

# Sefer Yetzilah - The Gra-Ari Version

## The Book of Creation

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## Chapter I - The Sephira

1:1

With 32 mystical paths of Wisdom  
engraved Yah  
the Lord of Hosts  
the God of Israel  
the living God  
King of the universe  
El Shaddai  
Merciful and Gracious  
High and Exalted  
Dwelling in eternity  
Whose name is Holy -  
He is lofty and holy -  
And He created His universe  
with three books (Sepharim),  
with text (Sefer)  
with number (Sephar)  
and with communication (Sippur).

1:3

Ten Sefirot of Nothingness  
in the number of ten fingers  
five opposite five  
with a singular covenant  
precisely in the middle  
in the circumcision of the tongue  
and in the circumcision of the membrum.

1:5

Ten Sefirot of Nothingness:  
Their measure is ten

1:2

Ten Sefirot of Nothingness  
And 22 Foundation Letters:  
Three Mothers,  
Seven Doubles  
And twelve Elementals.

1:4

Ten Sefirot of Nothingness  
ten and not nine  
ten and not eleven  
Understand with Wisdom  
Be wise with Understanding  
Examine with them  
and probe from them  
Make [each] thing stand on its essence  
And make the Creator sit on His base.

1:6

Ten Sefirot of Nothingness  
Their vision is like the "appearance of lightning"

which have no end  
A depth of beginning  
A depth of end  
A depth of good  
A depth of evil  
A depth of above  
A depth of below  
A depth of east  
A depth of west  
A depth of north  
A depth of south  
The singular Master  
God faithful King  
dominates over them all  
from His holy dwelling  
until eternity of eternities.

1:7

Ten Sefiroth of Nothingness  
Their end is imbedded in their beginning  
and their beginning in their end  
like a flame in a burning coal  
For the Master is singular  
He has no second  
And before One, what do you count?

1:9

Ten Sefiroth of Nothingness:  
One is the Breath of the Living God  
Blessed and benedicted is the name  
of the Life of Worlds  
The voice of breath and speech  
And this is the Holy Breath.

1:11

Three: Water from Breath.  
With it He engraved and carved  
[22 letters from]  
chaos and void  
mire and clay  
He engraved them like a sort of garden  
He carved them like a sort of wall  
He covered them like a sort of ceiling  
[And He poured snow over them  
and it became dust  
as it is written  
"For to snow He said, 'Become earth'"  
(Job 37:6).]

1:13

He chose three letters from among the Elementals  
[in the mystery of the three Mothers  
Alef Mem Shin]  
And He set them in His great Name  
and with them, He sealed six extremities.  
Five: He sealed "above" and faced upward  
and sealed it with Yud Heh Vav.

Their limit has no end  
And His Word in them is "running and returning"  
They rush to His saying like a whirlwind  
And before His throne they prostrate themselves.

1:8

Ten Sefiroth of Nothingness  
Bridle your mouth from speaking  
and your heart from thinking  
And if your heart runs  
return to the place.  
It is therefore written,  
"The Chayot running and returning."  
(Ezekiel 1:24)  
Regarding this a covenant was made.

1:10

Two: Breath from Breath.  
With it He engraved and carved  
22 Foundation Letters  
Three Mothers  
Seven Doubles  
and Twelve Elementals  
And one Breath is from them.

1:12

Four: Fire from Water  
With it He engraved and carved  
the Throne of Glory  
Serafim, Ophanim, and holy Chayot  
and Ministering angels  
From these three He founded His dwelling  
as it is written:  
"He makes His angels of breaths,  
His ministers of flaming fire"  
(Psalms 104:4).

1:14

These are the Ten Sefiroth of Nothingness:  
The Breath of the Living God  
Breath from Breath  
Water from Breath  
Fire from Water  
Up down east west north south.

Six: He sealed "below" and faced downward  
and sealed it with Heh Yud Vav.  
Seven: He sealed "east" and faced straight ahead  
and sealed it with Vav Yud Heh.  
Eight: He sealed "west" and faced backward  
and sealed it with Vav Heh Yud.  
Nine: He sealed "south" and faced to the right  
and sealed it with Yud Vav Heh.  
Ten: He sealed "north" and faced to the left  
and sealed it with Heh Vav Yud.

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## Chapter II - The AlephBeit

2:1  
Twenty-two Foundation Letters:  
Three Mothers  
Seven Doubles  
and Twelve Elementals  
The Three Mothers are Alef Mem Shin  
Their foundation is  
a pan of merit  
a pan of liability  
and the tongue of decree deciding between them.  
[Three Mothers, Alef Mem Shin  
Mem hums, Shin hisses  
and Alef is the Breath of air  
deciding between them.]

2:3  
Twenty-two Foundation Letters  
He engraved them with voice  
He carved them with breath  
He set them in the mouth  
In five places  
Alef Chet Heh Eyin in the throat  
Gimel Yud Kaf Kuf in the palate  
Dalet Tet Lamed Nun Tav in the tongue  
Zayin Samekh Shin Resh Tzadi in the teeth  
Bet Vav Mem Peh in the lips.

2:5  
How?  
He permuted them, weighed them, and transformed  
them,  
Alef with them all  
and all of them with Alef,  
Bet with them all  
and all of them with Bet.  
They repeat in a cycle  
and exist in 231 Gates.  
It comes out that all that is formed  
and all that is spoken  
emanates from one Name.

2:2  
Twenty-two Foundation letters:  
He engraved them, He carved them,  
He permuted them, He weighed them,  
He transformed them,  
And with them, He depicted all that was formed  
and all that would be formed.

2:4  
Twenty-two Foundation Letters:  
He placed them in a circle  
like a wall with 231 Gates.  
The circle oscillates back and forth.  
A sign for this is:  
There is nothing in good higher than Delight (ONeG)  
There is nothing in evil lower than Plague (NeGA).

2:6  
He formed substance out of chaos  
and made nonexistence into existence  
He carved great pillars from air  
that cannot be grasped.  
This is a sign  
[Alef with them all, and all of them with Alef]  
He foresees, transforms and makes  
all that is formed and all that is spoken:  
one Name.  
A sign for this thing:  
Twenty-two objects in a single body.

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## Chapter III - The Three Mothers

3:1

Three Mothers: Alef Mem Shin  
Their foundation is  
a pan of merit  
a pan of liability  
and the tongue of decree deciding between them.

3:3

Three Mothers: Alef Mem Shin  
He engraved them, He carved them,  
He permuted them, He weighed them,  
And with them He depicted  
Three Mothers AMSh in the Universe,  
Three Mothers AMSh in the Year,  
Three Mothers AMSh in the Soul,  
male and female.

3:5

Three Mothers AMSh  
in the Year are  
the hot  
the cold  
and the temperate.  
The hot is created from fire  
The cold is created from water  
And the temperate, from Breath,  
decides between them.

3:7

He made the letter Alef king over Breath  
And He bound a crown to it  
And He combined them one with another  
And with them He formed  
Air in the Universe  
The temperate in the Year  
And the chest in the Soul:  
The male with AMSh  
And the female with AShM.

3:9

He made Shin king over fire  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Heaven in the Universe  
Hot in the Year  
And the head in the Soul:  
The male with ShAM  
And the female with ShMA.

3:2

Three Mothers: Alef Mem Shin  
A great, mystical secret  
covered and sealed with six rings  
And from them emanated air, water and fire  
And from them are born Fathers,  
and from the Fathers, descendents.

3:4

Three Mothers, AMSh,  
in the Universe are air, water, fire.  
Heaven was created from fire  
Earth was created from water  
And air from Breath decides between them.

3:6

Three Mothers AMSh  
in the Soul, male and female,  
are the head, belly, and chest.  
The head is created from fire,  
The belly is created from water  
and the chest, from breath,  
decides between them.

3:8

He made Mem king over water  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Earth in the Universe  
Cold in the Year  
And the belly in the Soul:  
The male with MASH  
And the female with MShA.

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## Chapter IV - The Seven Doubles

4:1

Seven Doubles:  
Bet, Gimel, Dalet,  
Kaf, Peh, Resh, Tav.  
They direct themselves with two tongues  
Bet-Bhet, Gimel-Ghimel, Dalet-Dhalet,  
Kaf-Khaf, Peh-Pheh, Resh-Rhesh, Tav-Thav,  
A structure of soft and hard,  
strong and weak.

4:3

Seven Doubles: BGD KPRT  
in speech and in transposition.  
The transpose of Wisdom is Folly  
The transpose of Wealth is Poverty  
The transpose of Seed is Desolation  
The transpose of Life is Death  
The transpose of Dominance is Subjugation  
The transpose of Peace is War  
The transpose of Grace is Ugliness.

