

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 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 הַמְּלֶכֶךְ 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*, 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 וְלִגְדֻלָּתוֹ 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:

דּוֹר לְדוֹר יְשַׁבַּח מַעֲשֵׂיךָ וּגְבוּרֹתֶיךָ יִגְיְדוּ

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:

כְּכַתּוּב בְּתוֹרַתּוֹ וַיִּדְעָתָּהּ הַיּוֹם
בְּדַחֲחִילוֹ 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:

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:

וְהַשִּׁיבָה אֵל 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 הַוָּדָה 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:

וְעֲנוּז בּוֹרְאֵתֶיךָ יֵאֱמְרוּ וּגְדוּלַתְּךָ 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,
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 וְצִדְקָתָהּ יִרְגְּבוּ

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)

ח

HOD:

Humility, Gratitude, Willing Awareness

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

שמִינָה הוֹי

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 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* 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)

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:

יְדוּקָה יְהוָה כָּל־מַעֲשֵׂיךָ יְבָרְכוּךָ 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 שָׁדַי

B’Malkhut Shadai

(In The Kingdom of the Breasted God)