



### **Aleph Meaning – 1st Letter of the Hebrew Alphabet**

Aleph is the first letter of the Hebrew alphabet and signifies the number one. Aleph indicates the Oneness and Unity of the Creator. It hints that beyond the illusion of separation and duality is underlying Oneness – that nothing is separate and the Creator is the source of everything.



### **Beith Meaning – 2nd Letter of the Hebrew Alphabet**

Beith is the 2nd letter of the Hebrew alphabet, signifying the number two. Beith is the first letter of the story of creation, starting the entire Torah/Bible – ברא בראשית.

Beith represents the beginning of duality, with the One Creator bringing forth a created world, so that there can be both a giver (the Creator) and a receiver (the created world) for the Creator to bestow upon.



### **Gimel Meaning – 3rd Letter of the Hebrew Alphabet**

After Beith establishes the existence of two opposites, Ghimel is the 3rd principle which arises to resolve and harmonize these opposites. Ghimel links and balances between the Aleph and Beith. Ghimel includes the opposites of both giving and receiving, and reward and punishment, creating balance and motion between these opposites.



### **Dallet Meaning – 4th Letter of the Hebrew Alphabet**

Dallet דלת is the word for door, gate and indicates resistance and the state of selflessness and humility needed to pass through it. It indicates how to pass through the gates to know one's own mystery of being and return to the power of the Aleph – the One source of all creation and being. The Dallet is in the shape of a bent over man, signifying the humility and receptiveness. It represents Bitul, the self-nullification, or nullification of the ego, necessary to realize ones inherent connection to the Creator. Also, it is the structure, form and the diligence required to receive.



### **Hei Meaning – 5th Letter of the Hebrew Alphabet**

Hei represents divine revelation, the breath of the Creator (Psalm 33:6 – By the word of the LORD the heavens were made, and by the breath of his mouth all their host.) The world was created with the utterance of the Hei. It represents the gift of life and creates the verb of being (היה Haya – being). It is divinity, the spiritual life that comes about through the first four letters. It represents the life essence in all creation. It symbolizes the effortless of the world and is the symbol of divinity, gentility, and specificity. It contains within it the freedom of choice. Hei is one of the letters of the Holy Name, giving it a special significance within the Aleph-beith.



### **Vav Meaning – 6th Letter of the Hebrew Alphabet**

Vav is the power to unite everything that is separated in creation. Literally Vav means hook or peg and the Hebrew letter is a vertical line װ. It represents the Kav, the vertical line extension of the Creator's perfection into the created world, in order to constantly direct it, guiding the cycle of existence step by step, until eventually the perfect Oneness of the Creator

which underlies all of creation is revealed. Vav is related to the Orr Yashar, the direct light of the Creator, entering the world.



### **Zayin Meaning – 7th Letter of the Hebrew Alphabet**

The Zayin is shaped like a sword and is the symbol of spirit, sustenance, and struggle. It represents the 7th day of Shabbat (Sabbath), the day of rest and spirituality, which completes the process of the 6 days of creation. It includes the six days and six directions of physical reality, but also stands as a unique 7th principle or energy, the spirit which activates the physical. The Zayin is the source of all movement. It is an impregnating principle, which activates the creation.



### **Heith Meaning – 8th Letter of the Hebrew Alphabet**

Heith is the letter of life חיים. It represents infinite possibilities. It is undifferentiated substance and energy, containing all the possibilities that could come into being. Heith indicates the ability of the human to rise and go beyond nature. It is related to the Neshama, the soul. It represents the power of choice which is given by the soul, as well as the qualities of charm and grace חן which stem from the soul.



### **Teith Meaning – 9th Letter of the Hebrew Alphabet**

Teith, the 9<sup>th</sup> Hebrew letter has a literal meaning of basket or nest, and is the symbol of the good טוב in all creation. It has to do with purity and impurity, teaching us to choose the good, and also the realization that even within the bad things that happen, there is hidden good. Teith also represents

femininity, pregnancy. It includes the kindness and mercy of creation and the principle that everything is eternal and nothing is ever lost.



### **Yod Meaning – Tenth Letter of the Hebrew Alphabet**

The 10th Hebrew letter Yod is a dot or point. The Yod represents the Creator, the single point from which all of creation emerges, and the Unity within multiplicity. It is the foundation of all foundations, the hidden Divine spark which causes everything to be. It represents the power of the spirit to govern and guide the matter.



### **Khaf Meaning – 11th Letter of the Hebrew Alphabet**

Khaf, the 11th letter of the Hebrew Alphabet, means literally the cupped palm of the hand. It is like a cupped, outstretched palm, ready to receive. The shape of all containers – a bowl, a cup, a jar, is based on that basic curved shape, and Khaf represents the idea of a container. It represents form. A house is a form that contains the goings on of the people inside it; a body is a form which contains the life and energy of the person. The forms of the physical world are where the spiritual essence of life is able to manifest. The Khaf also teaches us to shape ourselves- to bend the ego and shape our character.



### **Lamed Meaning – 12th Letter of the Hebrew Alphabet**

Lamed, the 12th letter of the Hebrew Alphabet is the symbol of learning. It is translated literally as the word for learning and also staff or goad. It is located at the center of the aleph-beith and represents the heart Lev לב; in kabbalah learning is mostly done with the heart and soul, not just the mind.

