

Ten *Seferot* in and around the body with *kavanot*

א

KETER:

Oneness of All Being, Singular Awareness

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

אחת רוח אלהים

Akhat – Ruakh Elohim Hayim

(One – Breath of the Living Divine)

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

הוא אלהינו אין עוד

Hu Elohienu Ayn Od

(It is our Divinity, There is Nothing Else)

ב

MALKHUT:

Presence in All Things, Reverent Awareness

Touching heart, perceptualize Light descending through body, manifesting as *Malkhut* as sphere of blue and earth color light below your feet, and chant:

שתים רוח מרוח

Sh'tayim – Ruakh MeRuakh

(Two – Breath from Breath)

Then, perceptualize Light *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)

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HOKHMAH:

Spacious Awareness

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

שֵׁלֶשׁ מַיִם מֵרוּחַ

Shalosh – Mayim MeRuakh

(Three – Water from Breath)

Then, perceptualize *Hokhmah* as 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)

ד

BINAH:

Discerning Thought, Contemplative Awareness

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

אַרְבַּע אֵשׁ מֵמַיִם

Arbah – Aysh MeMayim

(Four – Fire from Water)

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

וּשְׁכִינְתֵּי

U'Shekhintei

(And the Divine Presence)

SEFIRAT DA'AT:

Knowing, Connecting

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

כַּפְתוּב בְּתוֹרַתוֹ וְיָדַעַת הַיּוֹם

בְּדַחֲלֵלוּ וּרְחִימוּ, 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, Offering Awareness; and Radiant Presence

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

חמש יה"ו

Hameish – Ya- Ha- Wa

(Five –Letter Permutation of Divine Name meaning "Being")

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

וְהֵשִׁיבָתָ אֶל לְבָבְךָ

V'hashivota El L'vavekha

(Return to your heart)

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)

Then, see *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)

ז

NETZAKH:

Endurance, Persistent Awareness

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

שבע היו

Sheva – Ha- Ya- Wa

(Seven, Letter Permutation)

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

בשמים ממעל

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:

שמינה הוי

Shmonei – Ha-Wa-Ya

(Eight, Letter Permutation)

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

ועל הארץ מתחת אין עוד

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)

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

על כן נקנה לך יהוה אלהינו לראות מהרה בתפארת עזך

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

לתקן עולם

L'Takein Olam

(To Fix/Heal the World)

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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 יְהִי

Eser – Wa-Ha-Ya

(Ten, Letter Permutation)

Then, 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)