

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' נעננע 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		
	יְהוָה הַקָּדוֹשׁ	
	The holy name in the aspect of Chessed of Zeir Anpin	
ה	יְהוָה וְאֵל	1
י	יְהוָה וְאֵל	2
ו	יְהוָה וְאֵל	3

Gevurah

צפון - גבורה - North Gevurah The light of Gevurah Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin		
	יְהוָה יוֹדֵהוּ The holy name in the aspect of Gevurah of Zeir Anpin	
ה'א	ה'א ואו יוד	1
ה'ב	ה'ב ואו יוד	2
ה'ג	ה'ג ויו יוד	3

Tiferet

מזרח - תפארת - East - Tiferet The light of Tiferet Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin		
	יְהוָה הוֹדֵהוּ The holy name in the aspect of Tiferet of Zeir Anpin	
ה'א	ואו יוד ה'א	1
ה'ב	ואו יוד ה'ב	2
ה'ג	וייו יוד ה'ג	3

Netzach

מעלה - נצח - Up - Netzach The light of Netzach Of Chessed of <Sefira of the Day> of Da'at of Zeir Anpin		
	יְהוָה הוֹדֵהוּ The holy name in the aspect of Netzach of Zeir Anpin	
ה'א	יוד ואו ה'א	1
ה'ב	יוד ואו ה'ב	2
ה'ג	יוד ויו ה'ג	3

Hod

