



In the writings of the Ari, Rabbi Chaim Vital recounts how his teacher, the Holy Ari, performed Kaparot with a live chicken before Yom Kippur, following deep mystical meditations. Many continue this tradition.

Personally, I choose to perform Kaparot with money for two main reasons. First, I do not have access to a trustworthy shochet who follows the Ari's kavanot (intentions). Second, those who slaughter hundreds of chickens at dawn may not inspect their knife frequently enough. Any imperfection in the blade could render the slaughter non-kosher, bringing spiritual judgments upon the soul of the bird. Consuming non-kosher meat, even unintentionally, can negatively affect the soul and turn a sacred act into one tainted by cruelty rather than compassion.

Therefore, if one cannot ensure the purity and precision of the slaughter, it is preferable to do Kaparot with money, which carries the same spiritual intent. Use approximately \$10 USD per person—or the local equivalent of a full chicken.

This ritual can be done anytime between Rosh Hashanah and Yom Kippur, ideally early in the morning on the day before Yom Kippur, while reciting the traditional text and donating the money to charity.

The following pages describe the steps.

Step 1

Read or scan the following nine lines

בְּנֵי אָדָם יוֹשְׁבֵי זוֹשֶׁךְ וְצַלְמָוֶת אֲסִירֵי עֲנִי וּבָרָל

->benei adam yoshevei choshech vetzalmavet asirei oni uvarzel

יוֹצִיאֵם מִזוֹשֶׁךְ וְצַלְמָוֶת וּמוֹסְרוֹתֵיהֶם יִנְתֶּנָּךְ

->yotzi'em mechoshech vetzalmavet umoseroteihem yenattek

אֲוִילִים מִדֶּרֶךְ פִּשְׁעָם וּמַעֲוֹנוֹתֵיהֶם יִתְעַנּוּ

->evilim miderech pish'am ume'a'onoteihem yit'annu

כָּל אֹכֵל תִּתְעַב נַפְשָׁם וַיִּגְיֵעוּ עַד שְׁעָרֵי מוֹת

->kal ochel teta'ev nafsham vayagi'u ad sha'arei mavet

וַיִּזְעֲקוּ אֶל יְהוָה בְּצַר לָהֶם מִבְּמִצּוֹקוֹתֵיהֶם יוֹשִׁיעֵם

->vayiz'aku el adonai batzar lahem mimmetzukoteihem yoshi'em

יִשְׁלַח דְּבָרוֹ וַיִּרְפָּאֵם וַיַּמְלֵט מִשְׁוֹיִתוֹתָם

->yishlach devaro veyirpa'em vimallet mishechitotam

יֹדְדוּ לִיהוָה זִסְדּוֹ וְנִפְלְאוֹתָיו לִבְנֵי אָדָם

->yodu l'adonai chasdo venifle'otav livnei adam

אִם יֵשׁ עָלָיו מַלְאָךְ מִלֵּיץ אֶזְוֹד מִנִּי אֶלֶף לְהַגִּיד לְאָדָם יִשְׁרוּ

->im yesh alav mal'ach melitz echad minni aleflehagid le'adam
yashero

וַיִּזְנְנוּ וַיֹּאמֶר פְּדֵהוּ מִדֶּדֶת שַׁחַת מִצְּאֵתִי כֶּפֶר

->vaychunnennu vayo'mer peda'ehu meredet shachat matza'ti
chofer

Step 2.

Place the money (cash, coins or bills) for Tzedakah inside an envelope or a cloth. Use same amount for each person. Turn the envelope with the money over the head in a circle, counter clockwise once for each of the three lines in the table below. Pause and say the fourth line.

Repeat the three times, so you will make 9 circles over the head (yours or your children).

RIGHT: (1st Right of Chessed, 2nd left of Chessed, 3rd center of Chessed)

LEFT: (1st Right of Gevurah, 2nd left of Gevurah, 3rd center of Gevurah)

CENTER: (1st Right of Tiferet, 2nd left of Tiferet, 3rd center of Tiferet)

You may do kaparot for your children; just choose the related one column below.

Meditate on **זֹחֶלֶךְ**. It is the name of the angel that provide sustenance and life to all.

	Hebrew	For one self (male or female)	Doing it for another female	Doing it for another male	
1 st circle	זֹחֶלֶפְתִּי	זֹחֶלֶפְתִּי chalifati	Zeh Chalifatech	Zeh kaparatcha	Right
2 nd circle	תִּמְוֹרָתִי	תִּמְוֹרָתִי temurati	temuratech	Temuratcha	Left
3 rd circle	כַּפָּרָתִי	כַּפָּרָתִי kaparati	Kaparatech	Kaparatcha	Center
4 th (No circle)	זֹחֶלֶךְ יֵלֵךְ לְצֶדֶקָה וְאֲנִי אֵלֶךְ לְזֵוִיִּים טוֹבִים אֲרוּכִים וּלְשָׁלוֹם -> zeh hakesef yelech letzedakah va'ani elech lechayim tovim arukim uleshalom				

Translation of the text in the above box

1st This is my exchange, 2nd my substitute, 3rd my expiation (atonement).

4th This money will go to Tzedakah and I will go to a good, long life and peace

Complete Step 1 and 2 for each person then go to step 3

Step 3

*After completing the Kaparot steps above, give the money—placed in envelopes—to those truly in need: individuals or families who lack food, shelter, or basic necessities. Make sure the charity reaches them **before Yom Kippur**, whether by handing it directly, mailing it, or donating online.*

*You may also—and perhaps most powerfully—direct your **Tzedakah** to those who nourish your soul with **Torah and Zohar** teachings. Their spiritual guidance sustains the world's "hunger for Light," and supporting them elevates your giving to a higher dimension. Such **Tzedakah** draws down divine life-force and blessing for the coming year and beyond.*

*If you wish, you may fulfill this mitzvah by **supporting the Daily Zohar projects**, helping spread the Light of sacred wisdom freely to all. You may increase your donation, thereby magnifying the **aspect of "Life"** within your actions and expanding the flow of blessing in your life.*

See video and explanation on Tzedakah [here](#):

Use this link to make a donation: [Yom Kippur Tzedakah](#)



With Love, Blessings and Gemar Chatima Tova to all

Zion

<https://DailyZohar.com>

<https://UnityZohar.com>