

א

**KETER:**

**Oneness of All Being, Singular Awareness**

*Noticing there is One Reality, and Here It Is.*

ב

**HOKHMAH:**

**Spacious Awareness**

*Noticing that your awareness is a boundless, spacious field.*

ג

**BINAH:**

**Discerning Thought, Contemplative Awareness**

*Noticing the power of thought to direct intention and frame experience.*

ד

**HESED:**

**Lovingkindness, Offering Awareness**

*Awareness as expression of love.*

ה

**GEVURAH:**

**Strength, Focused Awareness**

*Bringing awareness out of thinking, into the senses.*

ו

**TIFERET:**

**Beauty, Radiant Awareness**

*Presence as light, shining into the fulness of the moment.*

ז

**NETZAKH:**

**Endurance, Persistent Awareness**

*Committing to practice Presence constantly, over time.*

ח

**HOD:**

**Humility, Gratitude, Willing Awareness**

*Accepting this moment with gratitude.*

ט

**YESOD:**

**Joy, Eros, Blissful Awareness**

*Feeling the simple aliveness and goodness of Being.*

י

**MALKHUT:**

**Trust, Embodied Awareness**

*Bringing to mind that the Divine Presence is within all things,  
living for God.*