

# *Sefer Yetzirah*

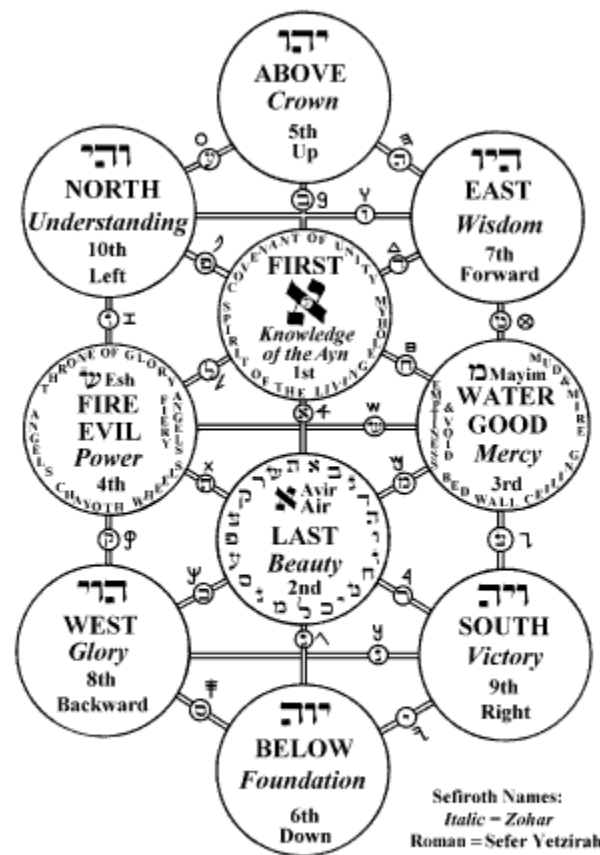
## Book of Formation

### “The Letters of Our Father Abraham”

Copyright Work of the Chariot 2002

### Chapter One

1. By means of thirty-two wonderful paths of wisdom<sup>1</sup> יהיה, יהיה of Hosts, *Elohim* of Israel, Living *Elohim*, and Eternal King, *El Shadhai*, merciful and gracious, high and uplifted, who inhabits Eternity, exalted and holy is His Name engraved.<sup>2</sup> And He created His universe by three signs: by border,<sup>3</sup> and letter,<sup>4</sup> and number<sup>5</sup>. (See Fig. “Ten Intangible Sefiroth”)

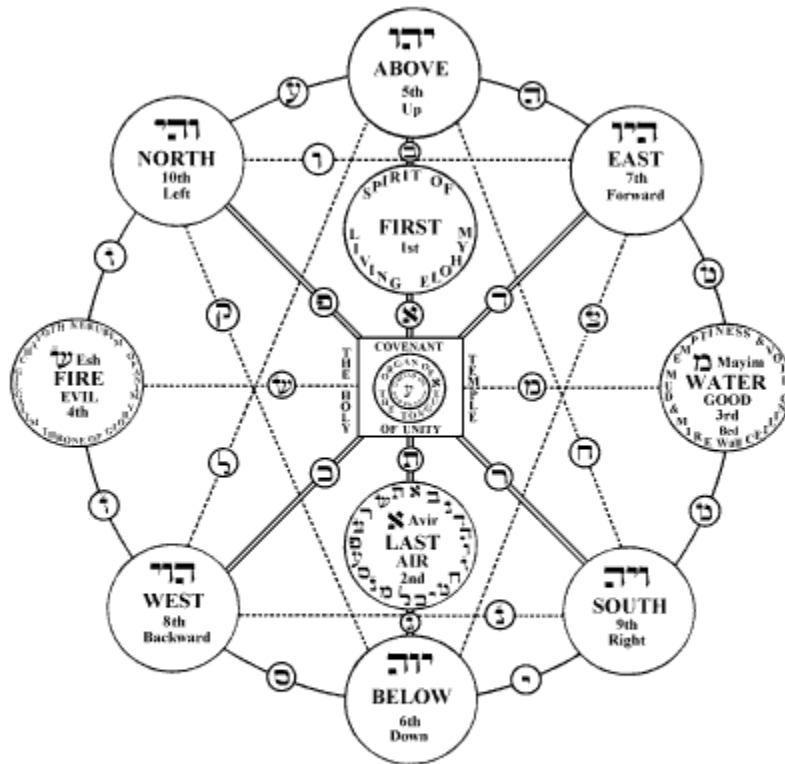


### TEN INTANGIBLE SEFIROTH

"32 wonderful paths of wisdom."