4:5

Seven Doubles: BGD KPRT  
Seven and not six  
Seven and not eight  
Examine with them  
And probe with them  
Make [each] thing stand on its essence  
And make the Creator sit on His base.

4:7

Seven planets in the Universe:  
Saturn, Jupiter, Mars,  
Sun, Venus, Mercury, Moon.  
Seven days in the Year:  
The seven days of the week.  
Seven gates in the Soul, male and female:  
Two eyes, two ears, two nostrils,  
and the mouth.

4:9

He made the letter Gimel king over Wealth  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Mars in the Universe  
Monday in the Year  
The right ear in the Soul,  
male and female.

4:11

He made the letter Kaf king over Life  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Venus in the Universe  
Wednesday in the Year

4:2

Seven Doubles: BGD KPRT  
Their foundation is  
Wisdom, Wealth, Seed,  
Life, Dominance, Peace and Grace.

4:4

Seven Doubles: BGD KPRT  
Up and Down  
East and West  
North and South  
And the Holy Palace precisely in the center  
and it supports them all.

4:6

Seven Doubles: BGD KPRT of Foundation  
He engraved them, He carved them,  
He permuted them, He weighed them,  
He transformed them,  
And with them He formed,  
Seven planets in the Universe,  
Seven days in the Year,  
Seven gates in the Soul,  
male and female.

4:8

He made the letter Bet king over Wisdom  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
The Moon in the Universe  
Sunday in the Year  
The right eye in the Soul,  
male and female.

4:10

He made the letter Dalet king over Seed  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
The Sun in the Universe  
Tuesday in the Year  
The right nostril in the Soul,  
male and female.

4:12

He made the letter Peh king over Dominance  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Mercury in the Universe  
Thursday in the Year

The left eye in the Soul,  
male and female.  
4:13  
He made the letter Resh king over Peace  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Saturn in the Universe  
Friday in the Year  
The left nostril in the Soul,  
male and female.  
4:15  
Seven Doubles: BGD KPRT  
With them were engraved  
Seven Universes, seven firmaments,  
seven lands, seven seas,  
seven rivers, seven deserts,  
seven days, seven weeks,  
seven years, seven sabbaticals,  
seven jubilees,  
and the Holy Palace.  
Therefore, He made sevens beloved  
under all the heavens.

The left ear in the Soul,  
male and female.  
4:14  
He made the letter Tav king over Grace  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Jupiter in the Universe  
The Sabbath in the Year  
The mouth in the Soul,  
male and female.  
4:16  
Two stones build 2 houses  
Three stones build 6 houses  
Four stones build 24 houses  
Five stones build 120 houses  
Six stones build 720 houses  
Seven stones build 5040 houses  
From here on go out and calculate  
that which the mouth cannot speak  
and the ear cannot hear.

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## Chapter V - The Twelve Elementals

5:1  
Twelve Elementals:  
Heh, Vav, Zayin,  
Chet, Tet, Yud,  
Lamed, Nun, Samekh,  
Eyin, Tzadi, Kuf.  
Their foundation is  
speech, thought, motion,  
sight, hearing, action,  
coition, smell, sleep,  
anger, taste, laughter.

5:3  
Twelve Elementals  
HVZ ChTY LNS OTzQ  
Their foundation is [that]  
He engraved them, carved them, permuted them,  
weighed them, and transformed them,  
And with them He formed  
twelve constellations in the Universe

5:2  
Twelve Elementals  
HVZ ChTY LWS OTzQ  
Their foundation is the twelve diagonal boundaries:  
The east upper boundary  
The east northern boundary  
The east lower boundary  
The south upper boundary  
The south eastern boundary  
The south lower boundary  
The west upper boundary  
The west southern boundary  
The west lower boundary  
The north upper boundary  
The north western boundary  
The north lower boundary  
They extend continually until eternity of eternities  
And it is they that are the boundaries of the Universe.  
5:4  
Twelve constellations in the Universe:  
Aries (T'leh, the Ram)  
Taurus (Shor, the Bull)  
Gemini (Teumim, the Twins)  
Cancer (Sartan, the Crab)  
Leo (Ari, the Lion)  
Virgo (Betulah, the Virgin)

twelve months in the Year  
and twelve directors in the Soul,  
male and female.

5:5

Twelve months in the year  
Nissan, Iyar, Sivan,  
Tamuz, Av, Elul,  
Tishrei, Cheshvan, Kislev,  
Tevet, Shevat, Adar.

5:7

He made the letter Heh king over speech  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Aries in the Universe  
Nissan in the Year  
And the right foot in the Soul  
male and female.

He made the letter Vav king over thought  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Taurus in the Universe  
Iyar in the Year  
And the right kidney in the Soul  
male and female.

He made the letter Zayin king over motion  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Gemini in the Universe  
Sivan in the Year  
And the left foot in the Soul  
male and female.

5:9

He made the letter Lamed king over coition  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Libra in the Universe  
Tishrei in the Year  
And the gall bladder in the Soul  
male and female.

He made the letter Nun king over smell  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Scorpio in the Universe

Libra (Maznayim, the Scales)  
Scorpio (Akraav, the Scorpion)  
Sagittarius (Keshet, the Archer)  
Capricorn (Gedi, the Kid)  
Aquarius (Deli, the Water Drawer)  
Pisces (Dagin, the Fish)

5:6

Twelve directors in the soul  
male and female,  
The two hands, the two feet,  
the two kidneys,  
the gall bladder, the intestines,  
the liver, the korkeban,  
the kivah, the spleen.

5:8

He made the letter Chet king over sight  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Cancer in the Universe  
Tamuz in the Year  
And the right hand in the Soul  
male and female.

He made the letter Tet king over hearing  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Leo in the Universe  
Av in the Year  
And the left kidney in the Soul  
male and female.

He made the letter Yud king over action  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Virgo in the Universe  
Elul in the Year  
And the left hand in the Soul  
male and female.

5:10

He made the letter Eyin king over anger  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Capricorn in the Universe  
Tevet in the Year  
And the liver in the Soul  
male and female.

He made the letter Tzadi king over taste  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Aquarius in the Universe

Cheshvan in the Year  
And the intestine in the Soul  
male and female.

He made the letter Samekh king over sleep  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Sagittarius in the Universe  
Kislev in the Year  
And the Kivah in the Soul  
male and female.

Shevat in the Year  
And the Korkeban in the Soul  
male and female.

He made the letter Kuf king over laughter  
And He bound a crown to it  
And He combined one with another  
And with them He formed  
Pisces in the Universe  
Adar in the Year  
And the spleen in the Soul  
male and female.

He made them like a trough  
He arranged them like a wall  
He set them up like a battle.

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## Chapter VI - The Three Fathers

6:1  
These are the Three Mothers AMSh.  
And from them emanated Three Fathers,  
and they are air, water, and fire.  
and from the Fathers, descendents.  
Three Fathers and their descendents.  
And seven planets and their hosts,  
And twelve diagonal boundaries.  
A proof of this  
true witnesses in the Universe, Year, Soul  
and a rule of twelve  
and seven and three:  
He set them in the Teli, the Cycle, and the Heart.

6:3  
The Teli in the Universe is like a king on his throne.  
The Cycle in the Year is like a king in the province.  
The Heart in the Souh is like a king in war.

6:5  
Three:  
Each one stands alone  
one acts as advocate  
one acts as accuser  
and one decides between them.  
Seven:  
Three opposite three  
and one is the rule deciding between them.

6:2  
Three Mothers: AMSh  
Air, water, and fire.  
Fire is above, water is below,  
and air of Breath is the rule  
that decides between them.  
And a sign of this thing  
is that fire supports water.  
Mem hums, Shin hisses,  
and Alef is the breath of air  
that decides between them.

6:4  
"Also God made one opposite the other"  
(*Ecclesiastes 7:14*).  
Good opposite evil,  
Evil opposite good.  
Good from good,  
Evil from evil.  
Good defines evil  
And evil defines good.  
Good is kept for the good ones  
And evil is kept for the evil ones.

6:6  
These are the twenty-two letters  
with which engraved  
Ehyeh, Yah, YHVH Elohim, YHVH,  
YHVH Tzavaot, Elohim Tzavaot, El Shaddai,  
YHVH Adonoy,  
And with them He made three Books,  
and with them He created His Universe,  
and He formed with them all that was ever formed,



Twelve stand in war:

Three love,  
three hate,  
three give life  
and three kill

Three love: the heart and the ears.

Three hate: the liver, the gall, and the tongue.

