

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)*

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)*

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)*

ז

**BINAH:**

**Discerning Thought, Contemplative Awareness**

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

ארבע אש ממים

*Arbah – Aysh MeMayim*  
(*Four – Fire from Water*)

ה

**HESED AND TIFERET:**

**Lovingkindness, Radiant Presence, Offering Awareness**

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. Bring right hand to heart and chant:

חמש יה"ו

*Hameish – Ya- Ha- Wa*  
(*Five –Letter Permutation of Divine Name meaning “Being”*)

ו

**GEVURAH:**

**Strength, Focused Awareness**

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

שש יו"ה

*Sheish – Ya- Wa- Ha*  
(*Six, Letter Permutation*)

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)*

ח

**HOD:**

**Humility, Gratitude, Willing Awareness**

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

שמינה הי"ח

*Shmonei – Ha-Wa-Ya*

*(Eight, Letter Permutation)*

ט

**YESOD:**

**Joy, Eros, Blissful Awareness**

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

תשע וי"ה

*Teisha – Wa-Ya-Ha*

*(Nine, Letter Permutation)*

ו

**MALKHUT:**

**Trust, Embodied Awareness**

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

עשר יהי

*Eser – Wa-Ha-Ya*

*(Ten, Letter Permutation)*