*Book of Formation Chapter 1*

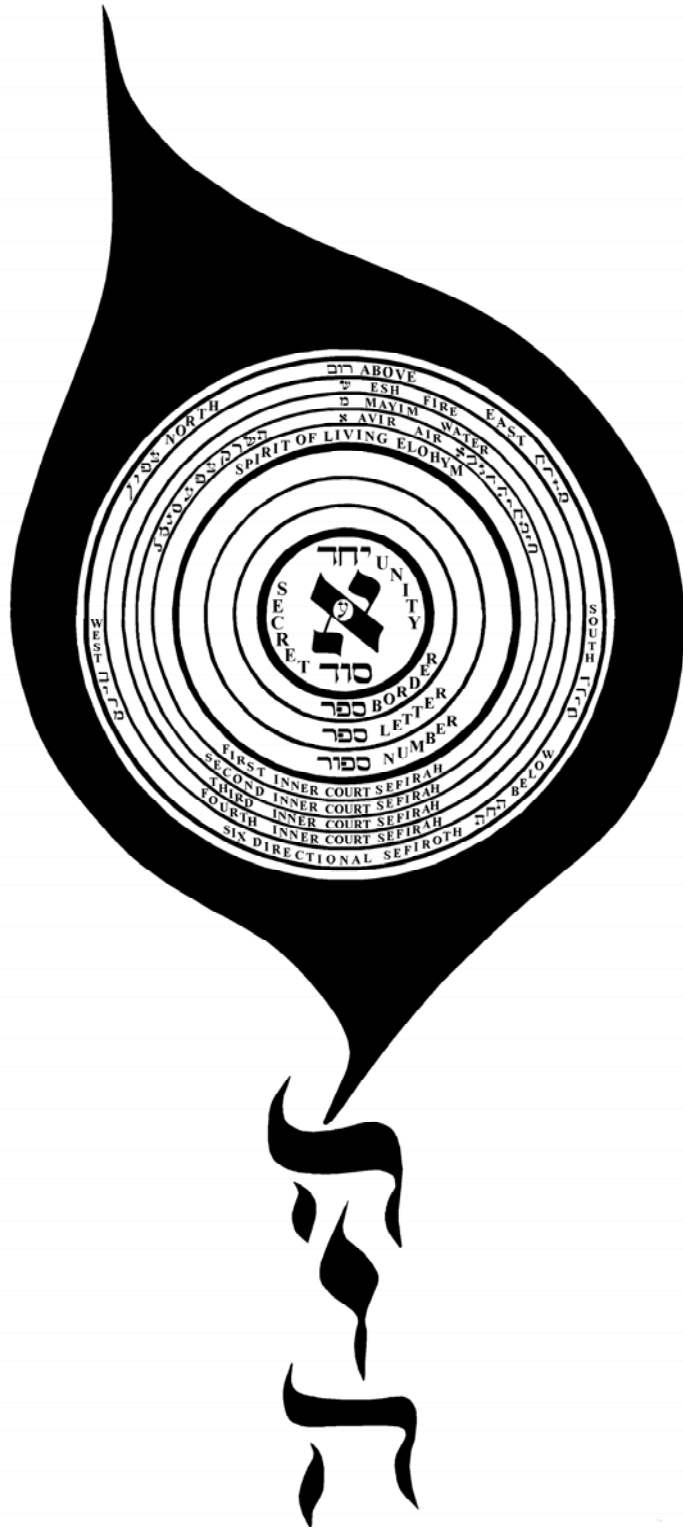
2. There are **Ten Intangible Sefiroth** (*Eser Sefiroth Belimah*) and **Twenty-Two Letters are the Foundation** (*Esrin Ooshtayim Autiyot Yesod*): three are Mothers, and seven Double, and twelve Simple.
3. There are **Ten Intangible Sefiroth**, the number of the ten fingers, five opposite, and in the center is set the Covenant of Unity<sup>6</sup> like the Organ of the Tongue<sup>7</sup>, and like the Organ of Nakedness<sup>8</sup>. (See Fig. “Five Opposite Five”)



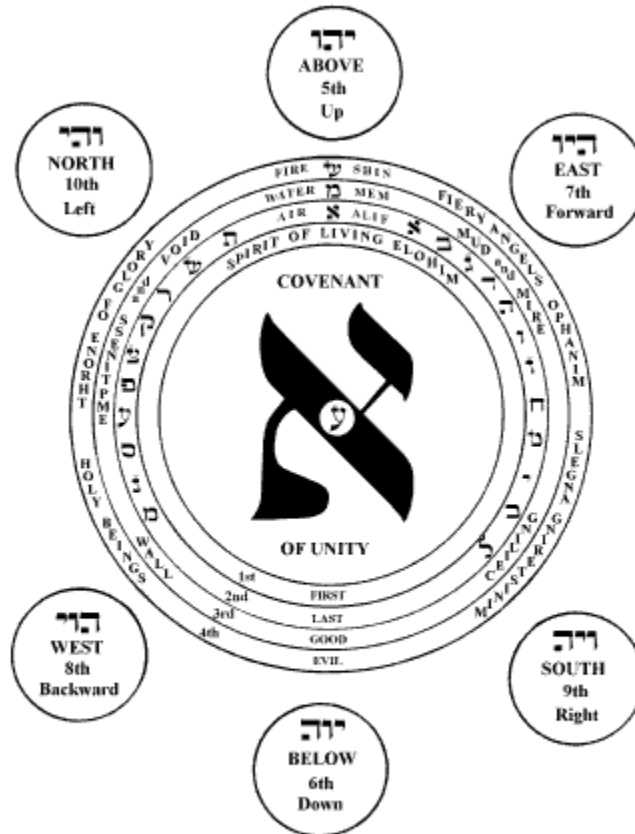
TEN INTANGIBLE SEFIROTH  
 "Five opposite Five"  
*Sefer Yetirah Chapter 1:3*

4. There are **Ten Intangible Sefirot**, ten and not nine, ten and not eleven; understand with wisdom, and be wise with understanding; test them and explore them, and understand the matter thoroughly, and restore the Creator<sup>9</sup> to His Place.<sup>10</sup>
5. There are **Ten Intangible Sefirot** whose measure is ten without end:
  - Depth of First and Depth of Last**
  - Depth of Good and Depth of Evil**
  - Depth of Above and Depth of Below**
  - Depth of East and Depth of West**
  - Depth of North and Depth of South.**<sup>11</sup>
 (See Fig. "Ten Intangible Sefirot Whose Measure Is Without End")
 

