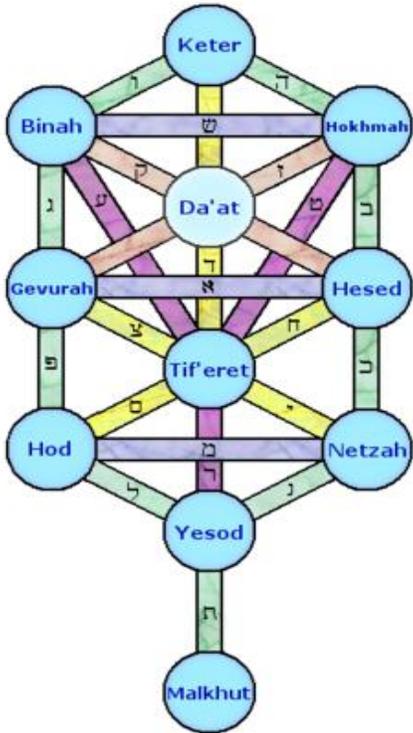
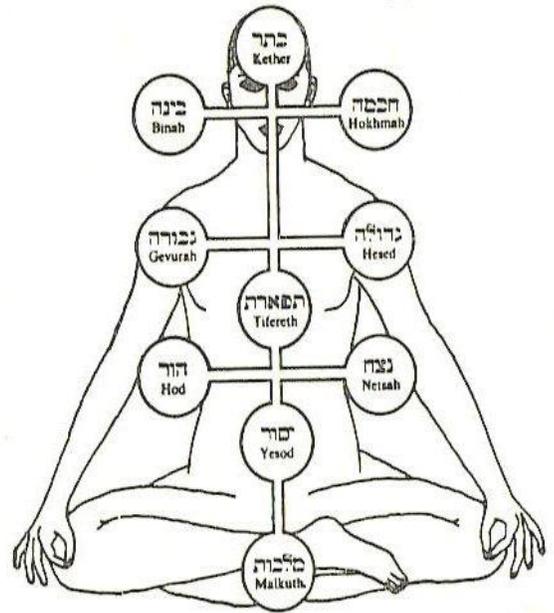


## The Sefirot



A *sefirah* (pl. *sefirot*) is a channel of Divine energy or life-force. This concept from Kabbalah is that in the process of creation an intermediate stage emanated from God's infinite light to create what we experience as finite reality. These channels are called the Ten *Sefirot*, Divine Emanations, Radiances, or Powers.



This chart on the left shows the traditional form of the Kabbalah's three axes: right, middle, and left. Although the sefirot are counted as ten, there are actually eleven, because *da'at* represents, not always mentioned, represents the conscious awareness of *keter*

The first and last sefirot, *Keter* and *Malchut* are in vertical alignment like the top and bottom of a tree, with the top reaching toward the heavens and the bottom rooted in earth. Thus, the *sefirot* are sometimes referred to as the Tree of Life.

***Keter*** Crown *The heavens*. Unknowable Unity of God. An aura surrounding one's consciousness, representing the unadulterated superconscious of the experience of one's essential rootedness within Divinity. Kabbalah speaks of the three sources of *keter* as *ratzon* (will) *ta'anug* (spiritual joy) and *emunah* (faith). In addition to meaning "crown," *keter* means "to wait", for we wait for God's essential Divinity, hidden and concealed in this world, to become revealed in the world to come.

***Malchut*** Kingdom (feminine). *Manifestation. The earth*. Outer reality.

The other sefirot are arranged like triangles, with opposing right and left characteristics finding balance and harmony in the blending of both aspects in the center. The right side is associated with the male, left with the female.

The top triangle is the realm of Intellect leading to deep knowing  
***Chochmah*** Wisdom. *Intuition*. The power of insight and the ability to look deeply at some aspect of reality and abstract its conceptual essence till one succeeds in uncovering its underlying axiomatic truth. These seeds of truth can then be conveyed to the companion power of *binah* for analysis and development.

**Binah** Understanding. *Development.* The power of conceptual analysis and reasoning, the power to grasp and comprehend the insights of *chochmah*, and assimilate them into one's consciousness. The word derives from *bein* which means "between." referring to the power to differentiate between ideas.

**Da'at** Knowledge. The powers of memory and concentration to recognize the potential meaningfulness of those ideas, thereby enhancing one's ability to act in accordance with the truths that one has discovered.

Body parts: The different areas of the brain.

*An example might be a fanciful idea leading to deep study and critical analysis that gave you solid mastery of an area of interest.*

The middle triangle is the realm of Emotion leading to beauty and harmony

**Chesed** Loving-kindness. *Mercy* The desire to embrace all of Creation and bestow goodness upon it.

**Gevurah** Strength. Judgment and discipline, representing the power to restrict harmful activities and to mete out justice.

**Tiferet** Beauty (harmony) order and balance. The power to reconcile the conflicting inclinations of *chesed* and *gevurah* so as to allow focused compassion, designated in Kabbalah as the attribute of mercy.

Body parts: The first two sefirot correspond to the arms, with *tiferet*, the heart.

*And example might be cooking your child their favorite meal, but not allowing them to overeat and making sure they exercise, leading to good overall health*

The bottom triangle is the realm of physical activity leading to creativity

**Netzach** Victory. *Endurance. Perseverance.* The power to overcome those obstacles which stand in the way of realizing one's aspiration to bestow goodness. The word denotes both "victory" and "eternity".

**Hod** Splendor (glory) the acknowledgment of a supreme purpose in life, and gratitude to the splendor and majesty of the source of one's inspiration. The word derives from *hoda'ah* "acknowledgment" which connotes gratitude and *hed* "reverberation of light". Which connotes an aura-like splendor.

**Yesod** Foundation. *Creativity.* The foundation of generations to come, the manifestation of infinity within the finite context of the human being, the bridge between infinite potential and actual manifestation.

Body parts: The legs with *yesod* the reproductive organ.

*An example might be a working toward a personal ambition, while contributing to the community to ensure a contribution to ongoing generations.*