

TWO MEDITATIONS ON THE DIVINE NAME OF GOD

You all have in front of you a chart with the 10 Sefirot and the Hebrew names of God that correspond to each Sefira. I would like you to start with the Name of God that corresponds to the 1⁰th and Final Sefira. This name is pronounced ADONAI TZVA'OT.

1. First enter into a meditative state by breathing in through your nostrils deeply yet gently, right down to our lower abdomen. Exhale very slowly through your mouth. You will then enter into a slightly euphoric state, where you should repeat the name ADONAI TZVA'OT over and over again in a rhythmic chant. Silently whisper the name to yourself.
2. Repeat the name ADONAI TZVA'OT again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time , this increases your connection to God.
3. Once you have a rhythm—combined with focused attention—let go and flow where the energy takes you. Remember “energy flows where attention goes.”
4. Now, let's go the 9th Sefira, which is YESOD, which corresponds to the Hebrew name of ELOHAI YISRAEL. Breathe in through your nostrils deeply down to your abdomen. Exhale through your mouth. Repeat the name ELOHAI YISRAEL over and over again in a rhythmic chant. Do this , whispering the name to yourself.
5. Repeat the name ELOHAI YISRAEL over and over and concentrate on the sounds you are making. Then concentrate on the name as a whole. Also, try to visualize the name at the same time. It's on your chart.
6. You now are reciting the name ELOHAI YISRAEL rhythmically, and remember “energy flows where attention goes.” So, focus your attention on the Hebrew name ELOHAI YISRAEL and feel the energy of God that attaches Himself to you.

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7. We now do the same with the 8th SEFIRA, which is NETZACH—EGO. The Hebrew name is ELOHIM Hayyim.. Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name ELOHIM HAYYIM over and over again in a rhythmic chant. Silently whisper the name to yourself.
8. Repeat the name ELOHIM HAYYIM again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time , this increases your connection to God.
9. We now move to the 7th Sefira, which is HOD, which means HUMILITY. The Hebrew name associated with HOD is MELECH OLAM. Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name MELECH OLAM over and over again in a rhythmic chant. Silently whisper the name to yourself.
10. Repeat the name MELECH OLAM again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God. Remember, “ENERGY flows where attention goes.”
11. We now move to the 6th Sefira, which is TIFERET- BALANCE. The Hebrew name associated with TIFERET is EL SHADDAI, God of Breasts. Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name EL SHADDAI over and over again in a rhythmic chant. Silently whisper the name to yourself.

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12. Repeat the name EL SHADDAI again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God.
13. Now we move on to the Fifth Sefira, which is GEVURAH. The Hebrew name associated with GEVURAH is RACHUM v'HANUN. . Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name RACHUM v'HANUN over and over again in a rhythmic chant. Silently whisper the name to yourself.
14. Repeat the name RACHUM V'HANUN again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God.
15. Now we move on to the FOURTH Sefira, which is CHESED. The Hebrew name associated with CHESED is RAM v'NISA. . Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name RAM v'NISA over and over again in a rhythmic chant. Silently whisper the name to yourself.
16. Repeat the name RAM v'NISA again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God. And remember, "Energy goes where attention flows"
17. Now we move on to the 3rd Sefira, which is BINA. The Hebrew name associated with BINA is SHOCHAIN AD. . Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should

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repeat the name SHOCHAIN AD over and over again in a rhythmic chant. Silently whisper the name to yourself.

18. Repeat the name SHOCHAIN AD again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God.
19. Now, we move on to the 2nd Sefira—which is CHOCHMA. Chochma is associated with the Hebrew name KADOSH SHEMO. . Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name KADOSH SHEMO over and over again in a rhythmic chant. Silently whisper the name to yourself.
20. Repeat the name KADOSH SHEMO again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God.
21. Now, we move on to the first Sefira—which is KETER. KETER is associated with the Hebrew name MAROM v'KADOSH. . Breathe in through your nostrils deeply yet gently, right down to your lower abdomen. Exhale very slowly through your mouth. Now, you should repeat the name MAROM v'KADOSH over and over again in a rhythmic chant. Silently whisper the name to yourself.
22. Repeat the name MAROM v'KADOSH again and again. Concentrate on the sounds as you make them. Then concentrate on the name as a whole. IF you can visualize the Hebrew name at the same time from the chart, this increases your connection to God. And remember, “ENERGY goes where attention flows.”