Lord, Only One, *El* Faithful King,<sup>12</sup> rules all of them from His Holy Dwelling-Place unto Eternity.<sup>13</sup> (See Fig. "Holy Dwelling Place Unto Eternity")
6. There are **Ten Intangible Sefirot** whose appearance is like lightning<sup>14</sup> and whose limits are without end. And they speak with each other to and fro, and they run at His Word like the whirlwind, and before His Throne they bow down.
7. There are **Ten Intangible Sefirot** whose end is fixed in their beginning (and beginning fixed in their end), as the flame is bound to the coal.<sup>15</sup> For the Lord יהוה is the Only One, and He has no second<sup>16</sup>, and before One how can you count?<sup>17</sup>



**TEN INTANGIBLE  
 SEPHIROTH**  
 ...WHOSE MEASURE IS  
 WITHOUT END  
 BOOK OF FORMATION 1.5



Meditation on the Inner Court of the Tree of Life  
 'ONE rules all of them from His Holy Dwelling Place unto Eternity'  
*Sefer Yetzirah 1:5*

**“Holy Dwelling Place Unto Eternity”**

8. There are **Ten Intangible Sefiroth**, shut your mouth from speaking and your heart from thinking.<sup>18</sup> And if your mouth runs to speak and your heart to think, return to the Place, for thus it is said: “And the Living Creatures ran and returned,”<sup>19</sup> and upon this Word a covenant is cut.
9. There are **Ten Intangible Sefiroth**.  
**One: Spirit of Living Elohim,**<sup>20</sup> blessed and blessed is the Name of Him who lives forever, Voice and Spirit and Word. This is the Holy Spirit.<sup>21</sup>
10. **Two: Air**<sup>22</sup> **from Spirit.**<sup>13</sup>  
 He engraved and hewed out through it twenty-two letters as a foundation: three Mothers, seven Doubles, and twelve Simple; and they are of One Spirit.
11. **Three: Water**<sup>23</sup> **from Air.**<sup>14</sup>  
 He engraved and hewed out through it Emptiness and Void, Mud and Mire. He engraved it like a kind of garden bed; He raised it like a kind of wall<sup>24</sup>, He surrounded it like a kind of ceiling.
12. **Four: Fire**<sup>25</sup> **from Water.**<sup>15</sup>  
 He engraved and hewed out through it the Throne of Glory, Fiery Angels, and Ofanim, and Holy Beings, and Ministering Angels. And from the three of them He established His

Dwelling-Place; as it is said: “Who makes winds His messengers, the flaming fire His ministers.”<sup>26</sup>. Three letters from the Simple ones - He sealed Air<sup>14</sup> through three, and set them into His Great Name יהוה<sup>27</sup>, and sealed through them the six extremities:

**Five:** He sealed **Above**, and He turned upward and sealed it with יהוה.

**Six:** He sealed **Below**, and He turned downward and sealed it with יהוה.

**Seven:** He sealed **East**, and He turned forward and sealed it with יהוה.

**Eight:** He sealed **West**, and He turned backward and sealed it with יהוה.

**Nine:** He sealed **South**, and He turned right and sealed it with יהוה.

**Ten:** He sealed **North**, and turned left and sealed it with יהוה.

14: These **Ten Intangible Sefiroth are ONE** -

Spirit of Living *Elohim*

Air from Spirit

Water from Air

Fire from Water

Above and Below,

East and West,

North and South.<sup>28</sup>

## Chapter Two

1. **Twenty-Two Letters are the Foundation:** three Mothers, seven Doubles, and twelve Simple.

**Three Mothers** Alef א, Mem מ, Shin ש: their foundation is the scale of merit and the scale of guilt, and the tongue of the statute balances the scales between them.<sup>29</sup>

**Three Mothers** Alef א, Mem מ, Shin ש: Mem מ stands still, Shin ש hisses, Alef א is Air of Spirit balancing the scale between them.

2. **Twenty-Two Letters are the Foundation:**

He engraved them, He hewed them out, He combined them, and He set them at opposites, and He formed through them everything that is formed and everything that is destined to be formed.

3. **Twenty-Two Letters are the Foundation:**

He engraved them through Voice, He hewed them out through Air, and He set them through the mouth in five places:

Alef א, Chet ח, Heh ה, and Ayin ע in the throat;

Gimel ג, Yod י, Kaf כ, and Qof ק on the palate;

Dalet ד, Tet ט, Lamed ל, Nun נ, and Tav ת with the tongue;

Zayin ז, Samek ס, Shin ש, Resh ר, and Tzade צ with the teeth;

Beyt ב, Vav ו, Mem מ, and Pey פ with the lips.

4. **Twenty-Two Letters are the Foundation:**

He set them in a cycle like a kind of wall with two hundred and thirty-one gates. And the cycle rotates forward and back. (see Fig. “The Wall”) And the sign of the thing is:

- there is Nothing (אִי) in goodness above pleasure, and
- there is Nothing (אִי) in evil below pain.



He set them in a cycle like a kind of wall with two hundred and thirty one gates. And the cycle rotates forward and backward.  
Book of Formation 2.4

### “The Wall – 231 Gates”

5. How did He combine them, weigh them, and set them at opposites? Alef א with all of them, and all of them with Alef א, Beyt ב with all of them and all of them with Beyt ב. And it<sup>30</sup> rotates in turn, and thus they are in two hundred and thirty-one gates, and thus everything that is formed and everything that is spoken goes out from One Name.<sup>31</sup>
6. He formed substance from emptiness, and made what is from Nothing (אִי). And He hewed out great columns from Air<sup>32</sup>, which is not tangible. And this is the sign: He covers and sets at opposites, and He makes everything that is formed and everything that is spoken with One Name. And the sign of the thing is twenty-two countings like One body.

