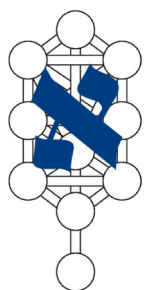


תפילת הקבלה של המקוה

TEFILAT HAKABALAH SHEL MIKVEH

Kabbalistic Mikveh Meditation



Kabbalah4All Siddur

About Our Siddur

As an international online Sephardic Jewish community, it was important to create a siddur that would meet the needs of those who join us from all around the world and could be downloaded to a computer or tablet. Our Siddur follows Nusach Ari and Nusach Edot HaMizrach (Sephardic). We welcome you to use our siddur whether you are joining us for services or praying on your own.

Kabbalah4All Transliteration Guidelines

- a** as in father
- ai** or **ay** as in aisle
- e** as in red
- ei** as in eight
- i** as in pizza
- o** as in no
- oy** as in toy
- u** as in tune
- ch** as in Bach in German (strong sound from the throat)
- g** as in give
- tz** as in lots
- ' typically adds an "EH" sound after a consonant, this is known as a Shva Na or pronounced Shva as in the word "Sh'ma".
- a dash is simply used to aid in pronunciation, usually if two like vowels follow each other, as in the word "da-at."

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. In our transliteration, when the syllable falls somewhere else other than the last syllable, that stressed syllable will be underlined. Example: Melech.

Hebrew Rules

The following are some of the Hebrew rules you may notice in our siddur.

מֵלֶךְ

In Hebrew, the accent generally falls on the last syllable, however it sometimes falls somewhere else in the word. Whenever a syllable other than the last is accented, a "meteg" (the vertical line under the first letter) will appear.

כֹּל

The "masoret" above the letter Chaf indicates that this is a Kamatz Katan, which is pronounced as "o"; in this example the word is "kol."

יִשְׁמְחוּ

The "rafe" above a letter indicates it is a Shva Na. This example is pronounced yism'chu.

Note that the rafe does not appear above the first letter of a word that has a Shva as that is ALWAYS a Shva Na.

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All prefaces to prayers written and adapted by David Aharon L. Curtis for Kabbalah4All.

Translated by David Aharon L. Curtis.

Edited by David Aharon L. Curtis.

Kabbalistic Mikveh Meditation written by Rabbi Shai Specht.

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You may use either a bowl of warm water or do this meditation before you step into a bath or shower.

תפילת הקבלה של המקוה

KABBALISTIC MIKVEH MEDITATION

Water is the manifestation of the Creator's Light in our physical world. Kabbalah teaches that it is healing, purifying, and connects us to the Creator's mercy. Whenever we react or behave in a negative manner, we create shells (klippot) which prevent the Light from reaching our soul. Through this meditation which connects us to water and to the Etz Chayim (Tree of Life), we are able to remove those shells and open ourselves more fully to connect to the Creator's Light.

The Kabbalists did not always have access to a mikveh (a ritual pool of water found in a synagogue) or to a place where they could immerse themselves in water. Many Kabbalists would do a special mikveh meditation using their ten fingers and dipping them in water.

Start from the box with the purple border and go from right to left across.

והו	י"י	סיט	עלם	מהש	ללה	אכא	כהת
הזי	אלד	לאו	ההע	יזל	מבה	הרי	הקם
לאו	כלי	לזו	פהל	זלך	י"י	מלה	זזהו
זתה	האא	ירת	שאה	ר"י	אום	לכב	ושר
יזו	להוז	כוק	מנד	אני	זעם	רהע	י"ז
הדה	מיכ	וול	ילה	סאל	ערי	עשל	מיה
והו	דני	הזש	עמם	זנא	זית	מבה	פוי
זמם	י"ל	הרז	מצר	ומב	יהה	עזו	מזזי
דמב	מזק	אי"ע	זבו	ראה	יבמ	ה"י	מום

מִקְוֵה יִשְׂרָאֵל יְהוּה יֵאָדוֹנָהּי כָּל-עֲזָבֶיךָ יִבְשׁוּ וְסוּרֵי
בְּאֶרֶץ יִכְתְּבוּ כִּי עֲזָבוּ מְקוֹר מַיִם-חַיִּים אֶת-יְהוּה יֵאָדוֹנָהּי:

Mikveh Yisra-el Adonai kol ozvecha yeyoshu
v'surai ba-aretz yikatevu ki azvu m'kor mayim chayim et Adonai.

