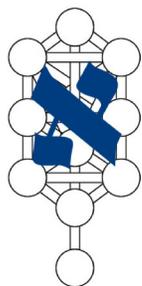


תפילת הקבלה של המקוה

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.

מִלֵּךְ

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 Rabbi David Aharon L. Curtis for Kabbalah4All.

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Edited by Rabbi 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	יולי	סיט	עלם	מהש	ללה	אכא	כהת
הזי	אלד	לאו	ההע	יזל	מבה	הרי	הקם
לאו	כלי	לוו	פהל	נלך	יזי	מלה	זזהו
נתה	האא	ירת	שאה	ריי	אום	לכב	ושר
יזזו	להזז	כוק	מנד	אני	זעם	רהע	יזי
ההה	מיכ	וול	ילה	סאל	ערי	עשל	מיה
והו	דני	הזש	עמם	ננא	נית	מבה	פוי
נמם	ייל	הרז	מצר	ומב	יהה	ענו	מזזי
דמב	מנק	אינ	זזבו	ראה	יבמ	היז	מום

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

Mikveh Yisra-el Adonai kol ozvecha yevoshu  
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 Divine Name, אֱהִיָּה. You should meditate on this Name while under the water or while dipping your hands in the bowl in its spelled out form:

אֱלֹהֵי יוֹד הָהָה

*When you exit the water say the following 10 times:*

לֵב טָהוֹר בְּרָא לִי אֱלֹהִים,

וְרוּחַ נְכוֹן זָדֵשׁ 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.

# אָנָּא בְּכוֹאֵחַ

## ANA B'CHOACH

This prayer is known as the 42-Letter Name and is a connection to the original force of creation. Above each word are the names of the angels that correspond to each letter.

חסד CHESED

אורפניאל בואל גבריאל יופיאל תומיאל צדקיאל

אָבָּנָּא יִתְצֵן

אָנָּא בְּכוֹחֵךְ, גְּדוּלַת יְמִינֵךְ, תִּתִּיר צְרוּרָה.

Ana b'choach, g'dulat y'minecha, tatir tz'rurah.

*We beseech You, with the greatness of Your right hand, untie those who are bound up.*

גבורה GEVURAH

קבציאל רבחיאל עוזוויאל שמשיאל טופיאל נגריאל

קָרַע שִׁטָּן

קָבֵל רִנַּת, עֲלֵמֶךְ שִׁגְבָנוּ, טַהֲרֵנוּ נוֹרָא.

Kabel rinat, amecha sag'venu, taharenu nora.

*Accept the song of Your people, elevate us, purify us, O Awesome One.*

תפארת TIFERET

נחליאל גבוריאל דניאל יהוריאל כבשיאל שעריאל

נָגַד יִכַּשׁ

נָא גִבּוֹר, דּוֹרְשֵׁי יְחֻדֵךְ, כְּכַבֵּת שִׁמְרֵם.

Na gibor, dor'shei yichudecha, k'vavat shomrem.

*Preserve those who seek Your Oneness, guard them like the pupil of an eye.*

נצח NETZACH

ברכיאל טפטיאל רחמיאל צפוניאל תרומיאל גדוריאל

בְּטָר צִתָּנָּא

בְּרַחֲמֵי טַהֲרֵם, רַחֲמֵי צִדְקָתֶךָ, תָּמִיד גִּמְלֵם.

Bar'chem taharem rachamei tzidkatecha, tamid gomlem.

*Bless them, purify them, may the compassion of Your righteousness always reward them.*

הוד HOD

חזאל קומיאל ברקיאל טהריאל נוריאל עמיאל

חֲסִין קָדוֹשׁ, בְּרוּב טוּבְךָ, נַהֵל אֲדַתֶּךָ.

חֲסִין קָדוֹשׁ, בְּרוּב טוּבְךָ, נַהֵל אֲדַתֶּךָ.

