

# The Universe in our Hands

## ***Kabbalistic Correlations Between the Hebrew Letters, Space, Time & the Fingers of your Hands***

**Based on “Seder Alfa Beta Sh’b’etzba’ot” from Kitvei HaAri’zal**

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### **Introduction**

One of the great fallacies of the universal scientific outlook of classical mechanics (i.e. Newtonian physics) is that everything exists as independent, separate entities. Modern quantum theory mechanics is quickly showing this not to be the case. Yet, modern discoveries are nothing new to the Torah. Kabbalah, the esoteric teachings of Judaism, has always held that the Torah proclamation of G-d’s unity is far more than a simple religious statement of faith. For the Kabbalist, G-d’s unity is also understood as a scientific principle. This unity implies that the whole universe and everything in it, regardless of distance or dissimilarity, are somehow all integrally connected and emanated from a single source. Indeed, G-d is one, but for the Kabbalist, so is His universe.

The first man to publicly teach this lesson of “single source theory” was the Biblical patriarch Abraham, the spiritual (and biological) father of the nation of Israel. In his day the general public viewed the various forces of nature as being competing gods, who needed to be placated for the good and blessing of the community.

Abraham recognized the foolishness and danger in such mythological religious psychology and endeavored to correct it. By teaching about the unity that underlies all reality, be it in the realm of physics or metaphysics, Abraham was endeavoring to bring about social unity and to reinstate a concept of collective consciousness, destiny and purpose within mankind.

To accomplish this task Abraham knew that mere philosophical preaching would never suffice. The people of his day, like today, were intellectually sophisticated. They required more than theory, they required proof. It would not be enough for Abraham to merely speak about a single source “theory”. He would have to provide clear and evident proof that indeed the universe and all in it revolve around a single source of origin. If Abraham wanted to state that distant realities affect and indeed interact with one another, he would have to demonstrate this.

In order to prove to the members of his generation what he taught was true, Abraham arranged a set of exercises that taught one how to experience the underlying unity in creation. This set of exercises later became known as the Sefer Yetzirah, the Book of

Creation. Herein is taught a profoundly difficult meditative path, that, when mastered, enables one to use the power of mind to manipulate all aspects within the 4D space-time continuum. When it is experienced that 4D space-time is indeed subservient to a single higher power, then that single higher power, which we call G-d, rules supreme.

The Sefer Yetzirah and those other works based on it, outline a number of correlative charts showing the relationships of apparently unrelated things in space, time, numbers and the human body. These correlations are necessary to know if one wishes to proceed in the path of meditations outlined in this work. Metaphysical reality is most unlike physical reality. It does not exist in 4D space-time. Metaphysical laws of nature are very different from what we are accustomed to experience. Without a “road map” of correlations, travel in the Unity Dimension can easily become overwhelming and one can end up metaphysically lost and spiritually harmed.

Sefer Yetzirah teaches that all matter and energy in creation are variable permutations of the 22 Hebrew letters. These are the same letters that G-d spoke (in the form of words) when He said, “Let there be, and there was” (ref. Gen. 1). These letters correlate to the sub-atomic particles that form the atomic structures of stars, planets and all other forms of matter. They also form the rhythms of the seasons of the year, and time in general. They also form the spiritual image of the human soul and the physical form of the human body.

More than this, each of these levels of creation: the planets in space, the seasons & days in time and the body of man, all are interrelated and united through their common denominator of the Hebrew letters. It is the 22 letters of the Hebrew alphabet that form 3D space, 4D time and the fifth dimension: Mind (consciousness). By recognizing the correlations between these realms we can experience and thus come to understand more about our universe, our planet and our selves. We come to experience the cry of the angels; “the whole world is full of His (i.e. G-d’s) glory.” (Isaiah 6:3).

This work which I present here in translation teaches us about letter correlations within the human hand. Similar to oriental philosophies of medicine, Kabbalah (i.e., the Sefer Yetzirah) teaches us that, indeed, the whole world is in our hands. All we have to do is recognize it. For this purpose, the hand correlations are expanded to include other correlations in space, time, numbers, the body, the mind and society (the tribes).

