



**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*,

Thinking: “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 הַמְּלֶכֶת 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.)*

Sh'ma, first ten letters and ten *Seferot* in and around the body

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*,

thinking: “Welcoming the Presence” and chant:

בְּכֹל-יוֹם אֲבָרְכֶךָ וְאֶהְלֶלְהָ שְׁמִי 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*,

Thinking “Fullness of Being” and chant:

גָּדוֹל יְהוָה וּמְהֻלָּל מְאֹד וְלֹגְדָּלָתוֹ 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:

אַרְבַּע אֵשׁ מִמַּיִם

*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:

וְשִׁכְחִינֶיהָ

*U'Shekhintei*

*(And the Divine Presence)*

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

Connecting *Binah* and *Yesod*,

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

דֹר לְדֹר יְשַׁבַּח מַעֲשֵׂיךָ וּגְבוּרֹתֶיךָ יִגִּידוּ

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

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

Sh'ma, first ten letters and ten *Seferot* in and around the body

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

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

כְּכַתוּב 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 הַוְדָּה וְדִבְרֵי נִפְלְאוֹתֶיךָ אֲשִׁיחָה

*Hadar k'vod hodekha v'divrei niflotekha asikha*

*(The splendidous glory of Your power  
and Your wonderous 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:

ועזוז נוראתיך יאמרו וגדולתך אספרנה

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

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

Sh'ma, first ten letters and ten *Seferot* in and around the body

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 of light connecting *Keter* with *Netzakh*,  
Think, “Cutting Away Distractions” and chant:

זָכֹר רַב־טוֹבָה יִבְיְעוּ וְצִדְקָתְךָ 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)*



Sh'ma, first ten letters and ten *Seferot* in and around the body

ח

**HOD:**

**Humility, Gratitude, Willing Awareness**

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

שמִינָה הוּי

*Shmonei – Ha-Wa-Ya*

*(Eight, Letter Permutation)*

Visualize Het diagonal line of light connecting *Keter* with *Hod*,

Think, “Hovering Presence” and chant:

חֲנוּן וְרַחֻם יְהוָה אֶרֶךְ אַפַּיִם וְגָדֹל הַקְּדוּסָה

*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 of light 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)*

Sh'ma, first ten letters and ten *Seferot* in and around the body

י

**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 of light behind you to your right,

Connecting *Hokhmah* and *Malkhut*,

Visualize *Yod* also in your head,

Think, “Simple Presence in Action” and chant:

יְדוּכָה אֲדוֹנָי כֹּל מַעֲשֵׂיךָ וְחַסִּידֶיךָ יְבָרְכוּךָ

*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 שָׂדַי

*B'Malkhut Shadai*

*(In The Kingdom of the Breasted God)*

Sh'ma, first ten letters and ten *Seferot* in and around the body

***Sh'ma and Body of Light in Six Directions***

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*** שמע  
(Listen)

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*** ישראל  
(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, 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)

Sh'ma, first ten letters and ten *Seferot* in and around the body

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)

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

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*** יְהוָה

(Existence, Divine, My Lord)

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*** אֶחָד

(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.)

Sh'ma, first ten letters and ten *Seferot* in and around the body

Bring in Light from left with left hand, chanting:

**Barukh** בָּרוּךְ  
(Blessed)

Bring in Light from right with right hand, chanting:

**Shem** שֵׁם  
([is the] Name)

Bring in Light from behind with left hand, chanting:

**K'vod** כְּבוֹד  
([of the] Glorious)

Bring in Light from front with right hand, chanting:

**Malkhuto** מַלְכוּתוֹ  
(Kingdom)

Bring in Light from below with right hand, chanting:

**LeOlam** לְעוֹלָם  
(Forever)

Bring in Light from Above with left hand, chanting:

**VaEd** וְעַד  
(And Ever)

Sh'ma, first ten letters and ten *Seferot* in and around the body

**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, offering awareness as a gift, chanting:

בְּכָל לִבְבְּךָ

***B'khol LeVav'kha***

(With all your heart)

לְךָ

***L'kha*** \_\_\_\_\_

(For You)

Bring left hand to belly, bringing awareness into body, chanting:

וּבְכָל נַפְשֶׁךָ

***Uv'Khol Naf'shekha***

(and with all your soul)

נַעֲשֶׂה

***Na'aseh*** \_\_\_\_\_

(We will do)

Bring right hand to forehead, aware of awareness as vast field beyond the body, chanting:

וּבְכָל מְאֹדְךָ

***Uv'Khol Me'odekha***

(and with all your expansiveness)

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:

אַתָּה הוּא

***Atah HU, At YAH Hi...***

(You are It, Now is the Divine)

After silent period, close again with the Three Portals.