



ספר יצירה א:א

SEFER YETZIRAH 1:1 - MOTHERS-DOUBLES-ELEMENTALS

Each letter of these three categories relates to an individual element in each of the three general dimensions of created reality, namely: space, time and spirit.

Every day of the year is represented by three letters. For example, Tuesday in the month of Cheshvan has the following three letter sequence:

אגד

THREE MOTHER LETTERS:

In relation to the dimension of time, the three Mother letters correspond to the seasons of the year.

Letter	Hebrew Name	Element	Season	Months
א	Alef	Air	אָבִיב\סְתִיּוֹ Spring/Fall	Nisan, Iyar, Sivan; Tishrei, Cheshvan, Kislev
מ	Mem	Water	זֹזְרָף Winter	Tevet, Shevat, Adar
ש	Shin	Fire	קִיץ Summer	Tammuz, Av, Elul

SEVEN DOUBLE LETTERS:

In relation to the dimension of space, the seven Double letters correspond to the seven days of the week.

Letter	Hebrew Name	Day of The Week
בב	Bet	יוֹם רֵאשִׁיטוֹן Sunday
גג	Gimel	יוֹם שֵׁנִי Monday

ד	Dalet	יום שלושני Tuesday
כ	Kaf	יום רביעי Wednesday
פ	Pei	יום חמישי Thursday
ר	Reish	יום שישי Friday
ת	Tav	יום שבת Saturday

TWELVE ELEMENTAL LETTERS:

In relation to the dimension of spirit, the twelve Elemental letters correspond to the twelve months of the Hebrew year.

Letter	Hebrew Name	Month of The Year
ה	Hei	ניסן Nisan
ו	Vav	אייר Iyar
ז	Zayin	סיון Sivan
ח	Chet	תמוז Tammuz
ט	Tet	אב Av
י	Yud	אלול Elul
ל	Lamed	תשרי Tishrei

נ	Nun	חֶשְׁוֹן Cheshvan
ס	Samech	כִּסְלֵו Kislev
ע	Ayin	טֵבֵת Tevet
ז	Tzadi	שֵׁבַט Shevat
ק	Kuf	אֲדָר Adar