### Chapter Three

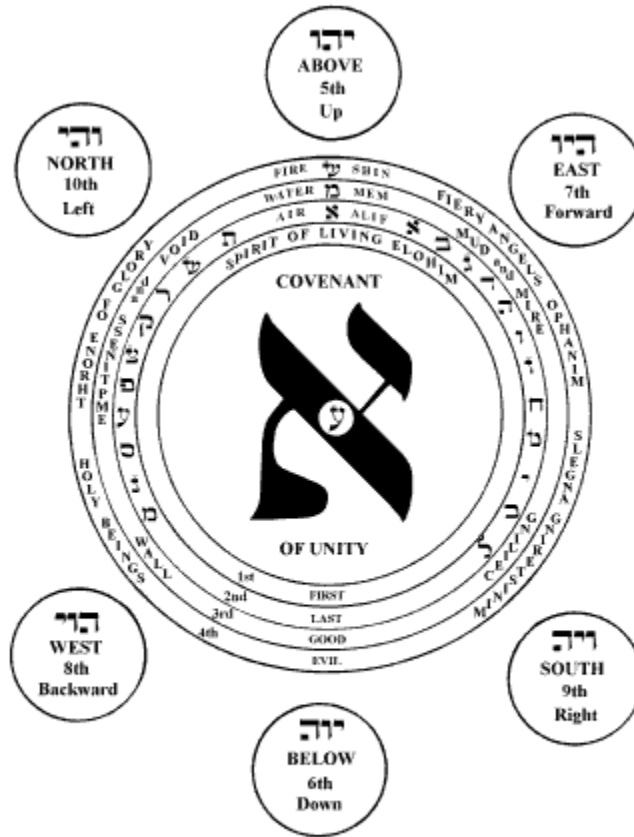
1. **Three Mothers** Alef א, Mem מ, Shin ש, their foundation is the Scale of Merit and the Scale of Guilt, and the Tongue of Statute balances the scales between them.
2. **Three Mothers** Alef א, Mem מ, Shin ש - a great secret, wonderful and concealed, and He seals them with six rings.<sup>33</sup> (See Fig. “Inner Court Meditation”) And from Him go out Fire and Water, dividing into male and female. **Three Mothers** Alef א, Mem מ, Shin ש are their foundation, and from them are born Fathers, from which everything is created.

3. **Three Mothers** Alef א, Mem מ, Shin ש - He engraved them, He hewed them out, He combined them, He weighed them, and He set them at opposites, and He formed through them:

**Three Mothers** Alef א, Mem מ, Shin ש in the universe, and

**Three Mothers** Alef א, Mem מ, Shin ש in the year, and

**Three Mothers** Alef א, Mem מ, Shin ש in the body of male and female.



Meditation on the Inner Court of the Tree of Life  
 "ONE rules all of them from His Holy Dwelling Place unto Eternity"  
*Sefer Yetzirah 1:5*

**Inner Court Meditation**

"He seals them with six rings."

4. **Three Mothers** Alef א, Mem מ, Shin ש are in the universe:

Air, Water, and Fire. Heavens were created first from Fire, and Earth was created from Water, and the Air balances the scales between the Fire and between the Water.

5. **Three Mothers** Alef א, Mem מ, Shin ש are in the year:

Fire and Water and Air, and Heat was created from Fire, Cold was created from Water, and Temperate-state from Air balances the scales between them.

6. **Three Mothers** Alef א, Mem מ, Shin ש are in the body of male and female: Fire and Water and Air. Head was created from Fire, and Belly was created from Water, and *Geviyah*<sup>29</sup> was created from Air, balancing the scales between them.
7. He caused the letter Alef א to reign over Air, and He tied a crown<sup>34</sup> to it, and He combined them with one another, and He formed through them Air<sup>35</sup> in the universe, and the temperate state in the year, and the *Geviyah*<sup>36</sup> in the body of male with Alef א, Mem מ, Shin ש and female with Mem מ, Shin ש, Alef א.
8. He caused the letter Mem מ to reign over Water, and He tied a crown to it, and He combined them with one another, and He formed through them: Earth in the universe, and Cold in the year, and the Belly in the body of male with Mem מ, Alef א, Shin ש and female with Mem מ, Shin ש, Alef א.
9. He caused the letter Shin ש to reign over Fire, and He tied a crown to it, and He combined them with one another, and He formed through them: Heavens in the universe, and Heat in the year, and Head in the body of male with Shin ש, Alef א, Mem מ, and female with Shin ש, Mem מ, Alef א.

### Chapter Four

1. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת behave with two sounds: Beyt Beyth, Gimel Ghimel, Dalet Dhalet, Kaf Khaf, Pey Fey, Resh Rhesh, Tav Thav, a construction of soft and hard.
2. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת: their foundation is Life, Peace, Wisdom, Wealth, Grace, Seed, and Dominion.
3. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת are such in speech and as opposites: The opposite of Life is Death; the opposite of Peace is Evil; the opposite of Wisdom is Folly; the opposite of Wealth is Poverty; the opposite of Grace is Ugliness; the opposite of Seed is Desolation; the opposite of Dominion is Slavery.
4. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת are opposite seven extremities, from them six extremities: Above and Below, East and West, North and South and the Holy Temple is set in the middle and it supports all of them.<sup>37</sup>
5. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת seven and not six, seven and not eight, test them and explore them, and understand the matter thoroughly, and restore the Creator<sup>6</sup> to His Place.
6. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת are the foundation. He engraved them, He hewed them out, He combined them, He weighed them, He set them at opposites, and He formed through them: Seven Stars in the universe, Seven Days in the year, Seven Gates in the body of male and female. And from them He engraved seven heavens, and seven earths, and seven Sabbaths. Therefore He cherished the seventh under all the heavens.
7. And these are the Seven Stars in the universe: Sun, Venus, Mercury, Moon, Saturn, Jupiter, Mars. And these are the Seven Days in the year: the seven days of Creation.<sup>38</sup> And Seven Gates in the body of male and female: two eyes, two ears, and the mouth, and the two



apertures of the nose. And through them He engraved seven heavens, seven earths, and seven hours, therefore He cherished the seventh of every object under the heavens.