This outline is more than mere intellectual knowledge, it is a guide for meditation. One is supposed to use one’s hand as a meditative tool of contemplation. Within our hands are all the forces of nature, not merely symbolically, but actually. By contemplating our fingers and their correlations in space and time, we can explore and eventually experience that indeed, the whole world is in our hands. This is how G-d has ordained it to be.

These are the twenty-two letters of the Hebrew alphabet and correlations. The letters are arranged here as they are outlined in Sefer Yetzirah. There are three “mother” letters, seven “doubles” and twelve “simple”. For further information regarding this order, please consult the original text.

## The Three Mothers

### **א** *Alef:*

Hand – inner section of the right thumb.  
Sefirot – between Hesed & Gevurah.  
World – the element of air.  
Time – the intermediate seasons.  
Numbers – single digits (1).  
Soul - torso

### **ב** *Mem:*

Hand – middle section of the right ring finger (next to pinky).  
Sefirot – between Netzah & Hod.  
World – the element of water.  
Time – the winter season.  
Numbers – sets of tens (40).  
Soul - stomach

### **ג** *Shin:*

Hand – outer section of the middle right finger.  
Sefirot – between Hokhma & Binah.  
World – forms the element of fire.  
Time – the summer season.  
Numbers – sets of hundreds (300).  
Soul – the head.

## The Seven Doubles

### **ב** *Bet:*

Hand – inner section of the right pointing finger (next to thumb).  
Sefirot – between Hokhma & Hesed (giving to Abraham).  
World – the moon.  
Time – Sunday.  
Numbers – single digits (2).  
Soul – the right eye.  
Ruler of wisdom.

### **ד** *Gimel:*

Hand – inner section of the right middle finger.  
Sefirot – between Binah & Gevurah (giving to Yitzhak)  
World – Mars.  
Time – Monday.

Numbers – single digits (3).  
Soul – right ear.  
Ruler over wealth.

### **S Dalet:**

Hand – middle section of right ring finger.  
Sefirot - between Keter & Tiferet (giving to Ya'aqob).  
World – Sun.  
Time – Tuesday.  
Numbers – single digits (4).  
Soul – right nostril.  
Ruler over children.

### **ƒ Kaf:**

Hand - middle section of right pinky.  
Sefirot – between Hesed & Netzah (giving to Moses).  
World – Venus.  
Time – Wednesday.  
Numbers – tens (20).  
Soul – Left eye.  
Ruler over life.

### **Ɔ Pey:**

Hand - middle section of the left middle finger.  
Sefirot – between Gevurah & Hod (giving to Aharon).  
World – Mercury.  
Time – Thursday.  
Numbers – tens (80).  
Soul – Left ear.  
Ruler over domination.

### **ƒ Resh:**

Hand - outer section of the right pointing finger.  
Sefirot - between Tiferet & Yesod (giving to Yosef).  
World – Saturn.  
Time – Friday.  
Numbers – hundreds (200).  
Soul – Left nostril.  
Ruler over peace.

### **ƒ Tav:**

Hand - outer section of the right ring finger.  
Sefirot – between Yesod & Malkhut (giving to Levi).  
World – Jupiter.

Time – Shabat.  
Numbers – hundreds (400).  
Soul – mouth.  
Ruler of grace.

## The Twelve Singles

### **V Hey:**

Hand - inner section of the right pinky.  
Sefirot - between Keter & Hokhma.  
Tribe – Yehudah.  
Rules over speech.  
World – Aries.  
Time: Nisan.  
Soul – right foot.  
Number – singles (5).

### **Uvav:**

Hand - inner section of left pinky.  
Sefirot – between Keter & Binah.  
Tribe – Yisaskhar.  
Rules over thought.  
World – Taurus.  
Time – Iyar.  
Soul – right kidney.  
Number – singles (6).