Hashem, the hope of Israel, all who forsake you shall be ashamed, and those who depart from me shall be written in the earth, because they have forsaken Hashem, the fountain of living waters.

The gematria (numerical value) of Mikveh, which means “a lot of water” and also means “hope”, is 151 which is the same as the following the Divine Name, אהיה. You should meditate on this Name while under the water or while dipping your hands in the bowl in its spelled out form:

אֶכְלֵה הַיָּד הַזֶּה

When you exit the water say the following 10 times:

לֵב טָהוֹר בְּרָא לִי אֱלֹהִים,

וְרוּחַ נְכוֹן חֲדָשׁ בְּקִרְבִּי.

Lev tahor b'ra li Elohim,
v'ru-ach nachon chadesh b'kirbi.

*Create within me a clean heart, Elohim,
and a steadfast spirit renew within me.*

Now dry your fingers carefully and put your hands together palm to palm and fingertip to fingertip.

This action symbolizes the positive aspect of our personality: the right hand and the negative inclination, the left hand and merging to recreate the idea that All is One.

You are now seated in the *mikveh* of your mind. Creator's healing Light streams through a window. It is warm and healing. Think about this concept for a few minutes and let the purifying Light of the Creator wash over you and cleanse your body.

Breathe in this Light and then breathe it out. These are the breaths that Adam and Eve took, which gave them life. You are now breathing in new life. Kabbalistically, this Light is known as *ruach Elohim*, the spirit of Creator. Feel it coursing throughout your body and purifying you from all negativity.

Your soul is now clean and purified and nothing is blocking you.

To close the connection, say the Ana B'cho-ach on the following page and then conclude with the Tikun HaNefesh.

Each line in the Ana B'choach prayer corresponds to one of the S'firah that we operate from in this world, there are six total which are known as Zeir Anpin; the seventh S'firah is Malchut, our physical world. Each line also corresponds to a day of the week. After the saying the Ana B'Choach, the next page has the specific where we can pause at the appropriate line and meditate on it in order to gain control of that day. Remember that days are sunset to sunset in the Hebrew calendar, so for example on Thursday night after sunset you would meditate on Friday's line.

אנא בכוח

ANA B'CHOACH

אורפניאל בואל גבריאל יופיאל תומיאל צדקיאל

אנא בכוח גדולת ימנך תתיר צרורה.

Ana b'choach g'dulat y'min'cha tatir tz'rurah.

Release all those in captivity, we beseech You, Almighty One Whose power sets us free.

קבציאל רבחיאל עוזויאל שמיאל טופיאל נגריאל

קבל רנת עמך שגבנו טהרנו נורא.

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people who praise and glorify You alone.

נחליאל גבוריאל דניאל יהוריאל כבשיאל שעריאל

נא גבור דורשי יחודך כבבת שמרם.

Na gibor dor'shei yichud'cha k'avavat shomrem.

Preserve those who seek Your unity, guard them like the pupil of the eye.

ברכיאל טפטיאל רחמיאל צפוניאל תרומיאל גדוריאל

ברכם טהרם רחמי צדקתך תמיד גמלם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

חזאל קומיאל ברקיאל טהריאל נוריאל עמיאל

חסין קדוש ברוב טובך נהל אדתך.