8. He caused the letter **Beyt** ב to reign over Life, and He tied a crown to it, and He combined them with one another, and He formed through them: Saturn in the universe, the first day in the year, and the right eye in the body of male and female.

He caused the letter **Gimel** ג to reign over Peace, and He tied a crown to it, and He combined them with one another, and He formed through them: Jupiter in the universe, the second day in the year, and the left eye in the body of male and female.

He caused the letter **Dalet** ד to reign over Wisdom, and He tied a crown to it, and He combined them with one another, and He formed through them: Mars in the universe, the third day in the year, and the right ear in the body of male and female.

He caused the letter **Kaf** כ to reign over Wealth, and He tied a crown to it, and He combined them with one another, and He formed through them: Sun in the universe, the fourth day in the year, and the left ear in the body of male and female.

He caused the letter **Pey** פ to reign over Grace, and He tied a crown to it, and He combined them with one another, and He formed through them: Venus in the universe, the fifth day in the year, and the right nostril in the body of male and female.

He caused the letter **Resh** ר to reign over Seed, and He tied a crown to it, and He combined them with one another, and He formed through them: Mercury in the universe, the sixth day in the year, and the left nostril in the body of male and female.

He caused the letter **Tav** ת to reign over Dominion, and He tied a crown to it, and He combined them with one another, and He formed through them: Moon in the universe, the seventh day in the year, and the mouth in the body of male and female.

9. **Seven Double Letters:** Beyt ב, Gimel ג, Dalet ד, Kaf כ, Pey פ, Resh ר, Tav ת through which He engraved seven universes, seven heavens, seven earths, seven seas, seven rivers, seven deserts, seven days, seven weeks, seven years, seven Sabbatical years, seven Jubilees, and the Holy Temple. Therefore, He cherished the seventh ones under all the heavens.

10. Two stones build two houses,<sup>39</sup> three stones build six houses, four stones build twenty-four houses, five stones build one hundred and twenty houses, six stones build seven hundred and twenty houses, seven stones build five thousand and forty houses. From here go out and think what the mouth is unable to speak, and the ear is unable to hear.

Two Stones: בא אב

Three Stones: גבא גאב גאבא גבאב

Four Stones: אבגא אבגאב אבגאבא אבגאבאב

בגאבא בגאבאב בגאבאבא בגאבאבאב

גבאבאב גבאבאבא גבאבאבאב גבאבאבאבא

אבגאבאבאב אבגאבאבאבא אבגאבאבאבאב אבגאבאבאבאבא

אבגאבאבאבאבאב אבגאבאבאבאבאבא אבגאבאבאבאבאבאב אבגאבאבאבאבאבאבא and so forth...<sup>40</sup>

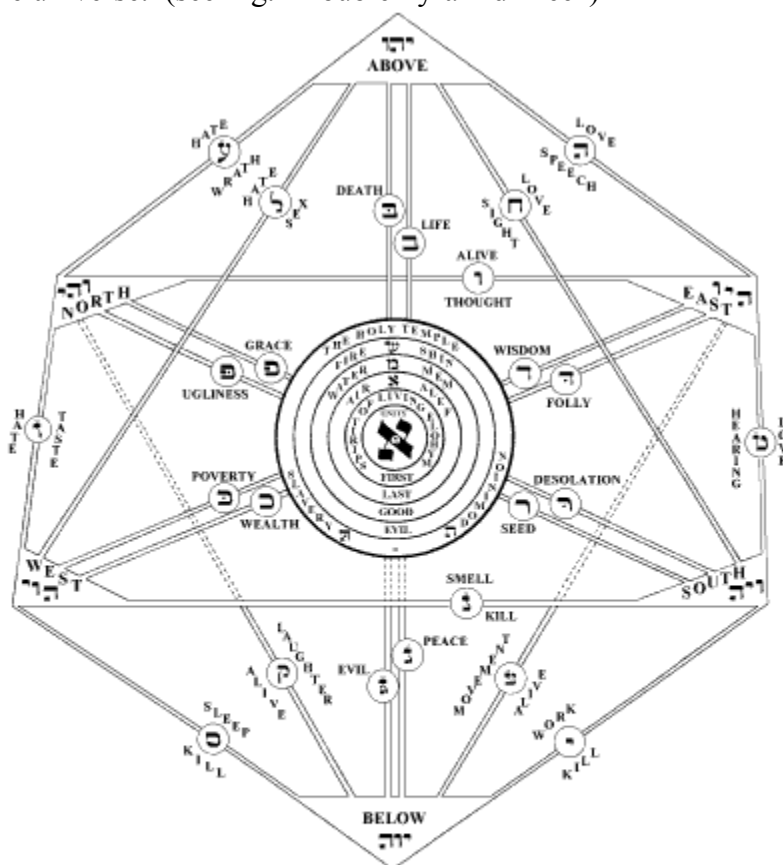
## Chapter Five

1. **Twelve Simple Letters:** Heh ה, Vav ו, Zayin ז, Chet ח, Tet ט, Yod י, Lamed ל, Nun נ, Samek ס, Ayin ע, Tzade צ, Qof ק.

Their foundation is speech, thought, movement, sight, hearing, work, sexual intercourse, smell, sleep, wrath, taste, laughter.