Three give life: the two nostrils and the spleen.

Three kill: the two orifices and the mouth.

And God faithful King rules over them all

from His holy habitation

until eternity of eternities.

One on three

three on seven

seven on twelve,

And all are bound, one to another.

6:7

And when Abraham our father, may he rest in peace,

looked, saw, understood, probed,

engraved and carved,

He was successful in creation,

as it is written,

"And the souls that they made in Haran"

(*Genesis 12:5*).

Immediately there was revealed to him the Master of all,

may His name be blessed forever,

He placed him in His bosom, and

kissed him on his head,

and He called him,

"Abraham my beloved"

(*Isaiah 41:8*).

He made a covenant with him

and with his children after him forever,

as it is written,

"And he believed in God, and He considered it  
to him for righteousness"

(*Genesis 15:6*).

He made with him a covenant

between the ten fingers of his hands -

this is the covenant of the tongue,

and between the ten toes of his feet -

this is the covenant of circumcision,

And He bound the 22 letters of the

Torah to his tongue

and He revealed to him His mystery

He drew them in water,

He flamed them with fire,

He agitated them with Breath,

He burned them with the seven [planets]

He directed them with the twelve constellations.

and all that ever will be formed.

# Sefer Yetzirah - The Saadia Version

## The Book of Creation

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### Chapter One

1. In thirty-two mysterious paths of Wisdom, Yah, Eternal of Hosts [Yod-Vav-Yod], God of Israel, Living Elohim, Almighty God, High and Extolled, Dwelling in Eternity, Holy Be His Name, engraved and created His world in three Sefarim: in writing, number and word. Ten Sefirot out of nothing, twenty-two foundation letters, three mothers, seven doubles and twelve simples.

2. Ten Sefirot out of nothing according to the number of the ten digits [fingers and toes], which are five against five and a single covenant to be determined in the center. In word and tongue and mouth, they are ten extending beyond limit: depth of beginning, depth of end, depth of good, depth of evil, depth above and depth below, depth of east and depth of west, depth of north and depth of south, and the sole Master and lofty King faithfully governs them all from his Holy dwelling in Eternity forever.

3. Twenty-two foundation letters: three mothers, seven doubles and twelve simples. Three mothers: Alef, Mem, Shin: their basis is a scale of innocence and a scale of guilt and a tongue ordained to balance between the two. Seven doubles: Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav. Their foundation is life and peace, wisdom and wealth, fruitfulness, grace and government. Twelve simples: He, Vav, Zayin; Chet, Tet, Yod; Lamed, Nun, Samech; Ayin, Tsadeh, Qof. Their foundation is seeing, hearing, smelling, swallowing, copulating, acting, walking, raging, laughing, thinking, and sleeping.

4. By means of these media, Yah, Eternal of Hosts, God of Israel, Living Elohim, Almighty God, High and Extolled, Dwelling in Eternity, Holy Be His Name traced out [carved] three fathers and their posterity, seven conquerors and their hosts, and twelve diagonal boundaries. The proof of this is revealed in the universe, the year, and the soul, which rule ten, three, seven and twelve. Over them rule Tali (the dragon), the wheel, and the heart.

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### Chapter Two

1. Ten Sefirot out of nothing. Ten and not nine, ten and not eleven. Understand in Wisdom and be wise in Understanding. Examine them, investigate them, think clearly and form. Place the word above its creator and reinstate a Creator upon His foundation; and they are ten extending beyond limit. Observe them: they appear like a flash. Their boundary has no limit for His word is with them: "and they ran and returned." And they pursue His saying like a whirlwind [vortex]; and they prostrate themselves [bend] themselves before His throne.

2. Twenty-two foundation letters: three mothers, seven doubles, and twelve simples. Three mothers: Alef, Mem, Shin: a great mystery, concealed, marvelous and magnificent whence emerge fire, wind [air, spirit, breath] and water, whence everything was created. Seven doubles: Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav, which are to be pronounced in two tongues: Bet, Vayt, Gimel, Ghimel, Dalet, Dhalet, Kaf, Khaf, Peh, Feh, Resh, Rhesh, Tav, Thav, a pattern of hard and soft, strong and weak. The doubles represent the contraries [syzygies]. The opposite of life is death, the opposite of peace is evil [or 'harm'], the opposite of wisdom is foolishness, the opposite of wealth is poverty, the opposite of fruitfulness is barrenness, the opposite of grace is ugliness, the opposite of dominion is slavery.

3. Seven doubles: Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav. Seven and not six, seven and not eight. Six sides in the six directions, and the Holy Palace [Heikhal] ruling in the center. Blessed is the Eternal [Yod-Vav-Yod] in His dwelling. He is the place of the universe and the universe is not His place.
4. Twelve simples: He, Vav, Zayin; Het, Tet, Yod; Lamed, Nun, Samech; Ayin, Tsadeh, Qof. Twelve and not eleven, twelve and not thirteen. Twelve diagonal boundaries divide the directions and separate the different sides: the extremity of the northeast, the extremity of the eastern height, the extremity of the eastern depth, the extremity of the northwest, the extremity of the northern height, the extremity of the northern depth, the extremity of the southwest, the extremity of the western height, the extremity of the western depth, the extremity of the southeast, the extremity of the southern height, the extremity of the southern depth.
5. By these means, Yah, Eternal of Hosts, God of Israel, Living Elohim, Almighty God, High and Extolled, Dwelling in Eternity, Holy Be His Name traced twenty-two letters and fixed them upon a wheel. He turns the wheel forwards and backwards, and as a sign of this, nothing is better than to ascend in delight [Ayin-Nun-Gimel,], and nothing is worse than to descend with the plague [,Nun-Gimel-Ayin].
6. The proof of this is revealed in the universe, the year and the soul. The universe is calculated according to ten: the three are fire, air, and water; the seven are the seven planets; the twelve are the twelve signs of the zodiac. the year is computed by ten: the three are winter, summer and the seasons between; the seven are the seven days of creation; the twelve are the twelve months; the living soul is calculated according to ten: three are the head, chest and stomach; seven are the seven apertures of the body; the twelve are the twelve leading organs.

### Chapter Three

1. Ten Sefirot out of nothing. Stop your mouth from speaking, stop your heart from thinking, and if your heart runs (to think) return to a place of which it is said "they ran and returned"; and concerning this thing the covenant was made; and they are ten in extent beyond limit. Their end is infused with their beginning, and their beginning with their end like a flame attached to a glowing ember. Know, think [reflect, meditate] and imagine that the Creator is One and there is nothing apart from Him, and before One what do you count?
2. Twenty-two foundation letters: three mothers, seven doubles, and twelve simples. Three mothers: Alef, Mem, Shin are fire, wind [air] and water. The nature of the heavens is fire, the nature of air is wind [ruach], the nature of earth is water. Fire ascends and water descends and wind balances between the two. Mem is silent, Shin is sibilant, and Alef balances between the two. Alef, Mem, Shin are signed in six rings and enveloped in male and female. Know, meditate and imagine that the fire supports water.
3. Seven doubles: Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav which are to be pronounced in two tongues: Bet, Vet, Gimel, Ghimel, Dalet, Dhalet, Kaf, Khaf, Peh, Feh, Resh, Rhesh, Tav, Thav, a pattern of hard and soft, strong and weak. The doubles represent the contraries. The opposite of life is death, the opposite of peace is evil, the opposite of wisdom is foolishness, the opposite of wealth is poverty, the opposite of fruitfulness is barrenness, the opposite of grace is ugliness, the opposite of dominion is slavery.
4. Twelve simples: He, Vav, Zayin; Het, Tet, Yod; Lamed, Nun, Samech; Ayin, Tsadeh, Qof. He engraved them, hewed them, tested them, weighed them, and exchanged them. How did He combine them? Two stones build two houses. Three stones build six houses. Four stones build twenty-four houses. Five stones build one hundred twenty houses. Six stones build seven hundred twenty houses. Seven stones build five thousand forty houses. Thenceforth, go out and calculate what the mouth is unable to say and what the ear is unable to hear.
5. Through these media, Yah, Eternal of Hosts, God of Israel, Living Elohim, Almighty Master, Lofty and Extolled, Dwelling in Eternity, Holy Be His Name traced [carved] (His universe). Yah [Yod-He] is composed of two letters; YHWH [Yod-He-Vav-He] is composed of four letters; Hosts [Tsvaot]: it is like a signal [sign, ot] in his army [tsava]; God of Israel: Israel is a prince [Sar] before God [El]; Living Elohim: three things are called living, Living Elohim, the water of life and the Tree of Life; El [Alef-Lamed]: strength, Shaddai [Shin-Dalet-Yod]: He is sufficient to this point; Lofty [Ram]: because He dwells in the heights of the universe and is above all elevated being; Extolled [Nisah]: because He carries and maintains the height and depth whilst the bearers are below and their burden is above. He carries and maintains the entire creation; Dwelling in Eternity [Shochen ahd]: because His reign is eternal and uninterrupted; Holy Be His Name [Qadosh Shmo]: because He and His servants are sacred and they declare unto Him every day: Holy, Holy, Holy.
6. The proof of this is revealed in the universe, the year and the soul. The twelve are below, the seven are above them, and the three are above the seven. Of the three, He has formed His sanctuary and all are attached to the One: a sign of the One who has no second, a solitary King in His Universe is One, and His Name is One.