### **Zzayin:**

Hand - middle section of left ring finger.  
Sefirot – between Hokhma & Gevurah.  
Tribe – Zevulon.  
Rulers over travel.  
World – Gemini.  
Time – Sivan.  
Soul – left leg.  
Numbers – singles (7).

### **j Het:**

Hand - inner section of left middle finger.  
Sefirot – between Hesed & Tiferet.  
Tribe – Reuben.  
Rules over sight.  
World – Cancer.

Time – Tammuz.  
Soul – right hand.  
Number – singles (8).

### **y Tet:**

Hand - inner section of left pointing finger.  
Sefirot – between Hokhma & Tiferet.  
Tribe – Shimon.  
Ruler over hearing.  
World – Leo.  
Time – Av.  
Soul – left kidney.  
Number – singles (9).

### **h Yod:**

Hand - middle section of right thumb.  
Sefirot – between Tiferet & Netzah.  
Tribe – Gad.  
Ruler over triumphant action.  
World – Virgo.  
Time – Elul.  
Soul – left hand.  
Number – tens (10).

### **k Lamed :**

Hand - middle section of right middle finger.  
Sefirot – between Hod & Yesod.  
Tribe – Ephraim.  
Ruler over sexuality.  
World – Libra.  
Time – Tishrei.  
Soul – gall bladder.  
Number – tens (30).

### **b Nun:**

Hand - middle section of right pinky.  
Sefirot – between Netzah & Yesod.  
Tribe – Menasseh.  
Ruler over smell.  
World – Scorpio.  
Time – Heshvan.  
Soul – intestines.  
Numbers – tens (50).

## **X Samekh:**

Hand - middle section of left pinky.  
Sefirot – between Tiferet & Hod.  
Tribe – Benjamin.  
Ruler over sleep.  
World – Sagittarius.  
Time – Kislev.  
Soul – esophagus.  
Number – tens (60).

## **g Ayin:**

Hand - middle section of left ringer finger.  
Sefirot – between Binah & Tiferet.  
Tribe – Dan.  
Ruler over anger.  
World – Capricorn.  
Time – Tevet.  
Soul – liver.  
Number tens (70).

## **m Tzade:**

Hand - middle section of left pointing finger.  
Sefirot – between Gevurah & Tiferet.  
Tribe – Asher.  
Ruler over eating.  
World – Aquarius.  
Time - Shevat.  
Soul – stomach.  
Number – tens (90).

## **e Kof:**

Hand - outer section of right thumb.  
Sefirot – between Binah & Hesed.  
Tribe – Naftali.  
Ruler over laughter.  
World – Pisces.  
Time – Adar.  
Soul – spleen.  
Number – hundreds (100).

## **Conclusions**

The key to opening up the system of Sefer Yetzirah meditation is through the vehicle of contemplative thought. The forces outlined and correlated here are all manipulated by the Unity power of the fifth dimensional realm of Mind. Yet, this Mind is not the mere human mind, singular or collective. This Mind is the Power of the Divine. Remember, before G-d spoke the world into existence, He first “thought” about it.

Our universe is nothing more than a grand size puzzle. Everything in it fits in somewhere and creates the greater picture. Without knowledge, foresight or insight of the greater picture then it is impossible to simply put the pieces together by chance. These correlations, therefore, are a window looking onto the greater picture. Yet, one must peer deeply through this window, for the greater picture, however grand, is still far off. One must thus fix their gaze and keep looking, even when nothing else seems to be there. This is the art of contemplation.

It is not enough to simply think about these things. You must allow your mind to think abstractly and follow your imagination wherever it will lead you. Keep the letters in focus within your hands and let the letters guide you. Indeed, they will guide you back to the Throne of G-d.

Thus, it is that our individual minds expand when performing the techniques of contemplation. In this way we receive revelatory knowledge. This is knowledge that comes to us from an outside source that is deep within. This is intuitive knowledge, which in Kabbalah, we call Hokhma, wisdom. This is where the human mind meets the Mind of G-d. This is the “standing” before His Throne.