

**KosherTorah School**

for Biblical, Judaic & Spiritual Studies  
P.O. Box 628  
Tellico Plains, TN. 37385  
tel. 423-253-3555  
email. [koshertorah@wildblue.net](mailto:koshertorah@wildblue.net)  
[www.KosherTorah.com](http://www.KosherTorah.com)  
Ariel Bar Tzadok, Director, Rabbi



# Havaya-Ani Tzerufim

by Ariel B. Tzadok

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*This instruction is for the Kavanot of the Merkava lesson, Part Two. The column is used from the bottom, up.*

**Keter/Crown,**

the unknown, unknowable Supernal Source,  
the kernel from which comes forth all.

Yah'Ahah'Niwah'Yohah



**Hokhma/Wisdom,**

the unconscious mind, the domain of imagination,  
the source of revelation, and insight.

Ya'Aha'Niwa'Yoha



**Binah/Understanding,**

the conscious mind, the domain of rational thought,  
the source of awareness, and apprehension.

Yey'Ah'Hey'Nihwey'YoHey



**Hesed/Mercy,**

the expansive emotional force, outgoing,  
positive, boundless, and boundary-less energy.

Yeh'Ah'Heh'Niweh'YoHeh



**Gevurah/Severity,**

the restrictive emotional force, turning inward,  
limiting, rigid, constricting energy.

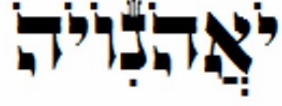
Y'Ah'H'Ni'W'Yo'H



**Tiferet/Beauty,**

the balanced emotional force,  
alignment and peace of heart, wholeness energy.

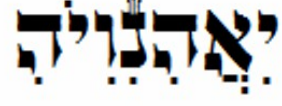
Yo'ah Ho'ni Wo'yo'Ho



**Netzah/Victory,**

the focused expansive emotional force,  
seeking to impose balance on the universe.

Yi'ah Hih'nih Wih'yo Hih



**Hod/Glory,**

the focused restrictive emotional force, seeking to  
benefit from the imposed balancing universal force.

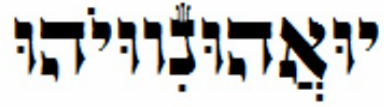
Yu'ah Hu'nih Wu'yo Hu



**Yesod/Foundation,**

focused creative energy, the inner force that  
moves things forward along one's predetermined path.

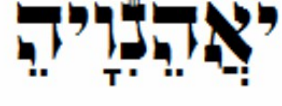
Yu'ah Hu'nih Wu'yo Hu



**Malkhut/Kingdom,**

the power of body and form, the receptacle that enables  
all the forces to unite, and to work together as one.

Yo'ah Hey'nih Wah'yo Hey



## *The Realignment Prayer*

**Rule:** Prayers work only when they are recited with sincere devotion. You have to mean it, in order to make it true. It is best to recite this prayer aloud in a whisper, including all the Names herein. In order to solicit a meditative affect, it is best to recite each Name, and each stanza of the prayer three times. These will be marked with a (3x). Faith here is the essential ingredient. Words work because we believe in them to work. This prayer contains powerful concepts, and “Names” which can truly support the process of the realignment of one's soul with one's Divine Source. Please note, that this prayer can be translated, and recited in any language. Hebrew is not required, not necessary, and unless it is one's mother tongue, not suggested.

*Behold I proclaim my intent, my purpose, and my desire  
to align my self, my being, my soul, and my body with  
my Divine Source, and Creator, the Active Being of All-Existence.*

*I am! I am, “ANI.”*

*I merge my identity with my Divine Source  
to receive from there all the blessings that both Heaven and Earth have to offer.*

*I begin by contemplating my inner I, “ANI” in my physical body,  
and I merge with the Divine Source Havaya by the sacred sound:*

***Yo'ah Hey'nih Wah'yo Hey.*** (3x)

*I realign my body with my inner Malkhut, and the Malkhut of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my focused creative energy,  
and I merge with the Divine Source Havaya by the sacred sound:*

***Yu'ah Hu'nih Wu'yo Hu.*** (3x)

*I realign my creative energies with my inner Yesod, and the Yesod of my Divine Source.  
(3x)*

*I contemplate my inner I, “ANI” in my focused restrictive emotional force,  
and I merge with the Divine Source Havaya by the sacred sound:*

***Yu'ah Hu'nih Wu'yo Hu.*** (3x)

*I realign my focused restrictive emotional force with my inner Hod, and the Hod of my  
Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my focused expansive emotional force,  
and I merge with the Divine Source Havaya by the sacred sound:*

***Yi'ah Hih'nih Wih'yo Hih.*** (3x)

*I realign my focused expansive emotional force with my inner Netzah, and the Netzah of  
my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my balanced emotional force,  
and I merge with the Divine Source Havaya by the sacred sound:*

**Yo'ah Ho'ni Wo'yo'Ho** (3x)

*I realign my balanced emotional force with my inner Tiferet, and the Tiferet of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my restrictive emotional force,  
and I merge with the Divine Source Havaya by the sacred sound:*

**YAh'H'Ni'WYo'H.** (3x)

*I realign my restrictive emotional force with my inner Gevurah, and the Gevurah of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my expansive emotional force,  
and I merge with the Divine Source Havaya by the sacred sound:*

**Yeh'Ah'Heh'Niweh'YoHeh** (3x)

*I realign my expansive emotional force with my inner Hesed, and the Hesed of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my conscious mind,  
and I merge with the Divine Source Havaya by the sacred sound:*

**Yey'Ah'Hey'Nihwey'YoHey** (3x)

*I realign my conscious mind with my inner Binah, and the Binah of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my unconscious mind,  
and I merge with the Divine Source Havaya by the sacred sound:*

**Ya'Aha'Niwa'Yoha** (3x)

*I realign my unconscious mind with my inner Hokhma, and the Hokhma of my Divine Source. (3x)*

*I contemplate my inner I, “ANI” in my unknown, unknowable Supernal Source,  
and I merge with the Divine Source Havaya by the sacred sound:*

**Yah'Ahah'Niwah'Yohah** (3x)

*I realign my unknown, unknowable Supernal Source with my inner Keter, and the Keter of my Divine Source. (3x)*

*Behold I proclaim my intent, my purpose, and my desire is to draw down from  
Above, and on to myself, the Supernal Pattern, and the Supernal Energies.*

*May they fill me, and realign me.*

*May they bring me, healing, and prosperity, blessings, and peace.*

*Amen, Amen, and Amen!*