## Chapter Four

1. Ten Sefirot out of nothing. One: Spirit-wind of the Living Elohim, Life of the Universe, whose throne strengthens all eternity, Blessed and Beneficent Be His Name, constant and eternal: this is the Holy Spirit.
2. Spirit from Spirit engraved and hewed: He cut the four dimensions of Heaven: the east, the west, the north and the south, and there is a wind for each direction.
3. Twenty-two foundation letters: three mothers, seven doubles, and twelve simples. He hewed them in spirit, carved them in voice, fixed them in the mouth in five place: Alef, He, Het, Ayin [ahacha]; Bet, Vav, Mem, Feh [bumaf]; Gimel, Yod, Khaf, Qof [gikhaq]; Dalet, Tet, Lamed, Nun, Tav [datlanat]; Zayin, Samech, Tsadeh, Resh, Shin [zsats'ras]. Alef, He, Het, Ayin are pronounced at the end of the tongue at the place of swallowing; Bet, Vav, Mem, Feh between the teeth with the tip of the tongue; Gimel, Yod, Khaf, Qof on the palate; Dalet, Tet, Lamed, Nun, Tav on the middle of the tongue and pronounced with the voice; Zayin, Samech, Tsadeh, Resh, Shin between the teeth with the tongue at rest.
4. Twenty-two letters: He carved them, hewed them, refined them, weighed them, and combined them, and He made of them the entire creation and everything to be created in the future. How did He test them? Alef with all and all with Alef, Bet with all and all with Bet, Gimel with all and all with Gimel, and they all return again and again, and they emanate through two hundred and thirty-one gates. All the words and all the creatures emanate from One Name.
5. He created reality from Tohu [Tav-He-Vav] and made His existence out of His nothingness, and He hewed great pillars from the intangible air.
6. Three: water of spirit carved and hewed of it Tohu [Tav-He-Vav] and Bohu [Bet-He-Vav], mud and clay. He made them like a garden bed, put them into position like a wall and covered them like a fortification. he poured water upon them and made dust, for He saith to the snow: be earth. (Tohu: this is the green line which encircles the entire world; Bohu: this refers to the rocks split and submerged in the abyss where the water has its source.) As it is said: He spread out the line of Tohu and the rocks of Bohu upon it [the water].
7. Four: fire from water, He engraved and hewed from it a throne of glory and the host dwelling in the heights, as it is written: Who maketh the winds His messengers, the flames of fire His ministers.
8. Five: He chose three simples and fixed them to His great Name, and with them He sealed six extremities. He sealed the height, turning upwards and sealed it with Yod-He-Vav. Six: He sealed the depth and He turned below and sealed it with Yod-Vav-He. Seven: he sealed the east and turned forwards, and sealed it with He-Vav-Yod. Eight: He sealed the west and turned backwards and sealed it with He-Yod-Vav. Nine: He sealed the south and turned to His right and sealed it with Vav-Yod-He. Ten: He sealed the north and turned to His left and sealed it with Vav-He-Yod. These are the ten Sefirot out of nothing, One: Spirit of the Living Elohim; two: wind of the spirit; three: water of the wind; four: fire from the water, height and depth, east and west, north and south.

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## Chapter Five

1. He made the letter Alef King in Spirit and bound to it a crown and tested this one with this one, and formed of it: air in the universe, abundant moisture in the year, and body in the soul, male and female; with the male: Alef, Mem, Shin, and with the female: Alef, Shin, Mem.
2. He made the letter Mem King in Spirit and bound to it a crown and tested this one with this one, and formed of it: earth in the universe, cold in the year, and belly in the soul (male and female).
3. He made the letter Shin King in Spirit and bound to it a crown and tested this one with this one, and formed of it: Heaven in the universe, heat in the year, and head in the soul, male and female. How did He combine them? Alef, Mem, Shin, Alef, Shin, Mem, Mem, Shin, Alef, Mem, Alef, Shin, Shin, Alef, Mem, Shin, Mem, Alef. Heaven is from fire, the atmosphere is from air, the earth is from water. The head of Adam is fire, his heart is of the spirit-wind, and his stomach is from water.
4. Seven doubles: Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav. He carved them, hewed them, tested them, weighed them, and combined them. He made of them: the planets, the days (of the week), and the apertures (of the head).
5. He made the letter Bet King and bound to it a crown and tested this one with this one, and formed of it: Saturn in the universe, the Sabbath in the year, and the mouth in the soul.
6. He made the letter Gimel King and bound to it a crown and tested this one with this one, and formed of it: Jupiter in the universe, Sunday in the year, and the right eye of the soul.
7. He made the letter Dalet King and bound to it a crown and tested this one with this one, and formed of it: Mars in the universe, Monday in the year, and the left eye of the soul.

8. He made the letter Kaf King and bound to it a crown and tested this one with this one, and formed of it: Sun in the universe, Tuesday in the year, and the right nostril of the soul.
  9. He made the letter Peh King and bound to it a crown and tested this one with this one, and formed of it: Venus in the universe, Wednesday in the year, and the left nostril of the soul.
  10. He made the letter Resh King and bound to it a crown and tested this one with this one, and formed of it: Mercury in the universe, Thursday in the year, and the right ear of the soul.
  11. He made the letter Tav King and bound to it a crown and tested this one with this one, and formed of it: Moon in the universe, Friday in the year, and the left ear of the soul.
  12. He separated the witnesses and He bestowed a portion to each of them: a portion to the universe, a portion to the year, and a portion to the soul.
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## Chapter Six

Twelve simples: He, Vav, Zayin; Het, Tet, Yod; Lamed, Nun, Samech; Ayin, Tsadeh, Qof. He carved them, hewed them, tested them, weighed them, and combined them. He formed of them: the signs of the zodiac, the months [of the year], and the leading organs of the body; two are agitated, two are tranquil, two are advising, and two are joyous (these are the two intestines), the two hands, and the two feet.

1. He made them like contenders and set them up like a kind of war; Elohim made them one against the other.
  2. Three, to each a portion; seven divided into three above, three [below], and the one rules as a balance between the two. Twelve are arranged in battle: three are friends, three are enemies, three are murderers, and three are resurrectors; and they all are attached one to another. As a sign of this thing, twenty-two inclinations and one body.
  3. How did He combine them? He, Vav, Vav, He; Zayin, Het, Het, Zayin; Tet, Yod, Yod, Tet; Lamed, Nun, Nun, Lamed; Samech, Ayin, Ayin, Samech; Tsadeh, Qof, Qof, Tsadeh.
  4. He made the letter He King and bound to it a crown and tested this one with this one, and formed of it: Aries in the universe, Nisan in the year, and the liver of the soul.
  5. He made the letter Vav King and bound to it a crown and tested this one with this one, and formed of it: Taurus in the universe, Iyyar in the year, and the gall-bladder of the soul.
  6. He made the letter Zayin King and bound to it a crown and tested this one with this one, and formed of it: Gemini in the universe, Sivan in the year, and the spleen in the soul.
  7. He made the letter Het King and bound to it a crown and tested this one with this one, and formed of it: Cancer in the universe, Tammuz in the year, and the intestine in the soul.
  8. He made the letter Tet King and bound to it a crown and tested this one with this one, and formed of it: Leo in the universe, Ab in the year, and the right kidney in the soul.
  9. He made the letter Yod King and bound to it a crown and tested this one with this one, and formed of it: Virgo in the universe, Elul in the year, and the left kidney in the soul.
  10. He made the letter Lamed King and bound to it a crown and tested this one with this one, and formed of it: Libra in the universe, Tishri in the year, and the intestines in the soul.
  11. He made the letter Nun King and bound to it a crown and tested this one with this one, and formed of it: Scorpio in the universe, Marheshvan in the year, and the stomach in the soul.
  12. He made the letter Samech King and bound to it a crown and tested this one with this one, and formed of it: Sagittarius in the universe, Kislev in the year, and the right hand of the soul.
  13. He made the letter Ayin King and bound to it a crown and tested this one with this one, and formed of it: Capricorn in the universe, Tevet in the year, and the left hand of the soul.
  14. He made the letter Tsadeh King and bound to it a crown and tested this one with this one, and formed of it: Aquarius in the universe, Shvat in the year, and the right foot of the soul.
  15. He made the letter Qof King and bound to it a crown and tested this one with this one, and formed of it: Pisces in the universe, Adar in the year, and the left foot of the soul.
  16. He divided the witnesses and bestowed a portion to each of them: a portion to the universe, a portion to the year, and a portion to the soul.
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## Chapter Seven

