



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 הַמֶּלֶךְ 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:

שלש 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 וְלִגְדוּלָתוֹ 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:

כַּכְּתוּב בְּתוֹרַתוֹ וַיְדַעַת הַיּוֹם
בְּדַחֲלֵי וּרְחִימוֹ, לְיַחַד שֵׁם י"ה בּו"ה בְּיַחְוָדָא 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 and trace triangle with right hand:

חמש

Hameish

(Trace heart to *Malkhut*)

YA

(Trace *Malkhut* to *Hesed* – *Hei* line)

HA

(Trace outer *Hesed* to heart)

WA

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

וְהִשְׁבַּתְּ אֶל לְבָבְךָ

V'hashivota El L'vavekha

(Return to your heart)

Visualize *Hei* also in your chest,

Think: “Offering Presence” and chant:

הִדַּר כְּבוֹד הַגּוֹדֵל וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

Hadar k'vod hodekha v'divrei niflotekha asikha

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

ן

GEVURAH:
Strength, Focused Awareness

Lift left hand, see *Gevurah* as sphere of red flecked with gold light at left shoulder, chant and trace triangle with left hand:

שש
Sheish

(Heart to outer *Gevurah*)

YA

(*Gevurah* to *Malkhut*, *Vav* line)

WA

(*Malkhut* to belly)

HA

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

כִּי יְהוּהָ הוּא הָאֱלֹהִים
Ki Hashem Hu HaElohim
(*For Existence Itself is the [Embodied] Divine*)

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

וְעִזּוֹ נִוְרָאֵתֶיךָ יֵאֱמְרוּ וּגְדוּלַתְךָ 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,
trace triangle with right hand and chant:

שבע

Sheva

(*Keter to Netzakh*)

HA

(*Netzakh to Hod*)

YA

(*Hod to Keter*)

WA

(*Keter to Netzakh – Zayin line*)

זָכַר רַב־טוֹבָתְךָ יְבִיעוּ וְצִדְקָתְךָ יְרַגְּבוּ

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!*)

Think: “Cutting Away Distractions”

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

בַּשָּׁמַיִם 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, trace triangle with left hand, and chant:

שמִינֵה

Shmonei

(*Keter to Hod*)

HA

(*Hod to Netzakh*)

WA

(*Netzakh to Keter*)

YA

(*Keter to Hod – Het line*)

חֲנּוּן וְרַחֲמִים יְהוָה אֶרֶךְ אַפַּיִם וְגִדְל־חֶסֶד

Hanun v'rakhum Adonai, erekh apayim ugedal hased!

(*Gracious and compassionate is the Divine,*

Slow to anger and abundant in loving kindness!)

Think: “Hovering Presence”

See outer *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 MiTakhath, 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,
trace triangle with right hand and chant:

תשע

Teisha

(*Keter to Yesod*)

WA

(*Yesod to Tiferet*)

YA

(*Tiferet to Keter*)

HA

(*Keter to Yesod – Tet line*)

טוב־יְהוָה לְכֹל יְרַחֲמֵנוּ עַל־כָּל־מַעֲשָׂיו

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

(The Divine is good to all, Divine Compassion is upon all creation!)

Think: “Hidden Goodness”

See outer *Tiferet* at your right, behind you, at hip level, chanting:

עַל כֵּן נִקְוָה לָּךְ יְהוָה אֱלֹהֵינוּ לְרֹאוֹת מְהֵרָה בְּתִפְרֵת עֲזָךְ

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* few feet to your left, behind, 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, trace triangle with left hand, chanting:

עֶשֶׂר

Eser

(*Malkhut to Binah*)

WA

(*Binah to Hokhmah*)

HA

(*Hokhmah to Malkhut – Yod line*)

YA

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

בְּמַלְכוּת שְׁדַי

B'Malkhut Shadai

(*In The Kingdom of the Breasted God*)

Visualize *Yod* also in your head,

Think: “Simple Presence in Action” and chant:

יְדוּכָה אֲדוֹנָי כֹּל מַ'אֶשְׁכָּה וְחַסִּידֶיךָ יְבָרְכֶיךָ

Yodukha Adonai Kol Ma'asekha, V'Hasidekha Yivarkhukha

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

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

ב Belly

while thinking:

YA י – HA ח – WA ב

(head, chest, belly).

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

Sh'ma שְׁמַע
(Listen)

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

Think: “Fearless” and chant:

כְּבוֹד מַלְכוּתְךָ יֵאֱמְרוּ וְגִבּוֹרַתְךָ יִדְבְּרוּ

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 גְּבוּרַתְךָ וְכְבוֹד הַתָּר מִלְכוּתְךָ

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.



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:

מְלִכּוּתְךָ מְלִכּוּת כָּל־עֲלָמִים וּמִשְׁלַתְךָ בְּכָל־דּוֹר וָדוֹר

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־הַנִּפְלִיּוֹת וְיִזְקֶנּוּ לְכָל־הַכּוֹפְּוּתִים

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־כָּל 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 *EkhAaaaad*, 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 umaspiah 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 יְהוָה 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 יְהוָה לְכָל-קוֹרְאָיו לְכָל אֲשֶׁר יִקְרָאֵהוּ 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-יְרָאִיו 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!)

שׁ

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 פִּי וַיְבָרֵךְ כָּל־בֶּשָׂר יְשֵׁם 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)

ו

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: וְאַהַבְתָּ אֵת יְהוָה אֱלֹהֶיךָ

Ve'Ahavtah Et Adonai Elohekha

(And You shall love Existence, your Divinity)

Right hand on heart, chanting: כָּכָל לְבָבְךָ

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: וּבְכָל נַפְשְׁךָ

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: וּבְכָל מְאֹדְךָ

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)

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

Silent Meditation

Hands in lap, chanting meditate silently or mentally:

אתה הוּא

Atah HU, At YAH Hi...

(You are It, Now is the Divine)

After silent period, close again with the Three Portals.