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

ישראל גדיאל להביאל פנואל זכריאל קדושיאל

יחיד גאה לעמך פנה זוכרי קדושתך.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

חסד

CHESED

אבג יתן

גבורה

GEVURAH

קרע שטן

תפארת

TIFERET

נגד יכש

נצח

NETZACH

בטר צתג

הוד

HOD

זקב טנע

יסוד

YESOD

יגל פזק

שלגיאֵל קרביאל וויאל צוריאֵל ילפיאל תבריאֵל

שׁוּעַתְנוּ קִבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יְיָ יֹדֵעַ תַּעֲלֹמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You Who know all hidden things.

מלכות
MALCHUT
שִׁקּוֹ צִיַּת

This verse is said in a whisper.

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

Blessed is the Name of His glorious realm for ever and ever!

Recite the verse that corresponds with the day three times:

אֲנָא בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה.

Ana b'choach g'dulat y'min'cha tatir tz'urah.

Release all those in captivity, we beseech You, Almighty One Whose power sets us free.

יָם רֵאשׁוֹן
SUNDAY

קִבֵּל רִנַּת עַמֶּךָ שִׁגְבָנוּ טַהֲרָנוּ נוֹרָא.

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people who praise and glorify You alone.

יָם שֵׁנִי
MONDAY

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּבַבַּת שְׁמוֹרָם.

Na gibor dor'shei yichud'cha k'vavat shomrem.

Preserve those who seek Your unity, guard them like the pupil of the eye.

יָם שְׁלִישִׁי
TUESDAY

בְּרַחֲמֵי טַהֲרָם רַחֲמֵי צִדְקַתְךָ תָּמִיד גִּמְלָם.

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

יָם רֵבְעִי
WEDNESDAY

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נִהַל אֲדַתְךָ.

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יָם חֲמִישִׁי
THURSDAY

יְחִיד גֵּאָה לְעַמֶּךָ פְּנֵה זֹכְרֵי קְדוּשַׁתְךָ.

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

יָם שִׁישִׁי
FRIDAY

שׁוּעַתְנוּ קִבֵּל וּשְׁמַע צַעֲקֹתֵנוּ יְיָ יֹדֵעַ תַּעֲלֹמוֹת.

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

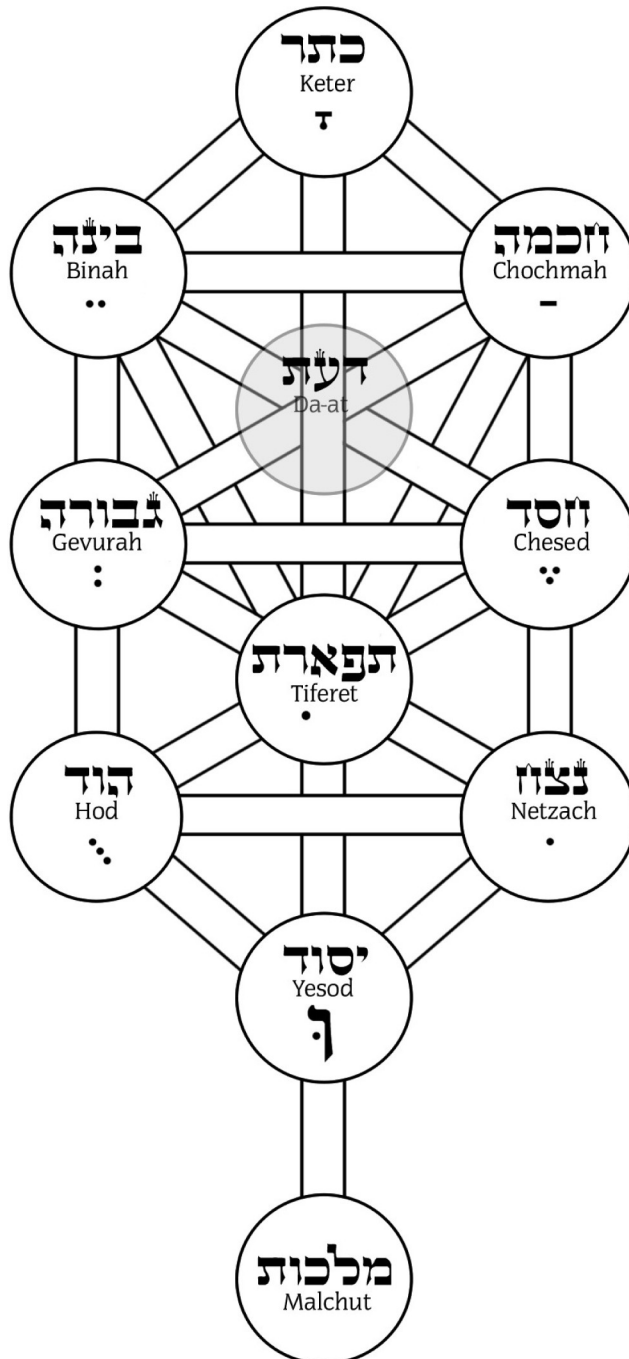
Turn to us and hear our prayers, You Who know all hidden things.