Chasin kadosh, b'rov tuv'cha, nahel adatecha.

*Powerful Holy One, with Your abundant goodness guide Your congregation.*

יסוד YESOD

יגל פזק

ישראל גדיאל להביאל פנואל זכריאל קדושיאל

יְחִיד גֵּ־עַה, לְעַמֶּךָ פְּנֵה, זוֹכְרֵי קְדוּשַׁתְּךָ.

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

*One and only Exalted One, turn to Your people, which proclaims Your holiness.*

מלכות MALCHUT

שלגיאל קרביאל וויאל צוריאל ילפיאל תבריאל

שקו צית

שְׁוַעַתֵּנוּ קַבֵּל, וּשְׁמַע צַעֲקוֹתֵנוּ, יוֹדֵעַ תַּעֲלֹמוֹת.

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

*Accept our outcry and hear our shout, O Knower of mysteries.**This verse is said in a whisper.*

בשכמלו

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

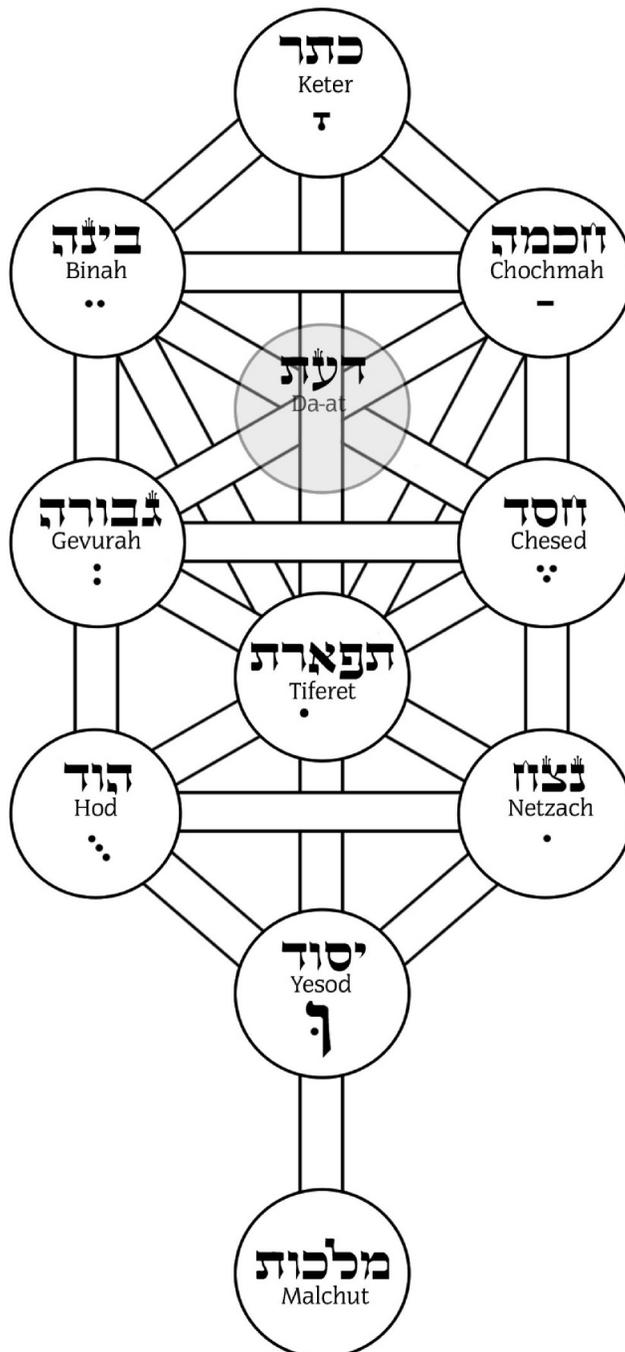
Baruch shem k'vod malchuto l'olam va-ed.

*Blessed is the Name of His glorious realm for ever and ever.*

# 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 דטלנת 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