



## THE ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all. This sequence of Hebrew letters embodies the force of creation and is also known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

The definition of the word "letter" in Hebrew means "energy" or "vibration". It was the energy of each individual Hebrew letter or vibration that brought the universe into being. The first section is simply the 42 letters that make up the 42-Letter Name. All one needs to do is scan them (right to left) and energy is drawn through the eyes into the soul. Let your eyes contemplate the shapes of each letter at your own pace.

In the second section, each letter begins a word. The translation of the words have been provided, but it is important to note that the words don't matter as much as the letters that begin them. By speaking the letters when saying the words, we are now externalizing the power of the 42-Letter Name through our voice. Singing is even more powerful as the Zohar states: "There are places in heaven that are only open to the voice of song." Each line in the Ana B'choach prayer corresponds to one of the S'firah that we operate from in this realm, there are six total which are known as Zeir Anpin; the seventh S'firah is Malchut, our physical realm. Each line also corresponds to a day of the week, line 1 being Sunday. Each day, we can pause at the appropriate line and meditate on it in order to gain control of that day. Remember that days are sunset to sunset in the Kabbalistic calendar, so for example on Thursday night after sunset you would meditate on Friday's line. The last verse brings all of the energy down from the spiritual realm to our physical world.

אָנָא בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר צְרוּרָה.

CHESED

חסד

1

Ana b'choach g'dulat y'mincha tatir tz'rurah.

*Release all those in captivity, we beseech You, Almighty One whose power sets us free.*

קַבֵּל רִנַּת עַמְּךָ שִׁגְבֵינוּ טַהֲרֵנוּ נוֹרָא.

G'VURAH

גבורה

2

Kabeil rinat amcha sagveinu tahareinu nora.

*Accept the singing of all Your people who praise and glorify You alone.*

נָא גִבּוֹר דּוֹרְשֵׁי יְחֻדְךָ כְּבַבַּת שְׂמֵרָם.

TIFERET

תפארת

3

Na gibor dorshei yichud'cha k'vavat shomreim.

*Preserve those who seek Your unity, guard them like the pupil of the eye.*

בְּרַכְּם טַהֲרֵם רַחֲמֵי צִדְקַתְךָ תָּמִיד גּוֹמְלִים.

NETZACH

נצח

4

Bar'cheim tahareim rachamei tzidkat'cha tamid gomleim.

*Bless and purify them and always grant them Your compassionate righteousness.*

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נֹהֵל עֲדַתְךָ.

HOD

הוד

5

Chasin kadosh b'rov tuv'cha naheil adatecha.

*Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.*

יְחִיד גֵּי-עַה לְעַמְּךָ פְּנֵי זוֹכְרֵי קְדוּשַׁתְךָ.

Y'SOD

יסוד

6

Yachid gei-eh l'amcha p'neih zochrei k'dushatecha.

*O Exalted One, turn to Your people who remember Your holiness.*

שִׁוְעַתְּנוּ קַבֵּל וּשְׁמַע צִעֲקַתְנוּ יוֹדַע תַּעֲלוּמוֹת.

MALCHUT

מלכות

7

Shavateinu kabeil ush'ma tza-akateinu yodei-a ta-alumot.

*Turn to us and hear our prayers, You who know all hidden things.*

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch sheim k'vod malchuto l'olam va-ed!

*Blessed is Your glorious Name, Your Realm is for ever and ever!*