2. **Twelve Simple Letters:** Heh ה, Vav ו, Zayin ז, Chet ח, Tet ט, Yod י, Lamed ל, Nun נ, Samek ס, Ayin ע, Tzade צ, Qof ק.

Their foundation is the twelve borders of a diagonal: East-Above border, East-North border, East-Below border, South-Above border, South-East border, South-Below border, West-Above border, West-South border, West-Below border, North-Above border, North-West border, North-Below border. And they continually become wider for ever and ever, and they are the arms of the universe.<sup>7</sup> (see Fig. “Double Pyramid Tree”)



### TWENTY-TWO LETTERS ARE THE FOUNDATION

...and He hewed out great columns from Air which is not tangible  
 ...and they continually become wider forever,  
 ...and they are the arms of the universe.

*Sefer Yetzirah 5:2*

### Double Pyramid Tree

3. **Twelve Simple Letters:** Heh ה, Vav ו, Zayin ז, Chet ח, Tet ט, Yod י, Lamed ל, Nun נ, Samek ס, Ayin ע, Tzade צ, Qof ק.

He engraved their foundation, He hewed them out, He combined them, He weighed them, and He set them at opposites, and He formed through them: twelve constellations in the universe, twelve months in the year, twelve organs in the body of male and female.

4. The twelve constellations in the universe are: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces.<sup>41</sup>
5. The twelve months in the year are: Nisan, Iyar, Sivan, Tammuz, Av, Elul, Tishri, Cheshvan, Kislev, Tevet, Shevat, and Adar.
6. The twelve organs in the body of male and female are: two hands, two feet, two kidneys, gall, small intestines, liver, maw, stomach, spleen.
7. He caused the letter **Heh** ה to reign over speech, and He tied a crown to it, and He combined them with one another, and He formed through them Aries in the universe and Nisan in the year, and the right foot in the body of male and female.

He caused the letter **Vav** ו to reign over thought, and He tied a crown to it, and He combined them with one another, and He formed through them Taurus in the universe, and Iyar in the year, and the right kidney in the body of male and female.

He caused the letter **Zayin** ז to reign over movement, and He tied a crown to it, and He combined them with one another, and He formed through them Gemini in the universe, and Sivan in the year, and the left foot in the body of male and female.

He caused the letter **Chet** ח to reign over sight, and He tied a crown to it, and He combined them with one another, and He formed through them Cancer in the universe, and Tammuz in the year, and the right hand in the body of male and female.

He caused the letter **Tet** ט to reign over hearing, and He tied a crown to it, and He combined them with one another, and He formed through them Leo in the universe, and Av in the year, and the left kidney of the body in male and female.

He caused the letter **Yod** י to reign over work, and He tied a crown to it, and He combined them with one another, and He formed through them Virgo in the universe, and Elul in the year, and the left hand in the body of male and female.

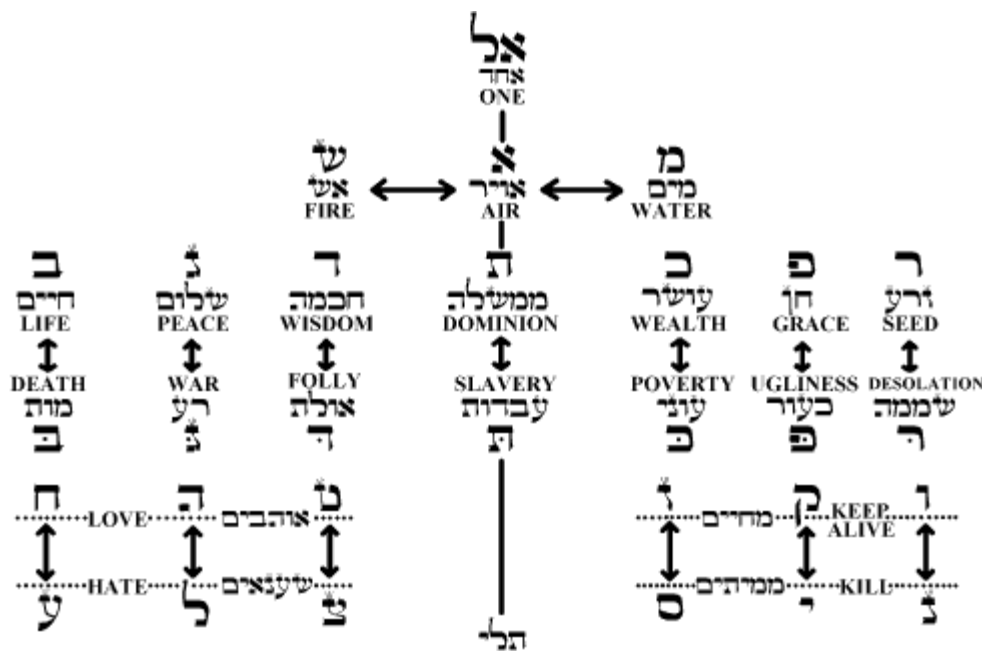
He caused the letter **Lamed** ל to reign over sexual intercourse, and He tied a crown to it, and He combined them with one another, and He formed through them Libra in the universe, and Tishri in the year, and gall in the body of male and female.

He caused the letter **Nun** נ to reign over smell, and He tied a crown to it, and He combined them with one another, and He formed through them Scorpio in the universe, and Cheshvan in the year, and the small intestines in the body of male and female.

He caused the letter **Samek** ס to reign over sleep, and He tied a crown to it, and He combined them with one another, and He formed through them Sagittarius in the universe, and Kislev in the year, and the stomach in the body of male and female.

He caused the letter **Ayin** ע to reign over wrath, and He tied a crown to it, and He combined them with one another, and He formed through them Capricorn in the universe, and Tevet in the year, and the liver in the body of male and female.