1.
  - Air, between seasons ["abundant moisture"], trunk [i.e. torso].
  - Earth, cold, belly.
  - Heaven, heat [summer], the head

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- 2.
  - These are Alef, Mem and Shin.
  - Saturn, Sabbath, the mouth.
  - Jupiter, Sunday, right eye.
  - Mars, Monday, left eye.
  - The Sun, Tuesday, right nostril.
  - Venus, Wednesday, left nostril.
  - Mercury, Thursday, right ear.
  - Moon, Friday, left ear
  - 
  - These are Bet, Gimel, Dalet, Kaf, Peh, Resh and Tav.
- 3.
  - Aries, Nisan, liver.
  - Taurus, Iyyar, gall-bladder.
  - Gemini, Sivan, spleen.
  - Cancer, Tammuz, intestine.
  - Leo, Ab, right kidney.
  - Virgo, Elul, left kidney.
  - Libra, Tishri, intestines.
  - Scorpio, Marheshvan, stomach.
  - Sagittarius, Kislev, right hand.
  - Capricorn, Tevet, left hand. - Aquarius, Shvat, right foot.
  - Pisces, Adar, left foot
  - 
  - These are He, Vav, Zayin; Het, Tet, Yod; Lamed, Nun, Samech; Ayin, Tsadeh, Qof.

## Chapter Eight

- With Alef have been formed: the spirit-wind, air, the between seasons, the chest, the tongue.
- With Mem have been formed: water, earth, cold, belly, and the balance of guilt.
- With Shin have been formed: fire, Heaven, heat, the head, and the balance of innocence.
- With Bet have been formed: Saturn, the Sabbath, life and death.
- With Gimel have been formed: Jupiter, Sunday, the right eye, peace and harm.
- With Dalet have been formed: Mars, Monday, the left eye, wisdom and foolishness.
- With Kaf have been formed: the Sun, Tuesday, the right nostril, wealth and poverty.
- With Peh have been formed: Venus, Wednesday, the left nostril, fertility and desolation [barrenness].
- With Resh have been formed: Mercury, Thursday, the right ear, grace and ugliness.
- With Tav have been formed: the Moon, Friday, the left ear, dominion and slavery.
- With He have been formed: Aries, Nisan, the liver, vision and blindness.
- With Vav have been formed: Taurus, Iyyar, the spleen, hearing and deafness.
- With Zayin have been formed: Gemini, Sivan, the gall, odor and odorlessness.
- With Het have been formed: Cancer, Tammuz, the intestine, the word and silence.
- With Tet have been formed: Leo, Ab, the right kidney, eating and hunger.
- With Yod have been formed: Virgo, Elul, the left kidney, copulating and castration.
- With Lamed have been formed: Libra, Tishri, the intestines, acting and impotence.
- With Nun have been formed: Scorpio, Marheshvan, the gullet, walking and limping.
- With Samech have been formed: Sagittarius, Kislev, the right hand, rage and loss of faith.
- With Ayin have been formed: Capricorn, Tevet, the left hand, laughing and the loss of spleen.
- With Tsadeh have been formed: Aquarius, Shvat, the right foot, thinking and loss of heart.
- With Qof have been formed: Pisces, Adar, the left foot, sleeping and languor.

And they are all fixed to the Dragon [Tali], the wheel, and the heart. Tali in the universe is like a king upon his throne, the wheel in the year is like a king in his empire, and the heart in the body is like a king at war. To

recapitulate: some reunited with the others, and those reunited with the former. These are opposed to those and those are opposed to these. These are the contrary of those and those are the contrary of these. If these are not, those are not. And if those are not, these are not; and they are all fixed to Tali [the Dragon], the wheel and the heart. And when Abraham our father had formed and combined and investigated and reckoned and succeeded, then He-Qof-Bet-He, "The Holy One Blessed Be He" was revealed unto him, and unto Abraham He called this convocation: "Before I formed thee in the belly, I knew thee, and before thou left the womb, I sanctified thee, and I placed thee like a prophet amidst the nations." And He made Abraham a beloved friend, and cut a covenant with him and his seed forever and ever.

# Sefer Yetzirah - The Short Version

## The Book of Creation

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## Chapter 1

### On the Ordering of the Sefhira

- 1: With 32 wondrous paths of Wisdom engraved Yah, the Lord of Hosts, God of Israel, the Living God, King of the Universe, Almighty God, merciful and gracious, High and Exalted, dwelling in eternity, whose name is Holy, and created His universe with three books, with text (Sefer = book, writing, letters), with number (Sefhar = counting, number), and with communication (Sippur = telling, speech, sounds).
- 2: Ten Sefirot (numbers) of Nothingness plus twenty two [foundations] letters: Three Mothers, Seven Doubles, and Twelve Elementals.
- 3: Ten Sefirot of Nothingness: The number of the ten fingers, five opposite five, with a single covenant precisely in the middle, like the circumcision of the tongue and the circumcision of the membrum.
- 4: Ten Sefirot of Nothingness: Ten and not nine; ten and not eleven. Understand with Wisdom, and be wise with Understanding. Examine with them and probe them, make a thing stand on its essence, and make the Creator sit on his base.
- 5: Ten Sefirot of Nothingness: Their measure is ten which have no end. A depth of beginning, a depth of end; a depth of good, a depth of evil; a depth of above, a depth below; a depth east, a depth west; a depth north, a depth south. The singular Master, God faithful King, dominates them all from His holy dwelling until eternity of eternities.
- 6: Ten Sefirot of Nothingness: Their vision is like the "appearance of lightening," their limit has no end. His Word in them is "running and returning". They rush to his saying like a whirlwind, and before His throne they prostrate themselves.
- 7: Ten Sefirot of Nothingness: Their end is embedded in their beginning, and their beginning in their end, like a flame in a burning coal. For the Master is singular, He has no second. And before One, what do you count?
- 8: Ten Sefirot of Nothingness: Bridle your mouth from speaking and your heart from thinking. And if your heart runs, return to the place, as it is written, "The Chayot running and returning" (Ezekiel 1:14). Regarding this covenant was made.
- 9: Ten Sefirot of Nothingness: One is the Breath of the Living God, blessed and benedicted be the Name of the Life of worlds. Voice, Breath and Speech. This is the Holy Breath (Ruach HaKodesh).

10: Two: Breath from Breath. With it engrave and carve twenty-two foundation letters - three Mothers, seven Doubles, and twelve Elementals - and one Breath is from them.

11: Three: Water and Breath. With it engrave and carve chaos and void, mire and clay. Engrave them like a garden plot, carve them like a wall, cover them like a ceiling.

12: Four: Fire from water. With it engrave and carve the Throne of Glory, Seraphim, Ophanim, holy Chayot, and Ministering Angels. From the three establish His dwelling, as it is written, "He makes His angels of breaths, His ministers from flaming fire" (Psalms 104:4).

13: Five: With three of the simple letters seal "above". Choose three and place them in His great Name: YHV. With them seal the six extremities. Face upward and seal it with YHV. Six: Seal "below". Face downward and seal it with YHV. Seven: Seal "east". Face straight ahead and seal it with HYV. Eight: Seal "west". Face backward and seal it with HVY. Nine: Seal "south". Face to the right and seal it within VYH. Ten: Seal "north". Face to the left and seal it with VHY. These are the Ten Sefirot of Nothingness. One is the Breath of the Living God. Breath [from Breath], Fire [from water, and the extremities], up, down, east, west, north and south.

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## Chapter 2

### On the Ordering of the AlephBeit

1: Twenty-two foundation letters: three Mothers, seven Doubles, and twelve Elementals. The three Mothers, AMSh, their foundation is the pan of merit, the pan of liability, and the tongue of decree deciding between them.

2: Twenty-two letters: Engrave them, carve them, weigh them, permute them, and transform them, and with them depict the soul of all that was formed and all that will be formed in the future.