SECOND MEDITATION ON THE DIVINE NAME OF GOD

Moses Cordovero, in his famous Kabbalistic text PARDES RIMONIM, taught us the colors of the Hebrew names that relate to each Sefira. When you visualize the Hebrew name, in its respective color, while at the same time, meditating on all the colors of the Tree, this is a powerful meditation in healing.

1. Begin by visualizing the 10th Sefira, MALCHUT—remember, its Divine name is **ADONAI TSVA’OT**. See the name in the Hebrew letters in the chart. See it in **NAVY BLUE**, against a background of white.
2. Visualize the name **ADONAI TSVA’OT in NAVY BLUE**, and repeat it again and again, concentrating not only on the color, but also on the sounds. This time, try to feel **VIBRATION** in your world of MALCHUT, by focusing on the relationship between color, sound and energy. At the same time, visualize the complete name ADONAI TSVA’OT in NAVY BLUE letters.
3. When this color meditation is complete, enter into the world of YESOD, the 9th Sefira, whose color is ORANGE, and whose corresponding Hebrew name is ELOHAI YISRAEL. See the Hebrew name ELOHAI YISRAEL written in ORANGE letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your YESOD area and the energy of the 9th Sefira, while repeating the Hebrew Divine Name ELOHAI YISRAEL.
4. Now, enter into the world of the 8th Sefira, NETZACH. Netzach is associated with the Hebrew name ELOHIM HAYYIM. Its color is DARK PINK. See the name ELOHIM

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HAYYIM written in DARK PINK letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your NETZACH area and the energy of the 8th Sefira, while repeating the Hebrew Divine Name ELOHIM HAYYIM.

5. Now, enter into the world of the 7th Sefira, HOD. HOD is associated with the Hebrew name MELECH OLAM. Its color is LIGHT PINK. See the name MELECH OLAM written in LIGHT PINK letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your HOD area and the energy of the 7th Sefira, while repeating the Hebrew Divine Name MELECH OLAM.
6. Now, enter into the world of the 6th Sefira, TIFERET. Netzach is associated with the Hebrew name EL SHADDAI. Its color is PURPLE. See the name EL SHADDAI written in PURPLE letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your TIFERET area and the energy of the 6th Sefira, while repeating the Hebrew Divine Name EL SHADDAI.
7. Now, enter into the world of the 5th Sefira, GEVURAH. GEVURAH is associated with the Hebrew name RACHUM V'HANUN. Its color is RED. See the name RACHUM V'HANUN written in RED letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your GEVURAH area and the energy of the 5th Sefira, while repeating the Hebrew Divine Name RACHUM V'HANUN.
8. Now, enter into the world of the 4th Sefira, CHESED. CHESED is associated with the Hebrew name RAM V'NISA. Its color is LIGHT BLUE. See the name RAM V'NISA written in LIGHT BLUE letters on a white background. Repeat the name again and

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again. Focus on the sound, the color and the vibration in your CHESED area and the energy of the 4th Sefira, while repeating the Hebrew Divine Name RAM V'NISA.

9. Now, enter into the world of the 3rd Sefira, BINA. BINA is associated with the Hebrew name SHOCHAIN AD. Its color is GREEN. See the name SHOCHAIN AD written in GREEN letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your BINA area and the energy of the 3rd Sefira, while repeating the Hebrew Divine Name SHOCHAIN AD.

10. Now, enter into the world of the 2nd Sefira, CHOCHMA. CHOCHMA is associated with the Hebrew name KADOSH SHEMO. Its color is WHITE. See the name KADOSH SHEMO written in WHITE letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your CHOCHMA area and the energy of the 2nd Sefira, while repeating the Hebrew Divine Name KADOSH SHEMO.

11. Now, enter into the world of the 1st Sefira, KETER. KETER is associated with the Hebrew name MAROM V'KADOSH. Its color is CLEAR GOLD. See the name MAROM V'KADOSH written in CLEAR GOLD letters on a white background. Repeat the name again and again. Focus on the sound, the color and the vibration in your KETER area and the energy of the 1st Sefira, while repeating the Hebrew Divine Name MAROM V'KADOSH.

These meditations not only connect you to God, but also, when done with the right focus, they allow you to strengthen your healing ability.