav al kol ma'asav

(The Divine is good to all,

Divine Compassion is upon all creation!)

See second *Tiferet* as sun-yellow flecked with violet light at your right,
behind you, at hip level, chanting:

עַל כֵּן נִקְוָה לָךְ יְהוָה אֱלֹהֵינוּ לְרֹאשׁוֹת מְהֵרָה בְּתַפְאֵרֶת עֲזֶךָ

Al kein n'kaveh L'kha Adonai Eloheinu lir'ot m'heirah b'Tiferet uzekha~

*(Therefore, we put our hope in You, Hashem, our Divinity, to see speedily
the Radiance [Tiferet] of Your strength)*

Then, see second *Yesod* as sphere of orange light a few feet to your left,
behind you, at hip level, and chant:

לְתַקֵּן עוֹלָם

L'Takein Olam

(To Fix/Heal the World)

ו

MALKHUT:

Trust, Embodied Awareness

See *Malkhut* as two spheres again of blue and earth color light at your feet and below your feet, chanting:

עֶשֶׂר יְהוּי

Eser – Wa-Ha-Ya

(Ten, Letter Permutation)

Visualize *Yod* diagonal line, back right, connecting *Hokhmah* and *Malkhut*,

Visualize *Yod* also in your head,

Think: “Simple Presence in Action” and chant:

יְדוּכָה אֲדוֹנָי כֹּל מַעֲשֵׂיךָ וְחַסִּידֶיךָ יְבָרְכוּכָה

Yodukha Adonai Kol Ma’asekha, V’Hasidekha Yivarkhukha

(All Your creations will thank you, and Your devout ones will bless You!)

Then, bring hands palms together to mouth, see *Malkhut* as sphere of blue and earth color light at mouth, chanting:

בְּמַלְכוּת שְׁדָי

B’Malkhut Shadai

(In The Kingdom of the Breasted God)

Sh'ma and Body of Light in Six Directions

כ

Inhale, filling three parts of body with light, visualizing letters in body:

י Head

ח Chest

ו Belly

while thinking:

YA י – HA ח – WA ו

(head, chest, belly).

Exhale and project Light upward, left hand pointing up, chanting:

Sh'ma שמע
(Listen)

Visualize the *Kaf* diagonal line back right, connecting *Keter* to *Tiferet*,

Think: “Fearless” and chant:

כבוד מלכותך יאמרו וגבורתך ידברו

K'vod Malkhutekha Yomeiru Ugevurat'kha Y'dabeiru

(Of the glory of Your kingdom they will speak, of Your power they will tell!)



Inhale, filling body with light, visualizing letters in body:

YA – WA – HA

(head, belly, chest).

Exhale and project Light downward, right hand pointing down, chanting:

Yisrael יִשְׂרָאֵל

(Striving for the Divine)

Visualize the *Lamed* diagonal line, back left, connecting *Binah* to *Malkhut*,

Think: “Yearning for Learning” and chant:

לְהוֹדִיעַ | לְבָנֵי הָאָדָם גְּבוּרַתְּוֹ וְכְבוֹד הַדָּר מְלִכּוּתוֹ

L'hodia Liv'nei Adam Gevurotav Ukh'vod Hadar Malkhuto

*(To make Its Power known to the children of Adam
and the glorious majesty of Its Kingdom!)*

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

מ

Inhale, filling body with light, visualizing letters in body:

HA – YA – WA

(chest, head, belly).

Exhale and project Light forward, right hand pointing forward, chanting:

YAdonai יהוה

(Existence, Divine, My Lord)

Visualize the *Mem* line, lower front, connecting *Netzakh* and *Hod*,

Thinking: “Purified by Consciousness” and chant:

לְהוֹדִיעַ | לְבִנְיָ הָאֲדָם גְּבוּרָתָיו וְכְבוֹד הַדָּר מְלִכּוּתוֹ

Malkhut 'kha Malkhut Kol Olamim, Umemshlt 'kha b'khol Dor Vador

(Your Kingdom is a Kingdom of all worlds,

and Your dominion is from generation to generation!)

ס

Inhale, filling body with light, visualizing letters in body:

HA – WA– YA

(chest, head, belly).

Exhale and project Light backward, left hand pointing backward, chanting:

Eloheinu אֱלֹהֵינוּ

(Our Divinity)

Visualize the *Samekh* line, lower back, connecting *Tiferet* and *Yesod*,

Thinking: “Fully supported” and chant:

סוּמְךָ יְהוָה לְכָל־הַנִּפְלֵיִם וְזוֹקֵף לְכָל־הַכְּפוּפִים

Somekh Adonai l'khol hanoflim v'zokeif l'khol hak'fufim

(The Divine supports all who have fallen, and straightens all the bent!)

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

ע

Inhale, filling body with light, visualizing letters in body:

WA – YA – HA

(belly, head, chest).

Exhale and project Light to the right, right hand to the right, chanting:

YAdonai יהוה

(Existence, Divine, My Lord)

Visualize the *Ayin* line, upper right, connecting *Hokhmah* with *Hesed*,

Thinking “Seeing through to the Divine” and chant:

עֵינֵי־כָל אֱלֹהִים יִשְׁבְּרוּ וְאַתָּה נוֹתֵן־לָהֶם אֶת־אֲכָלָם בְּעֵתוֹ

Einei khol eilekha y’sabeiru, v’Atah notein lahem et akhlam b’ito

(The eyes of all are on you with hope, and you give them their food in its time)

פ

Inhale, filling body with light, visualizing letters in body:

WA – HA – YA (belly, chest, head).

exhale and project Light to the left, left hand to the left, chanting:

Ekhad אָחָד

(One)

Draw circle #3 as you chant the “Aaaa” of *EkhAaad*, 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.)