The Lammed indicates that spiritual learning is the heart of human existence. Man's course in life is to learn and express spiritual teachings and practice with every breath of life.



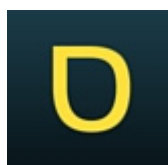
### **Mem Meaning – 13th Letter of the Hebrew Alphabet**

The letter Mem is water mayim מים, the waters of wisdom, knowledge, the Torah. Representing both waters and manifestation, it is the ability to dive deep into the wisdom. It is said that in every person is the thirst for the words of the Creator, which are the waters of life. The open mem refers to the revealed aspects of providence, while the closed mem refers to the concealed part of the celestial rule that nonetheless guides us and all of existence. Mem also represents the time necessary for ripening and indicates to us the importance of balanced emotions and of humility.



### **Nuun Meaning – 14th Letter of the Hebrew Alphabet**

The Nuun is the symbol of faithfulness (ne'eman נאמן), soul (Neshama נשמה), and emergence. The nuun stands for humility, as it is bent both above and below. It represents the soul Neshama, the heavenly spark housed in the earthly container of the body. In Aramaic, Nuun means fish, so Nuun can be thought of as the fish that swims in the waters of the Torah, represented by Mem מ. It is connected to fertility, continuity and the ability to increase and multiply. Nuun also stands for the 50 Gates of Wisdom of Binah.



### **Samekh Meaning – 15th Letter of the Hebrew Alphabet**

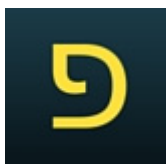
Samekh is the symbol of support, protection, and memory. It means to lean upon, support, uphold. The perimeter of Samekh denotes the Creator and its

interior denotes his creation, who he constantly supports and upholds and protects. It represents the Orr Makif Surrounding Light of Kabbalah, indicating the general providence of the Creator, surrounding and sustaining all of existence, even as we perceive ourselves as separate. The Samekh is the container of all forms.



### **Ayin Meaning – 16th Letter of the Hebrew Alphabet**

The Hebrew letter Ayin means eye and correspondingly, the Ayin has to do with vision and bringing forth lights that are hidden. Ayin teaches us to see beyond and relates to time. It is the aspect of the visionary, to see not just what is happening in front of us, but to envision beyond that – to know one's direction 5, 10, 100 years ahead and beyond. The pronunciation of the Ayin is also very significant – it is often mispronounced as a silent letter similar to the Aleph, however Ayin's correct sound is a guttural throat sound which stimulates the thyroid gland.



### **Peh Meaning – 17th Letter of the Hebrew Alphabet**

The Hebrew letter Peh means mouth and refers to the power of speech. In Kabbalah, speech is actually considered to be a spiritual power, which can cause good or evil depending on how it is used. In a certain way, what one thinks is how one is, and what one speaks has the power to become. Violent words lead to violent actions. The quality of the speech is considered to be the quality of the life's essence and creative existence. The Peh teaches us to view our words as precious as gold, not to be spilled haphazardly.



### **Tsadde Meaning – 18th Letter of the Hebrew Alphabet**

The Tsadde represents the Tsaddik, the person who is just, as well as the righteousness of the Creator. The Tzaddik strives to be true, loving justice and fairness, straight and fully honest with their conscience. The idea is that the world is broken so every person must face their own evil and learn to restore it. The literal meaning of Tsadde is a fishing hook.



### **Khof Meaning– 19th Letter of the Hebrew Alphabet**

The letter Khof (also spelled Kuf, or Qof) originally meant the back of the head, or the eye of a needle and which also means monkey. It is the symbol of both the sacred Kedushah קדושה, and the profane – the Klipah קליפה, the peel, cover, or husk which represents the negativities in the world. Khof has to do with the requirement of removing the husk of the superficial to reveal the holiness within.



### **Reish Meaning – 20th Letter of the Hebrew Alphabet**

The Reish, the 20<sup>th</sup> Hebrew letter, means head, leader and beginning. It is the symbol of choosing between greatness and degradation. In it is the word for poor רש Rash, but when it is filled the power of the Aleph it becomes Rosh ראש, head or first, expressing the Firstness, Oneness, and Eternity of the Creator, and the qualities of being a leader, not a follower.



### **Shin Hebrew Meaning –21st Letter of the Hebrew Alphabet**

Shin, the 21<sup>st</sup> Hebrew letter is the letter of fire and transformation. Shin literally means tooth and its shape is 3 branches of flame. These are the 3 pillars of the tree of life, reaching high like flames, purifying and changing the condition of our lives, teaching us to become aligned with the Whole of Creation. It also represents the right and left extreme opposites and the requirement to balance them by following the central pillar, the middle way.



### **Tav Hebrew Meaning – 22nd Letter of the Hebrew Alphabet**

Tav is the last letter of the Hebrew Alphabet. Meaning mark, sign, omen, or seal, it is the symbol of truth, perfection, and completion. It represents the restoration Tikkun תיקון of all of existence. It is a return to the essence and purpose of one's life. It represents completion, before beginning again with the original Oneness of the Aleph.