3: Twenty-two foundation letters: They are engraved with voice, carved with breath, and placed in the mouth in five places: AChHO, BVMP, GYKO, DTLNTh, ZSShRTz.

4: Twenty-two foundation letters: They are set in a circle as 231 Gates. And this is the sign: There is no good higher than delight (ONG), and there is no evil lower than plague (NGO).

5: How? Weigh them and transpose them, Aleph with each one, and each one with Aleph; Bet with each one, and each one with Bet. They repeat in a cycle. Therefore, everything formed and everything spoken emanates in one name.

6: From substance out of chaos and make nonexistence into existence. Carve great pillars out of air that cannot be grasped. This is the sign: One foresees, transposes, and makes all creation and all words with one Name. And a sign of this: Twenty-two objects in a single body.

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## Chapter 3

### The Three Mothers

1: Three Mothers, Alef Mem Shin: Their foundation is the pan of liability, the pan of merit, and the tongue of decree deciding between them.

2: Three Mothers, Alef Mem Shin: A great, mystical, concealed secret, sealed with six rings. And from it emanate fire and water, separating themselves as male and female. Three Mothers, AMSh, are their foundation, and from them are born the Fathers, from which everything was created.

3: Three Mothers, Alef Mem Shin, in the Universe are air, water, and fire. Heaven was created from fire, earth was created from water, and the air decides between the fire and the water.

4: Three Mothers Alef Mem Shin, in the year are fire, water, and breath. The hot is created from fire, the cold is created from water, and the temperate from breath decides between them.

5: Three Mothers, Alef Mem Shin, in the Soul are fire, water, and breath. The head is created from fire, the belly is created from water, and the chest, created from breath, decides between them.

6: Three Mothers, Alef Mem Shin: Engrave them, carve them, permute them, and with them seal three Mothers in the Universe, three Mothers in the Year, and three Mothers in the Soul, male and female.

7: Make aleph king over breath, bind a crown to it, and combine one with another. And with them seal air in the Universe, the temperate in the year, and the chest in the Soul, the male with AMSh, and the female with ASHM.

8: Make Mem king over water, bind a crown to it, and combine one with another. And with them seal earth in the Universe, the cold in the Year, and the belly in the Soul, the male with MASH, and the female with ShMA.



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## Chapter 4

### The Seven Doubles

- 1: Seven Doubles, Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav: Their foundation is life, peace, wisdom, wealth, grace, seed, dominance. Each has two sounds: B-Bh, G-Gh, D-Dh, K-Kh, P-Ph, R-Rh, T-Th. A structure of soft and hard, a structure of strong and weak, double because they are transposes. The transpose of life is death, the transpose of peace is evil, the transpose of wisdom is folly, the transpose of wealth is poverty, the transpose of grace is ugliness, the transpose of seed is desolation, the transpose of dominance is subjugation.
- 2: Seven Doubles, Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav: Seven and not six, seven and not eight. Examine with them and probe from them, make each thing stand on its own essence, and make the Creator sit on His base.
- 3: Seven Doubles, Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav, parallel the seven extremities. These are the six extremities: up, down, east, west, north, south. And the Holy Palace precisely in the middle upholds them all.
- 4: Seven Doubles, Bet, Gimel, Dalet, Kaf, Peh, Resh, Tav: Engrave them, carve them, combine them, as planets in the Universe, days in the Year, and gates in the Soul. From them engrave seven firmaments, seven earths, seven weeks. Seven is therefore beloved under all heavens.
- 5: How? Make Bet king over life, bind a crown to it, and with it depict Saturn in the universe, Sunday in the Year, and the right eye in the Soul.
- 6: Make Gimel king, bind a crown to it, and with it depict Jupiter in the Universe, Monday in the Year, and the left eye in the Soul.
- 7: Make Dalet king, bind a crown to it, and with it depict Mars in the Universe, Tuesday in the Year, and the right ear in the Soul.
- 8: Make Kaf king, bind a crown to it, and with it depict the Sun in the Universe, Wednesday in the Year, and the left ear in the Soul.
- 9: Make Peh king, bind a crown to it, and with it depict Venus in the Universe, Thursday in the Year, and the right nostril in the Soul.
- 10: Make Resh king, bind a crown to it, and with it depict Mercury in the Universe, Friday in the Year, and the left nostril in the Soul.
- 11: Make Tav king, bind a crown to it, and with it depict the Moon in the Universe, the Sabbath in the Year, and the mouth in the Soul.
- 12: The Seven Doubles, how does one permute them? Two stones build two houses, three build six houses, four build 24 houses, five build 120 houses, six build 720 houses, and seven build 5040 houses. From there on go out and calculate that which the mouth cannot speak and the ear cannot hear. These are the seven planets in the Universe: The Sun, Venus, Mercury, the Moon, Saturn, Jupiter, Mars. These are the seven days in the Year: The seven days of creation. And the seven gates in the Soul are the two eyes, the two ears, the two nostrils, and the mouth. And with them were engraved the seven firmaments, the seven earths, the seven hours. Seven is therefore beloved for every desire under heaven.

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## Chapter 5

### The Twelve Elementals

- 1: Twelve Elementals: Heh, Vav, Zayin, Chet, Tet, Yud, Lamed, Nun, Samekh, Eyin, Tzadi, Kuf. Their foundation is sight, hearing, smell, speech, taste, coition, action, motion, anger, laughter, thought, and sleep. Their measure is the twelve diagonal boundaries: the north-east boundary, the south-east boundary, the upper-east boundary, the lower-east boundary, the upper-north boundary, the lower-north boundary, the south-west boundary, the north-west boundary, the upper-west boundary, the lower-west boundary, the upper-south boundary, the lower-south boundary. They continually spread for ever and ever. They are the Arms of the Universe.
- 2: Twelve Elementals: Heh, Vav, Zayin, Chet, Tet, Yud, Lamed, Nun, Samekh, Eyin, Tzadi, Kuf. Engrave them, carve them weigh them, permute them, transpose them, and with them depict the twelve constellations in the Universe: Aries, Taurus, Gemini, Cancer, Leo, Virgo, Libra, Scorpio, Sagittarius, Capricorn, Aquarius, and Pisces; the twelve months in the Year: Nissan, Iyar, Sivan, Tamuz, Av, Elul, Tishrei, Mar-cheshvan, Kislev, Tevet, Shevat, Adar; and the twelve directors of the Soul: two hands, two feet, two kidneys, the spleen, the liver, the gall bladder,

the hemsess, the kiva, and the korkeban. How does one permute them? Make Heh king, bind a crown in it, and with it depict Aries in the Universe, Nissan in the Year, and the right hand in the Soul. Make Vav king, bind a crown to it, and with it depict Taurus, Iyar in the Year, and the left hand in the Soul. Make Zayin king, bind a crown to it, and with it depict Taurus in the Universe, Sivan in the Year, and the right foot in the Soul. Make Chet king, bind a crown to it, and with it depict Cancer in the Universe, Tamuz in the Year, and the left foot in the Soul. Make Tet king, bind a crown to it, and with it depict Leo in the Universe, Av in the Year, and the right kidney in the Soul. Make Yud king, bind a crown to it, and with it depict Virgo in the Universe, Elul in the Year, and the left kidney in the Soul. Make Lamed king, bind a crown to it, and with it depict Libra in the Universe, Tishrei in the Year, and the liver in the Soul. Make Nun king, bind a crown to it, and with it depict Scorpio in the Universe, Mar-cheshvan in the Year, and the spleen in the Soul. Make Samekh king, bind a crown to it, and with it depict Sagittarius in the Universe, Kislev in the Year, and the gall bladder in the Soul. Make Eyin king, bind a crown to it, and with it depict Capricorn in the Universe, Tevet in the Year, and the hemsess in the Soul. Make Tzadi king, bind a crown to it, and with it depict Aquarius in the Universe, Shevat in the Year, and the kiva in the Soul. Make Kuf king, bind a crown to it, and with it depict Pisces in the Universe, Adar in the Year, and the korkeban in the Soul.

3: Three Mothers which are three Fathers, from which emanate fire, breath and water. Three Mothers, seven Doubles, and twelve Elementals.

4: These are the twenty-two letters which are founded by the Blessed Holy One [Yah, YHVH of Hosts, God of Israel, the Living God, high and exalted] dwelling in eternity, whose name is Holy, exalted and Holy is He.