יָם שַׁבַּת
SHABBAT

תיקון הנפש

TIKUN HANEFESH

The Tikun HaNefesh (Correction of The Soul) is also known as the Merkavah Meditation. This system was revealed by The Arizal (Rabbi Yitzchak Luria). Through this meditation we can meditate to elevate the Nefesh level of our soul in the world of Assiyah. The nikud (point) of each Sefirah brings the Light into our soul. Think of this as the Kabbalistic Chakra System.



בינה

3 Binah (Left Brain)

יְהוָה

כתר

1 Keter (Head)

יְהוָה

חכמה

2 Chochmah (Right Brain)

יְהוָה

דעת עליון

6 (Left Ear)

**יוד הי ואו הה
אל יהוה**

4 Da-at Elyon (Higher Knowledge)

**יוד הי ואו הי. יוד הי ואו הי
יוד הי ואו הי. יוד הי ואו הי
יוד הי ואו הי. יוד הי ואו הי
יוד הי ואו הי**

5 (Right Ear)

**יוד הי ואו הה
אל יהוה**

דעת תחתון

9 (Left Eye)

**יוד, יוד הא, יוד הא
ואו,
יוד הא ואו הא
יהוה יהוה
יהוה
יהוה יהוה**

7 Da-at Tachton (Lower Knowledge)

יְהוָה יְהוָה

8 (Right Eye)

**יוד, יוד הא, יוד הא
ואו,
יוד הא ואו הא
יהוה יהוה
יהוה
יהוה יהוה**

12 Left Nostril

Inside:

יוד הי ואו הי

Outside:

אהיה אהיה אהיה

10 Nose

אהיה יהוה אהיה

ג'ימ': חזיים

11 Right Nostril

Inside:

יוד הי ואו הי

Outside:

אהיה אהיה אהיה

13 Mouth

Inside: **יוד הי ואו הי** Outside: **אהיה ע"ה יוד, יוד הא, יוד הא ואו,**

יוד הי ואו הי

אההע ג'יכק דטללנת זסשרץ בומף

קול ע"ה ג'י יופיאל. דבור עם ד' אותיות ג'י ריו גבורה

כ"ו יהוה יוד הא ואו הא מ"ה

דבור ג'י ק"ל יוד, יוד הא, יוד הא ואו, יוד הא ואו הא

קול יהוה דבור אדני = יאהדוניה

גבורה

16 Gevurah (Left Arm)

יְהוָה

הוד

19 Hod (Left Leg)

יְהוָה

23 Left Foot

יוד הי ואו הי
אלף הי יוד הי

תפארת

14 Tiferet (Torso)

יְהוָה

יסוד

17 Yesod (Brit)

יְהוָה

מלכות

20 Malchut (Crown of the Brit)

יְהוָה

חסד

15 Chesed (Right Arm)

יְהוָה

נצח

18 Netzach (Right Leg)

יְהוָה

22 Right Foot

יוד הי ואו הי
אלף הי יוד הי