

Handout for Sefer Yetzira Class 2

<http://www.yeshshem.com/sy1-alef-bet.htm>

אָבִיגַדְהוֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁת

Ta SHe Ray Ko TZaP ay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa

בִּגְדְהוֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָא

Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay

גְדְהוֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִב

Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi

דְהוֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּג

Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da

הוֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּגְד

Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay

וֹזַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּגְדְה

Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa

זַחֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּגְדְהוֹ

Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za

חֵיִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּגְדְהוֹז

Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay

יִכְלָמִנְסַעֲפִצְקֵרֶשֶׁתָאִבִּגְדְהוֹזַח

Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay

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יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La CHa Yo

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray KoT Za Pay Ah Sa Nu May La CHa

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May La

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu May

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa Nu

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa Pay Ah Sa

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

SaNu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray KoTZaPay Ah

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray KoT Za Pay

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko TZa

יְכֹלְמִנְסַעֲפִצְקֶרְשֶׁתְּאֲבִגְדְּהוֹזְחִיטְ

TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray Ko

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ר ש ת א ב ג ד ה ו ז ח ט י כ ל מ נ ס ע פ צ ק

Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe Ray

ש ת א ב ג ד ה ו ז ח ט י כ ל מ נ ס ע פ צ ק ר

Ray Ko TZa Pay Ah Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta SHe

ש ת א ב ג ד ה ו ז ח ט י כ ל מ נ ס ע פ צ ק ר ש

SHe Ray Ko TZa PayAh Sa Nu May La CHa Yo Tay Chay Za Wa Hay Da Qi Bay Aa Ta

Continue until you reach the Aleph Bet that starts with the Tav

Instructions

Listen to the recording for correct pronunciation of the sounds.

Here is a link to copy and paste into your browser to reach the recording.

1. Read the Hebrew Right to Left; the English pronunciation is just below the Hebrew Letter (as best as possible)
2. Say the sounds as clearly as possible. Say the sounds as rapidly as possible.
3. Repeat in Reverse order
4. Sometimes Repeat each row until you start with the last letter Tav
5. Continue to practice forward and backward as rapidly as possible
6. Now start two letters at a time. Aa Bey; Aa Qi; Aa Da; etc
7. Do step 6 in reverse
8. Remember you are planning to do this rapidly with clear pronunciation. Learn the proper breathing as well as speed. Breathing is more important than speed. Pronunciation is the most important.

Additional Practice

There are 7 letters that have two sounds. Practice with the alternative sound

Proper Breathing is very important

Here are links to an explanation and exercises that will return your breathing back to that of an infant. An infant's breathing is the correct method without any adulteration that has been caused by bad habits slipping to your breathing.

At this time you will need to copy and paste these links into your browser. Please do not follow any links that take you to anything having to do with Yoga. I will explain this in the recording.

http://www.coedu.usf.edu/zalaquett/Help_Screens/breath.htm

http://www.ehow.com/video_4801971_diaphragmatic-breathing-exercises.html

Additional and Very important Instructions

This is not rote memorization. Inject consciousness into this process. Speed is important but consciousness is more important.

This practice is important and should continue to be done every day for the rest of your life.

Instructions for Following this Class.

This series of classes is not an academic approach to the Sefer Yetzirah. It is an experiential approach. As such it recommended that you "do your homework".

The first two classes are designed as introductions to the experiences. During these two to three week period it is recommended that you begin the homework with this hand out. Also for those who wish to purchase a Translation of the Sefer Yetzirah or download an audio version or pull up a pdf file from the internet of the Sefer Yetzirah, now is the time to do this. The version of the commentary we will use is not a popular one. It is based in Hebrew only and has never been translated. It is written by Rabbi Moshe Cordovero, a contemporary of the ARI.