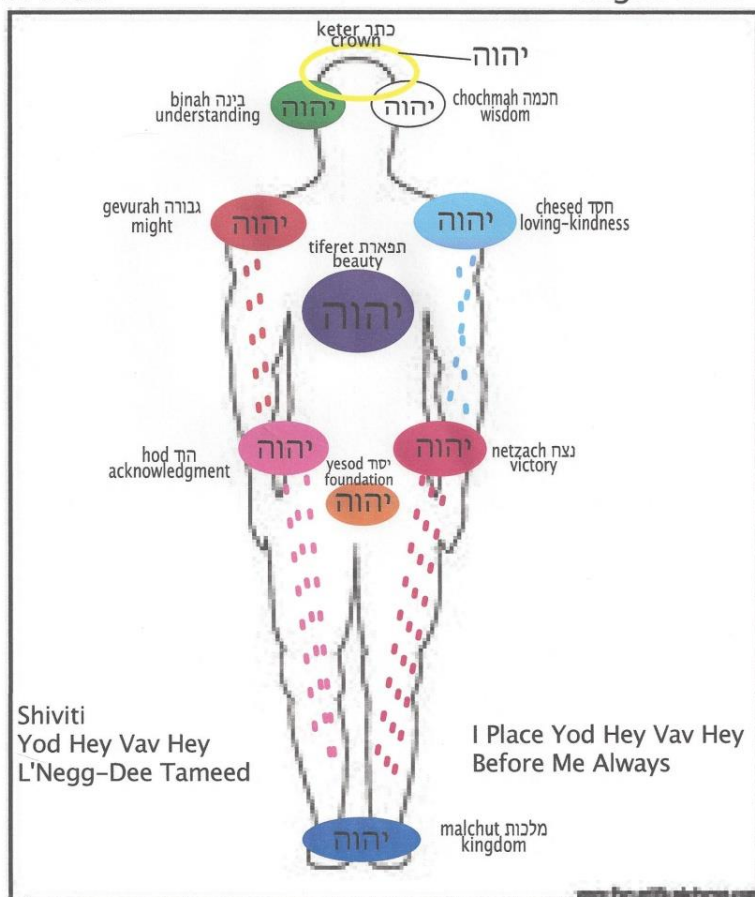


## Make Yourself a Chariot For G-d

Left Side

Right Side



## A MERKEVAH MEDITATION, MAKING YOU A CHARIOT OF GOD

**The Kabbalistic secret of identifying the energies of yhv̄h with the 10 sefirot.**

This meditation not only fills us up with the Presence of God, but also has the effect of creating balance within the flow of energy of God. This is based on the Zohar principle that our actions below have a direct effect on the celestial

world. We are strengthening enormously our connection with God in this meditation.

**KETER**—First visualize sets of YHVH (יהוה) in the color Translucent Gold circling your head counterclockwise like a halo. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lanegdi tamid.” (I do believe that effective as it is in English, it is even more effective in Hebrew, because when you pronounce the Hebrew words you are also activating the vibrational powers of the Hebrew letters.

**CHOCHMA**- A. visualize YHVH ( יהוה ) in the color WHITE in front of your right forehead (about 5 inches in front of your forehead.) B.Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in white characters moving toward your right forehead and affixing itself to it. D. As you breathe out through your nostrils, you see YHVH ( יהוה ) in white characters firmly entrenched on your right forehead.

**BINA**--- A. Visualize YHVH ( יהוה ) in the color GREEN in front of your left forehead (about 5 inches in front of your forehead.) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in green characters moving toward your left forehead and affixing itself to it. D. As you breathe out through your nostrils, you see YHVH ( יהוה ) in green characters firmly entrenched on your left forehead.

**HESED-** A. Visualize YHVH( יהוה ) in the color LIGHT BLUE in front of your right shoulder (about 5 inches in front of your shoulder.) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in light blue characters moving toward your right shoulder and affixing itself to it. D. As you breathe out through your nostrils, visualize many sets of YHVH ( יהוה ) in light blue characters moving down your right arm.

**GEVURAH---**A. Visualize YHVH ( יהוה ) in the color DEEP RED in front of your left shoulder (about 5 inches in front of your shoulder.) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH( יהוה ) in deep red characters moving toward your left shoulder and affixing itself to it. D. As you breathe out through your nostrils, visualize many sets of YHVH( יהוה ) in deep red characters moving down your left arm.

**TIFERET---**A., visualize YHVH( יהוה ) in the color PURPLE in front of your solar plexus (about 5 inches in front of your solar plexus) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in purple characters moving onto your solar plexus. D. As you breathe out through your nostrils, visualize many sets of YHVH ( יהוה ) in purple characters firmly affixed to your solar plexus.

**NETZACH**—A. Visualize YHVH ( יהוה ) in the color DARK PINK in front of your right hip (about 5 inches in front of your hip) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in dark pink characters moving toward your right hip and affixing itself to it. D. As you breathe out through your nostrils, visualize many sets of YHVH ( יהוה ) in dark pink characters moving down your right hip, down your right leg, to the ankle..

**HOD**--- A. Visualize YHVH ( יהוה ) in the color LIGHT PINK in front of your left hip (about 5 inches in front of your hip) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH( יהוה ) in light pink characters moving toward your left hip and affixing itself to it. D. As you breathe out through your nostrils, visualize many sets of YHVH ( יהוה ) in light pink characters moving down your left hip, down your left leg, to the ankle.

**YESOD**—A. Visualize YHVH( יהוה ) in the color ORANGE in front of your lower abdomen (about 3 inches in front of your abdomen) B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH( יהוה ) in orange characters moving toward your lower abdomen and affixing itself to it. D. As you breathe out through your nostrils, visualize YHVH( יהוה ) in orange characters directly affixed on your lower abdomen.

**MALCHUT--** A. Visualize YHVH ( יהוה ) in the color NAVY BLUE on each foot. B. Repeat Psalm 16:8, “I place YHVH before me always.” Or preferably say it in Hebrew, “Shiviti YHVH lenegdi tamid.” C. As you breathe in through your nostrils, visualize the image of YHVH ( יהוה ) in navy blue characters on your feet. D. As you breathe out through your nostrils, visualize again YHVH ( יהוה ) in navy blue characters directly on each foot.

Know that you and Hashem are completely in sync. Also know that all your Sefirot are in balance and know that just as you inspired your Sefirot to be in balance with one another, you have inspired balance in the Mind of God. “As above, so below; as below, so above.”