

The holiday of Sukkot

Lulav connection

The Holy Ari explains that when Creator created the world he distanced its Light from a 'Middle point' to create the worlds and the lower level is Malchut. Then, a line of Light was drawn down from the outer /Endless into the middle, which formed the worlds and the sefirot from above to below.

The mitzvah of the Lulav on Sukkot puts us back in the middle point. The Lulav represents the center column of the Tree of Life, and the six directions connect us to the Light that surrounds us. We can now connect to the flow of the Light of Chesed that comes down to the world after Yom Kippur. The Lulav and the Sukkah are our special tools given to us to draw this Light into our lives. The Sukkah is the only precept that involved all of our body parts because we need to be inside the Sukkah.

Below are the most important meditations during the Lulav shaking. Women can do only the blessing and optionally one set of Shaking.

The Lulav Shaking meditation below 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 Chesed then Gevurah, Tiferet, Netzach, Hod, Yessod and last day is Malchut.

There are three steps/meditation for each direction. We meditate on the holy sequences for each step. We move the Lulav forward and bring it back with the specific Light emanating from that direction and touch the chest (heart) with the Lulav.

DO NOT point the Lulav as a spear toward the direction you are turning to. Keep it always pointing up, even when you in the down direction. Turn your body, mind and consciousness to the direction before you start the shaking. Shaking in Hebrew means 'movement' נַעֲנוּעַ so gently shake the Lulav as to connect to the Light 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 during the Halel, for each letter of the YHVH in the aspect of Chokmah, Binah, Zeir Anpin and Malchut.

Complete and detailed meditation can be found in Siddur HaAri.

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Lulav shaking meditation

1 **South – Chessed** - דרום - חסד

The light of Chessed

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Chessed of Zeir Anpin	
הָא	יְהוָה הוֹדוּתָהּ	1
הָה	יְהוָה הוֹדוּתָהּ	2
הָו	יְהוָה הוֹדוּתָהּ	3

4 **Up - Netzach** - מעלה - נצח

The light of Netzach

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Netzach of Zeir Anpin	
הָא	יְהוָה הוֹדוּתָהּ	1
הָה	יְהוָה הוֹדוּתָהּ	2
הָו	יְהוָה הוֹדוּתָהּ	3

2 **North Gevurah** – צפון – גבורה

The light of Gevurah

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Gevurah of Zeir Anpin	
הָא	הָא וְאֵן יְהוָה	1
הָה	הָה וְאֵן יְהוָה	2
הָו	הָו וְאֵן יְהוָה	3

5 **Down- Hod** – מטה - הוד

The light of Hod

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Hod of Zeir Anpin	
הָא	הָא וְאֵן יְהוָה	1
הָה	הָה וְאֵן יְהוָה	2
הָו	הָו וְאֵן יְהוָה	3

3 **East - Tiferet** – מזרח - תפארת

The light of Tiferet

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Tiferet of Zeir Anpin	
הָא	וְאֵן יְהוָה הָא	1
הָה	וְאֵן יְהוָה הָה	2
הָו	וְאֵן יְהוָה הָו	3

6 **West - Yessod** – מערב - יסוד

The light of Yessod

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

	יְהוָה הוֹדוּתָהּ	
	The holy name in the aspect of Yessod of Zeir Anpin	
הָא	וְאֵן יְהוָה הָא	1
הָה	וְאֵן יְהוָה הָה	2
הָו	וְאֵן יְהוָה הָו	3

First day of Sukkot = Chessed, Second = Gevurah, Third = Tiferet, Fourth = Netzach, Fifth = Hod, Sixth = Yessod, Seventh = Malchut

Lulav should have three myrtle branches on the right (Chessed, Gevurah, Tiferet), two willow branches on the Left (Netzach, Hod), One palm branch in the middle (Yessod), no splits (before it opens). The Etrog (special Citrus fruit) is Malchut