"He set them in order like a kind of battle."  
 Book of Formation 5:7

### "The Battle"

## Chapter Six

1. These are **Three Mothers** Alef א, Mem מ, Shin ש, and there went out from them three Fathers, and they are Air, Water, Fire, and from the Fathers are descendants, three Fathers and their descendants, and Seven Stars and their hosts, and twelve borders of a diagonal. As proof of the thing are faithful witnesses in the universe, year, body, and twelve statutes, and seven, and three. He assigned them in the axis, and cycle, and heart.
2. **Three Mothers** Alef א, Mem מ, Shin ש, Air, Water, Fire; Fire above and Water below; and Air of Spirit, statute balancing the scales between them. And this is the sign of the thing: the Fire lifts the Water,<sup>45</sup> the Mem מ stands still, the Shin ש hisses, the Alef א is Air of Spirit, statute balancing the scales between them.
3. The axis is in the universe like a King on His Throne, the cycle is in the year like a King in the province, and the heart is in the body like a King in battle.
4. Also *Elohim* made every object, one opposite the other: good opposite evil, evil opposite good, good from good, evil from evil, the good delineates the evil and the evil delineates the good, good is kept for the good and evil is kept for the evil.
5. **Three**: each one stands by itself, one acquits, one condemns, and one balances the scales between them.  
**Seven**: three opposite three and one is statute balancing the scales between them.  
 Twelve: stand in battle, three love, three hate, three preserve alive, and three kill.  
 Three love: the heart and the ears,  
 Three hate: the liver and the gall and the tongue,  
 Three preserve alive: the two apertures of the nose, and the spleen

Three kill: the two orifices and the mouth.

And *El*, the Faithful King, rules over all of them from His Holy Dwelling-Place unto Eternity. One is above three, three above seven, seven above twelve, and all of them connected with each other.

6. These are the twenty-two letters through which *Ehyeh*, יה, יהוה, *Elohim*, *Elohim*, יהוה, יהוה, יהוה of Hosts, *Elohim* of Hosts, *El Shadhai*, יהוה, *Adonai*, engraved: and made from them three signs, and created from them all His universe, and He formed through them everything that is formed, and everything that is destined to be formed.
7. When Abraham our father, may he rest in peace, came, he: looked, and saw, and understood, and explored, and engraved, and hewed out, and succeeded. The Lord of All was revealed to him in His bosom, and He kissed him on his head and He called him “Abraham, my beloved,”<sup>46</sup> and He cut a covenant with him and his seed forever, as it is said,

“And he believed in the Lord יהוה, and He considered it to him for righteousness.”<sup>47</sup>

And He cut a covenant with him between the ten fingers of his hands, and that is the covenant of the tongue (Alef א), and between the ten toes of his feet, and that is the covenant of the circumcision (Ayin ע), and He tied the twenty-two letters of the *Torah*<sup>48</sup> on his tongue, and He revealed to him His secret.

He drew them through Water,

He burned them in Fire,

He shook them through the Air,

He kindled them in the Seven,

He led them through the twelve constellations.

#### End of the **Book of Formation**

---

<sup>1</sup> The thirty-two paths are the configuration of ten Sefiroth and twenty-two letter-gates.

<sup>2</sup> A reference to the Name יהוה in the World of Atziluth (Emanation).

<sup>3</sup> These are the borders of Chapter 5:2.

<sup>4</sup> These are the gates that connect the Sefiroth.

<sup>5</sup> These are the ten Sefiroth.

<sup>6</sup> The Covenant of Unity (ברית יחד, *B'rith Yachid*) is the *Ayn* אִי projecting the unmanifest Alef of Unity א (Small Face) from which emanate (i.e. Atziluth) the supernal twenty-two letters; also corresponds to Consciousness in the roots of the Tree.

<sup>7</sup> The Organ of the Tongue is the Alef א of Unity (Small Face).

<sup>8</sup> The Organ of Nakedness is the Ayin ע (Vast Face).

<sup>9</sup> The Hebrew word here translated as “the Creator” has the literal meaning of “He who forms.”

<sup>10</sup> The restoration herein described is a reference to the transformation of the Fallen Tree back into a Tree of Perfection.

<sup>11</sup> The Sefiroth are created in pairs.

<sup>12</sup> *El* Faithful King (*El Melekh Nehehman*), in the form of the well-known acronym “Amen,” is an epitaph which is used at the end of prayers by Jews, Christians, and Muslims.

<sup>13</sup> See *Torah Doverim* 33:27. “Dwelling-Place” refers to the Sefiroth of the Inner Court of the Tree.

<sup>14</sup> See **Book of Enoch** 14. Lightning emanates from a dark cloud which, in the Qabalah, is an epitaph of Vast Face, further alluded to by the words “whose limits are without end” i.e. *Ayn Sof* (lit. Endless, or Without End).

<sup>15</sup> See *Atharva Veda*, 2nd Mundaka, Canto 11:5:

“That Thing, That is Such, is True:

---

As from a fire, fully ablaze, fly off sparks,  
In their thousands, that akin to the fire...  
From Him emerges the Fire.”

<sup>16</sup> In the *Sama Veda, Chhandogya Upanishad* 6:24, there is the *Mahavakya* (“Great Utterance”),  
“In the beginning, my dear, was Being Alone, One only without a second.”

<sup>17</sup> O, Nothing, *Ayn* אֵי. The letter Ayin in Sinatic Hebrew is O.

<sup>18</sup> These are instructions for meditation i.e. indrawing of senses, stilling of the mind.

<sup>19</sup> **Ezekiel** 1:14.

<sup>20</sup> Hebrew *Ruach* רוּחַ, here translated as “Spirit.”