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## Chapter 6

### The Three Fathers

1: Three are the fathers and their offspring, seven are the planets and their hosts, and twelve are the diagonal boundaries. And the proof of this, true witnesses, are the Universe, the Year, and the Soul. He decreed Twelve, (Ten), Seven and Three and He appointed them in the Teli, the Cycle, and the Heart. The three are fire, water, and breath: fire above, water below, and breath, the decree that decides between them. A sign of this is that fire upholds water. Mem hums, Shin hisses, and Alef is the decree that decides between them.

2: The Teli in the Universe is like a king on his throne, the cycle in the Year is like a king in the province, the Heart in the Soul is like a king in battle. "Also every desire, one opposite the other was made by God" (Ecclesiastics 7:14). Good opposite evil, good from good, evil from evil. Good makes evil recognizable, and evil makes good recognizable. Good is kept for the good, and evil is kept for the wicked.

3: Three: Each one stands alone. Seven are divided, three opposite three, with a decree deciding between them. Twelve stand in war: three who love, three who hate, three who give life, and three who kill. The three that love are the heart, the ears and the mouth; the three that hate are the liver, the gall bladder, and the tongue. And God, the faithful King dominates them all. One over three, three over seven, and seven over twelve, and all of them are bound, one to another.

4: And when Abraham our father gazed, he looked, saw, delved, understood, engraved, carved, permuted and depicted, and he was successful. And the Master of all, Blessed be He, revealed Himself to him, and took him in His bosom, [kissed him on the head, and called him, "my Beloved"]. He made a covenant with him between the ten toes of his feet-this is the covenant of circumcision-and between the ten fingers of his hand-this is the covenant of the tongue. He bound the twenty-two letters to his tongue and revealed their foundation. He drew them in water, burned them in fire, agitated them with breath. He ignited them with seven planets, and directed them with twelve constellations.

# Sefer Yetzirah - The Long Version

## The Book of Creation

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## Chapter 1

### The Sephira

1. In two and thirty most occult and wonderful paths of wisdom did JAH the Lord of Hosts engrave his name: God of the armies of Israel, ever-living God, merciful and gracious, sublime, dwelling on high, who inhabiteth eternity. He created this universe by the three Sepharim, Number, Writing, and Speech.
2. Ten are the numbers, as are the Sephiroth, and twenty-two the letters, these are the Foundation of all things. Of these letters, three are mothers, seven are double, and twelve are simple.
3. The ten numbers formed from nothing are the Decad: these are seen in the fingers of the hands, five on one, five on the other, and over them is the Covenant by voice spiritual, and the rite of Circumcision, corporeal (as of Abraham).
4. Ten are the numbers of the ineffable Sephiroth, ten and not nine, ten and not eleven. Learn this wisdom, and be wise in the understanding of it, investigate these numbers, and draw knowledge from them, fix the design in its purity, and pass from it to its Creator seated on his throne.
5. These Ten Numbers, beyond the Infinite one, have the boundless realms, boundless origin and end, an abyss of good and one of evil, boundless height and depth, East and West, North and South, and the one only God and king, faithful forever seated on his throne, shall rule over all, forever and ever.
6. These ten Sephiroth which are ineffable, whose appearance is like scintillating flames, have no end but are infinite. The word of God is in them as they burst forth, and as they return; they obey the divine command, rushing along as a whirlwind, returning to prostrate themselves at his throne.
7. These ten Sephiroth which are, moreover, ineffable, have their end even as their beginning, conjoined, even as is a flame to a burning coal: for our God is superlative in his unity, and does not permit any second one. And who canst thou place before the only one?
8. And as to this Decad of the Sephiroth, restrain thy lips from comment, and thy mind from thought of them, and if thy heart fail thee return to thy place; therefore is it written, "The living creatures ran and returned," and on this wise was the covenant made with us.
9. These are the ten emanations of number. One is the Spirit of the Living God, blessed and more than blessed be the name of the Living God of Ages. The Holy Spirit is his Voice, his Spirit, and his Word.

10. Second, from the Spirit he made Air and formed for speech twenty-two letters, three of which are mothers, A, M, SH, seven are double, B, G, D, K, P, R, T, and twelve are single, E, V, Z, CH, H, I, L, N, S, O, Tz, Q, but the spirit is first among these. Third, Primitive Water. He also formed and designed from his Spirit, and from the void and formless made earth, even as a rampart, or standing wall, and varied its surface even as the crossing of beams. Fourth, from the Water, He designed Fire, and from it formed for himself a throne of honor, with Auphanim, Seraphim, Holy Animals, and ministering Angels, and with these he formed his dwelling, as is written in the text "Who maketh his angels spirits and his ministers a flaming fire." (Psalm civ. 4.)

11. He selected three letters from the simple ones, and sealed them as forming his great Name, I H V and he sealed the universe in six directions.

Five.- He looked above, and sealed the height, with I H V.

Six.- He looked below, and sealed the deep, with I V H.

Seven.- He looked forward, and sealed the East, with H I V.

Eight.-He looked backward, and sealed the West, with V H I.

Nine.- He looked to the right, and sealed the South, with V I H.

Ten.-He looked to the left, and sealed the North, with H V I.

12. These are the ten ineffable existences, the spirit of the living God, Air, Water, Fire, Height and Depth, East and West, North and South.

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## Chapter 2

### The AlephBeit

1. The foundations are the twenty-two letters, three mothers, seven double, and twelve single letters. Three mothers, namely A, M, SH, these are Air, Water, and Fire: Mute as Water, Hissing as Fire, and Air of a spiritual type, is as the tongue of a balance standing erect between them pointing out the equilibrium which exists.

2. He hath formed, weighed, transmuted, composed, and created with these twenty-two letters every living being, and every soul yet uncreated.

3. Twenty-two letters are formed by the voice, impressed on the air, and audibly uttered in five situations, in the throat, guttural sounds; in the palate, palatals; by the tongue, linguals; through the teeth, dentals; and by the lips, labial sounds.

4. These twenty-two letters, the foundations, He arranged as on a sphere, with two hundred and thirty-one modes of entrance. If the sphere be rotated forward, good is implied, if in a retrograde manner evil is intended.

5. For He indeed showed the mode of combination of the letters, each with each, Aleph with all, and all with Aleph. Thus in combining all together in pairs are produced these two hundred and thirty-one gates of knowledge. And from Nothingness did He make something, and all forms of speech and every created thing, and from the empty void He made the solid earth, and from the non-existent He brought forth Life.

He hewed, as it were, immense column or colossal pillars, out of the intangible air, and from the empty space. And this is the impress of the whole, twenty-one letters, all from one the Aleph.

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## Chapter 3

### The Three Mothers

1. The three mother letters A, M, SH are the foundations of the whole; and resemble a Balance, the good in one scale, the evil in the other, and the oscillating tongue of the Balance between them.

2. These three mothers enclose a mighty mystery, most occult and most marvelous, sealed as with six rings, and from them proceed primeval Fire, Water, and Air; these are subsequently differentiated into male and female. At first existed these three mothers, and there arose three masculine powers, and hence all things have originated.

3. The three mothers are A, M, SH; and in the beginning as to the Macrocosm the Heavens were created from Fire; the Earth from primeval Water; and the Air was formed from the Spirit, which stands alone in the midst, and is the Mediator between them.

4. In the Year or as regards Time, these three mothers represent Heat, Cold, and a Temperate climate, the heat from the fire, the cold from the water, and the temperate state from the spiritual air which again is an equalizer between them.

These three mothers again represent in the Microcosm or Human form, male and female; the Head, the Belly, and the Chest; the head from the fire, the belly from water, and the chest from the air lieth between them.

5. These three mothers did he create, form, and design, and combine with the three mothers in the world, and in the year, and in Man, both male and female.

He caused Aleph to reign in the air, and crown it, and combined one with the other, and with these he sealed the Air in the world, the temperate climate of the year, and the chest (the lungs for breathing air) in man; the male with A, M, SH, the female with SH, M, A. He caused Mem to predominate in Water, and crowned it, and combined it with others, and formed Earth on the world, cold in the year, and the fruit of the womb in mankind, being carried in the belly.

He caused Shin to reign in Fire and crowned it, and he combined one with the other, and sealed them, as heaven in the universe, as heat in the year, and as the head of Man and Woman.

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## Chapter 4

### The Seven Doubles

1. There were formed seven double letters, Beth, Gimel, Daleth, Kaph, Pe, Resh, Tau, each has two voices, either aspirated or softened. These are the foundations of Life, Peace, Riches, Beauty or Reputation, Wisdom, Fruitfulness, and Power. These are double, because their opposites take part in life, opposed to Life is Death; to Peace, War; to Riches, Poverty; to Beauty or Reputation, Deformity or Disrepute; to Wisdom, Ignorance; to Fruitfulness, Sterility; to Power, Slavery.