Visualize the *Pei* line, upper left, connecting *Binah* with *Gevurah*,

Thinking “Anchoring Mind” and chant:

פּוֹתַחַ אֶת יָדְךָ וּמְשַׁבֵּיעַ לְכֹל חַי רָצוֹן

Poteiakh et yadekha umaspiyah l'khol khai ratzon!

(You open Your Hand and satisfy the desires of all life!)

צ

Bring in Light from left with left hand, chanting:

Barukh בָּרוּךְ
(Blessed)

Visualize the *Tzadi* line, lower left, connecting *Yesod* with *Hod*
Thinking: “Faith in What Is, Faith in What Could Be” and chant:

צַדִּיק הוֹדָה בְּכָל-דַּרְכָּיו וְחֹסֵד בְּכָל-מַעֲשָׂיו
Tzadik Adonai b'khol d'rakhav v'hasid b'khol ma'asav!
(*The Divine is just in all Its paths and loving in all Its action!*)

ק

Bring in Light from right with right hand, chanting:

Shem שֵׁם
([is the] Name)

Visualize the *Koof* line, lower right, connecting *Tiferet* with *Netzakh*
Thinking: “Sanctifying the Ordinary” and chant:

קָרוֹב הוֹדָה לְכָל-קוֹרְאָיו לְכָל-אֲשֶׁר יִקְרָאֶהוּ בְאֱמֶת
Karov Hashem l'khol korav l'khol asher yikra'uhu ve'emet!
(*The Divine is close to all who call upon It, to all who call out in Truth!*)

ך

Bring in Light from behind with left hand, chanting:

K'vod כְּבוֹד
([of the] Glorious)

Visualize the *Reish* line, upper back, connecting *Hokhmah* with *Binah*,

Thinking: “Wisdom of Uncertainty” and chant:

רְצוֹן-יִרְאַיוֹ יַעֲשֶׂה וְאֶת-שׁוֹעֲתָם יִשְׁמַע וְיִוֹשִׁיעֵם
R'tzon y'reiav ya'aseh v'et shavatam yishma v'yoshieim
(*The Divine fulfills the desires of those with awe;*
The Divine hears their cries and saves them!)

ש

Bring in Light from front with right hand, chanting:

Malkhuto מַלְכוּתוֹ
(Kingdom)

Visualize the *Shin* line, upper front, connecting *Hesed* with *Gevurah*

Thinking: “Watchfulness” and chant:

שׁוֹמֵר יְהוָה אֶת-כָּל-אֹהֲבָיו וְאֶת כָּל-הַרְשָׁעִים יִשְׁמִיד
Shomer Adonai et kol ohavav v'et kol har'shayim yashmid.
(*The Divine guards all who love the Divine, and those who hate will be*
destroyed.)

ת

Visualize the *Tav* line, center, connecting your heart with *Malkhut*,
Thinking: “Sincerity” and chant,
Bringing in Light from below with right hand on the word “*Le’olam*”:

תְּהִלַּת יְהוָה יְדַבֵּר כָּל בָּשָׂר וַיְבָרֵךְ כָּל בְּשָׂר יֵשֶׁם קִדְשׁוֹ לְעוֹלָם
Tehilat Adonai yidaber pi, vivarekh kol basar le’olam...
(Praise of the Divine my mouth will declare,
and may all creatures will bless the Holy Name forever!)

Bring in Light from Above with left hand, chanting:

VaEd וְעַד
(And Ever)

נ

Visualize the *Nun* line, left front, connecting *Gevurah* with *Hod*,
Thinking: “Egoless” and chant:

וְאֲנַחְנוּ נְבָרֵךְ יְהוָה מֵעַתָּה וְעַד עוֹלָם הַלְלוּ יְהוָה
Va’anakhnu n’varekh Yah me’ata v’ad olam, hallelu Yah!
(We will bless the Divine from now unto Eternity!)

Ve'ahavtah, Three Portals

Relax hands, palms open, chanting: וְאַהֲבַתְּ אֵת יְהוָה אֱלֹהֶיךָ

Ve'Ahavtah Et Adonai Elohekha

(And You shall love Existence, your Divinity)

Right hand on heart, chanting: כָּל לִבְבְּךָ

B'khol LeVav'kha

(With all your heart)

Offering awareness as a gift, chanting:

לְךָ

L'kha _____

(For You)

Bring left hand to belly, chanting: וְכָל נַפְשֶׁךָ

Uv'Khol Naf'shekha

(and with all your soul)

Bringing awareness into body, chanting:

נַעֲשֶׂה

Na'aseh _____

(We will do)

Bring right hand to forehead, chanting: וְכָל מְאֹדֶךָ

Uv'Khol Me'odekha

(and with all your expansiveness)

Aware of awareness as vast field beyond the body, chanting:

וְנִשְׁמָע

V'Nishmah _____

(and we will hear)

Adding Remaining 12 Letters

(Kiss fingers, bring hands into lap, chant mentally and meditate silently)

Silent Meditation

Hands in lap, chanting meditate silently or mentally:

אתה הוּה

Atah HU, At YAH Hi...

(You are It, Now is the Divine)

After silent period, close again with the Three Portals.