

## Lulav- Dial up YHVH

September 21, 2010 10:03 am Zion

The Ari explains that when God created the world he distant the light from a ‘Middle point’ to create the world of Malchut. Then, a line of light was drawn down from the outer /endless into the middle which formed the seven Sefirot from above to below.

The mitzvah of the Lulav on Sukkot puts us back in the middle point. The Lulav represents the original line of light and the six directions connect us to the sphere of light that surrounds us. We can now connect to the flow of the light of Chessed that comes down to the world after Yom Kippur. The Lulav and the Sukkah are our special tools to draw this light into our lives.

The Lulav Shaking meditation is arranged from Siddur Ha’ari as originally edited by Rabbi Asher. When you see “Sefira of the Day”, replace it with the corresponding sefirah of the day. First day of the Holiday is Chessed then Gevura, Tiferet, Netzach, Hod, Yessod and last day is Malchut. The first column is the step number in the set toward one direction. The middle column is the meditation when we step forward with the Lulav and the third column is the meditation when we bring back the light and touch the chest (heart) with the Lulav.

We move forward with a small step with the right leg or just by leaning the body toward the direction we are going.

We go back and bring in the light from the outer sphere to the center, Malchut, which is us. **DO NOT point the Lulav as a spear toward the direction you are turning. Keep it always in the up direction, even when you in the down direction. Turn your body, mind and consciousness to the right direction before you start the shaking**. Shaking in Hebrew means ‘movement’ גענע so gently shake the Lulav as if you scratch the sphere around you.

Every day we repeat the whole sets five times. The first one is for the blessings of connecting the Lulav, at Keter then for each letter of the YHVH in the aspect of Chokmah, Binah, Zeir Anpin and Malchut.

Here, I selected the most important meditation.

Complete and detailed meditation can be found in Siddur HaAri. A PDF can be downloaded from <http://DailyZohar.com>

### The six directions and meditation

#### Chessed

South – Chessed - דרום – חסד		
The light of Chessed		
Of Chessed of <Sefira of the Day> of Da’at of Zeir Anpin		
	יְהִי־בָּרוּךְ־תְּהִלָּתְךָ־זַהֲרֵדָה The holy name in the aspect of Chessed of Zeir Anpin	
בְּ	יְהִי־בָּרוּךְ־תְּהִלָּתְךָ־זַהֲרֵדָה	1
בְּ	יְהִי־בָּרוּךְ־תְּהִלָּתְךָ־זַהֲרֵדָה	2
בְּ	יְהִי־בָּרוּךְ־תְּהִלָּתְךָ־זַהֲרֵדָה	3

#### Gevurah

**צָפוֹן - גְּבוּרָה**

**The light of Gevurah**

Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin

יְהִוָּה הַבָּרוּךְ הוּא		
The holy name in the aspect of Gevurah of Zeir Anpin		
בָּנָה	הָא וְאָנוּ יְהִי	1
בָּנָי	הָיָה וְאָנוּ יְהִי	2
בָּנָי	הָיָה וְיִהְיֶה יְהִי	3

**Tiferet**

**מִזְרָח - תִּפְאָרָת**

**The light of Tiferet**

Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin

יְהִוָּה הַתִּפְאָרָתָה		
The holy name in the aspect of Tiferet of Zeir Anpin		
בָּנָה	וְאָנוּ יְהִוָּה הָאָה	1
בָּנָי	וְאָנוּ יְהִוָּה הָיִה	2
בָּנָי	וְיִהְיֶה יְהִוָּה הָיִה	3

**Netzach**

**מַעֲלָה - נְצֵחָה**

**The light of Netzach**

Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin

יְהִוָּה הַנְּצֵחָה		
The holy name in the aspect of Netzach of Zeir Anpin		
בָּנָה	יְהִי וְאָנוּ בָּנָה	1
בָּנָי	יְהִי וְאָנוּ בָּנִי	2
בָּנָי	יְהִי וְיִהְיֶה בָּנִי	3

**Hod**

DOWN - Hod - הֹד		
The light of Hod		
Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin		
	יְהֹדָה זֵיר אַנְפִין The holy name in the aspect of Hod of Zeir Anpin	
הָא	הָא יְהֹדָה זֵיר אַנְפִין	1
הָבָ	הָבָ יְהֹדָה זֵיר אַנְפִין	2
הָגָ	הָגָ יְהֹדָה זֵיר אַנְפִין	3

## Yessod

WEST - Yessod - יְסֻוד		
The light of Yessod		
Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin		
	יְהֹוָה זֵיר אַנְפִין The holy name in the aspect of Yessod of Zeir Anpin	
הָא	וּאֲבוֹ דָבָר יְהֹוָה זֵיר אַנְפִין	1
הָבָ	וּאֲבוֹ דָבָר יְהֹוָה זֵיר אַנְפִין	2
הָגָ	וּלְיְהֹוָה דָבָר יְהֹוָה זֵיר אַנְפִין	3

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