<sup>21</sup> The Holy Spirit (*Ruach HaQodesh*) is the shell of embodied existence of the World of B’riyah (Creation).

<sup>22</sup> Hebrew *Ruach* רוּחַ, here translated as “Air,” meaning Space, one of the Fathers.

<sup>23</sup> Hebrew *Mayim* מַיִם, here translated as “Water,” meaning Matter, one of the Fathers.

<sup>24</sup> “The Wall” is an array formed from all possible permutations of pairs of the respective twenty-two Hebrew letters rotated forward and backward. Some of these gates are known Hebrew “words,” with literal and hidden meanings, and some are unknown in these latter days.

<sup>25</sup> Hebrew *Esh* אֵשׁ, here translated as “Fire,” meaning “Energy,” one of the Fathers.

<sup>26</sup> **Psalms** 104:4.

<sup>27</sup> The *Shem HaMephoresh* (“Brilliant Name of Fire”) is given here as יהוה instead of יהוה because the action is occurring in Yetzirah (World of Formation), and the final Heh ה of Asiyah (World of Making) is not active yet.

<sup>28</sup> These are the same Sefiroth given in Chapter 1:5. Note that in the *Sefer Yetzirah*, Fire is alternately called Depth of Evil and Water is Depth of Good.

<sup>29</sup> Mem מ is the Scale of Merit, Shin ש is the Scale of Guilt, Alef א is the Tongue of Statute.

<sup>30</sup> This is a reference to the cycle mentioned in Chapter 2:4.

<sup>31</sup> The *Shem Echad* (One Name) is the Name יהוה.

<sup>32</sup> Hebrew *avir* אַוִּיר, translated here as “air,” means Space. It is the opinion of the translator that *ruach* רוּחַ was originally used for “Spirit” alone, and *avir* was used for Air, Space, and Atmosphere. However, *ruach* has become a synonym for *avir* in the six texts consulted:

a. The Genizah text (940 CE).

b. The Saadia Gaon text (950 CE).

c. Two texts of the 15th Century in the Jewish Theological Seminary believed to be from Spain.

d. Ha’Ari’s text, which is considered to be the best of the six.

e. A text of unknown origin published by Lewin-Epstein, Ltd.

The Hebrew text used as the basis of this translation is a composite of the translator’s opinion of what the common text must have been to give rise to the above six texts.

<sup>33</sup> The six rings are the Directional Sefiroth.

<sup>34</sup> The use of the word ‘crown’ here implies the Atziluthic letters. In Sanskrit, there is a symbol called the *anusvara* which denotes that the letter to which it has been attached (actually above the letter) is in its Atziluthic form, and therefore pronounced differently. For example, the *anusvara* is prominent in the Sanskrit word Om ॐ. Hebrew scribes also put crowns on the letters in the *Torah* to indicate their nature as dancing letters of fire.

<sup>35</sup> Hebrew *Avir* אַוִּיר, here translated “Air,” meaning Atmosphere.

<sup>36</sup> *Geviyah* גְּוִיָּה is the subtle or astral body. The Sanskrit equivalent is the *Linga Sharira* (no English equivalent), and the subtle matter of this realm is called *tanmatras*. The *tanmatras* flow as currents through the subtle nerves of the *Linga Sharira*. It is interesting to note that the word *Geviyah* begins with the letter Gimel ג, which is the gate that connects Sefirah Foundation/Below to Sefirah Beauty/The Last in the World of Yetzirah. The Gimel is followed by the letters ויה, which is the seal of the Sefirah Understanding/North, the supernal root of the World of Yetzirah.

<sup>37</sup> This verse yields a variation of Fig. “Holy Dwelling Place unto Eternity” from *SY* 1.5.

---

<sup>38</sup> **Torah B'reshith** 1.

<sup>39</sup> These stones are the Atziluthic letters. The Genizah text calls them, "The smooth stones that are sunk in the Abyss." (A.M. Haberman, Sinai, 10th year, Jerusalem, 1947).

<sup>40</sup> This description of the factorial numbers is an addition by the translator.

<sup>41</sup> "The correspondence of the constellations with the months in Chapter 6 (with no variations in the six texts considered) occurred during the time of Abraham, circa 4000 years ago. At this time (1974 BCE), the Sun is 58 degrees further to the West and stands in Leo during Tishri due to the Procession of the Equinoxes. A check on the data logs of the old Chaldeans, Egyptians, and Greeks indicated that no one had astronomical knowledge of the Procession (until about 1700 ACE). The Procession of the Equinoxes acts as an unforgeable clock dating this section of the Book of Formation 4000 plus or minus 800 years ago (not anywhere within the range of medieval times).

<sup>42</sup> The Sunset includes all information on the letters in the **Sefer Yetzirah**.

<sup>43</sup> "The Wall" is an Atziluthic meditation on the letters taken two at a time. Each pair has its own distinct vibrational signature when it becomes manifest in the World of B'riyah, and is activated by the vowels in the Sefirah Knowledge (of the *Ayn*)/The First.

<sup>44</sup> It is the tension of this battle that produces the Creation.

<sup>45</sup> "Fire lifts the Water" is an image comparable to *Chi Chi* ("After Completion"), the sixty-third hexagram in the Chinese **I Ching (Book of Changes)**. There are the many similarities between the **Sefer Yetzirah** and the **Shuo Kua**, the eighth and oldest wing of the **I Ching**. The translation of the entire **Shuo Kua** is available in Appendix K.

<sup>46</sup> **Isaiah** 41:8.

<sup>47</sup> **Torah B'reshith** 15:6.

<sup>48</sup> This is a reference to the Atziluthic **Torah**, by which the Creation was made.