2. These seven double letters point out the dimensions, East, West, height, depth, North, South, with the holy temple in the middle, sustaining all things.

3. These seven double letters He formed, designed, created, and combined into the Stars of the Universe, the days of the week, the orifices of perception in man; and from them he made seven heavens, and seven planets, all from nothingness, and, moreover, he has preferred and blessed the sacred Heptad.

4. From two letters, or forms He composed two dwellings; from three, six; from four, twenty-four; from five, one hundred and twenty; from six, seven hundred and twenty; from seven, five thousand and forty; and from thence their numbers increase in a manner beyond counting; and are incomprehensible. These seven are Planets of the Universe, the Sun, Venus, Mercury, Moon, Saturn, Jupiter, and Mars; the seven days are the days of creation; and these are the seven gateways of a man, two eyes, two ears, two nostrils and a mouth, through which he perceives by his senses.

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### SUPPLEMENT TO CHAPTER IV

(Found in some editions)

He caused and produced Beth, predominant in wisdom, crowned, combined, and formed the Moon in the Universe, the first day of the week, and the right eye, of man.

Gimel, predominant in health, crowned, . combined and formed Mars in the Universe, the second day of the week, and the right ear in man.

Daleth, predominant in fertility, crowned, combined, and formed the Sun in the Universe, the third day of the week, and the right nostril in man.

Kaph, predominant in life, crowned, combined, and formed Venus in the Universe, the fourth day of the week, and the left eye of man.

Pe, predominant in power, crowned, combined, and formed Mercury in the Universe, the fifth day of the week, and the left ear in man.

Resh, predominant in peace, crowned, combined, and formed Saturn in the Universe, the sixth day of the week, and the left nostril in man.

Tau, predominant in beauty, crowned, combined and formed Jupiter in the Universe, the seventh day in the week, and the mouth of man.

By these seven letters were also made seven worlds, seven heavens, seven lands, seven seas, seven rivers, seven deserts, seven days (as before), seven weeks from Passover to Pentecost, and every seventh year a jubilee.

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# Chapter 5

## The Twelve Elementals

1. The simple letters are twelve, namely: He, Vau, Zain, Heth, Teth, Yod, Lamed, Nun, Samech, Oin, Tzaddi, and Quoph; they represent the fundamental properties, eight, hearing, smell, speech, desire for food, the sexual appetite, movement, anger, mirth, thought, sleep, and work. These symbolize also twelve directions in space: northeast, southeast, the east above, the east below, the northwest, southwest, the west above, the west below, the upper south, the lower south, the upper north, the lower north. These diverge to all eternity, and an as the arms of the universe.
2. These twelve letters, he designed, formed, combined, weighed, and changed, and created with them the twelve divisions of the heavens (namely, the zodiacal constellations), the twelve months of the year, and the twelve important organs of the frame of man, namely the right and left hands, the right and left feet, two kidneys, the liver, the gall, the spleen, the intestines, the gullet, and the stomach.
3. Three mothers, seven double and twelve simple, these are the twenty-two letters with which I H V H Tetragrammaton, that is our Lord of Hosts, exalted, and existed in the ages, whose name is Holy, created three fathers, fire and spirit and water, progressing beyond them, seven heavens with their armies of angels; and twelve limits of the universe.

## Supplement To Chapter V

(Found in some Versions)

1. God produced He, predominant in Speech, crowned, combined, and formed Aries in the world, Nisan in the year, and the right foot of man.
2. God produced Vau, predominant in Mind, crowned, combined, and formed Taurus in the world, Yiar in the year, and the right kidney of man.
3. God produced Zain, predominant in movement, crowned, combined, and formed Gemini in the world, Sivan in the year, and the left foot of man.
4. He produced Heth, predominant in Sight, crowned, combined, and formed Cancer in the world, Tammuz in the year, and the right hand of man.
5. He produced Teth, predominant in Hearing, crowned, combined, and formed Leo in the world, Ab in the year, and the left kidney in man.
6. He produced Yod, predominant in Labor, crowned, combined, and formed Virgo in the world, Elul in the year, and the left hand of man.
7. He produced Lamed, predominant in sexual desire, crowned, combined, and formed Libra in the world, Tisri in the year, and the gall in man.
8. He produced Nun, predominant in smell, crowned, combined, and formed Scorpio in the world, Marchesvan in the year, and the intestines in man.
9. He produced Samech, predominant in sleep, crowned, combined, and formed Sagittarius in the world, Kislev in the year, and the stomach of man.
10. He produced Oin, predominant in Anger, crowned, combined, and formed Capricornus in the world, Tebet in the year, and the liver in man.
11. He produced Tzaddi, predominant in Taste, crowned, combined, and formed Aquarius in the world, Sebat in the year, and the gullet in man.
12. He produced Quoph, predominant in Mirth, crowned, combined, and formed Pisces in the world, Adar in the year, and the spleen in man.

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# Chapter 6

## The Three Fathers

1. In proof of these things, and witnessing faithfully are the Universe, the Year of time, and Man himself, the Microcosm. He fixed these as testimonies of the Triad, the Heptad, and the Dodecad; the twelve constellations rulers of the world, the Dragon (THELE) Tali which environs the universe, and the microcosm, man. The triad, fire, water, and air; the fire above, the water below, and the air in the midst. The proof of which is that air is a participator with both.

2. Tali, the Dragon, is above the Universe, as a king on his throne; the sphere in the year as a king in his State, the Heart of man as a king in warfare.

And our God made the states of opposition, good and evil, good from the good, and evil from the evil. Happiness is reserved for the just, and misery for the wicked ones.

3. And out of the triad one stands apart; and in the heptad there are two triads, and one standing apart. The dodecad symbolizes war, the triad of amity, the triad of enmity, three which are life-giving, three which are death-dealing, and God, the faithful king, rules over all from the throne of his sanctity.

One above three, three above seven, and seven above twelve, and all are linked together, and one with another.

4. After that our father Abraham had seen, and pondered over, investigated, and understood these things, he designed, engraved, and composed them, and received them into his power (hands). Then the Lord of all appeared unto him, made a covenant with him, and kissed his head, and naming him after his own name, called him his friend; and as it is written, completed a covenant with him and with his seed forever, who then believed on God, the Tetragrammaton, and it was imputed to him for righteousness.

God ordained a covenant between the toes of his feet, that of circumcision; and a covenant between the fingers of his hands, that of the Tongue. He bound the essences of the twenty-two letters on his tongue, and God disclosed to him the secrets of them. God has carried these through waters, He has borne them aloft through fire, and He has stamped them in the storms of the air; He has distributed them among the seven stars, and has assigned them to twelve celestial constellations. Amen.

## **The Thirty-Two Paths Of Wisdom**

### **Appendix To The Sefer Yetzirah**

The First Path is called the Admirable or the Concealed Intelligence (The Highest Crown) - for it is the Light giving the power of comprehension of that First Principle which has no beginning, and it is the Primal Glory, for no created being can attain to its essence.

The Second Path is that of the Illuminating Intelligence it is the Crown of Creation, the Splendor of the Unity, equaling it, and it is exalted above every bead, and named by the Kabbalists the Second Glory.

The Third Path is the Sanctifying Intelligence, and is the basis of foundation of Primordial Wisdom, which is called the Former of faith, and its roots, Amen; and it is the parent of Faith, from which virtues doth Faith emanate.

The Fourth Path is named Measuring, Cohesive, or Receptacular; and is so called because it contains all the holy powers, and from it emanate all the spiritual virtues with the most exalted essences: they emanate one from the other by the power of the primordial emanation (The Highest Crown), blessed be it.

The Fifth Path is called the Radical Intelligence, because it is itself the essence equal to the Unity, uniting itself to the BINAH or Intelligence which emanates from the primordial depths of Wisdom or CHOCHMAH.

The Sixth Path is called the Intelligence of the Mediating Influence, because in it are multiplied the influxes of the emanations; for it causes that affluence to flow into all the reservoirs of the Blessings, with which these themselves are united.

The Seventh Path is the Occult Intelligence, because it is the Refulgent Splendor of all the Intellectual virtues which are perceived by the eyes of intellect, and by the contemplation of faith.

The Eighth Path is called Absolute or Perfect, because it is the means of the primordial, which has no root by which it can cleave, nor rest, except in the hidden places Of GEDULAH. Magnificence, which emanate from its own proper essence.

The Ninth Path is the Pure intelligence so called because it purifies the Numerations, it proves and corrects the designing of their representation, and disposes their unity with which they are combined without diminution or division.

The Tenth Path is the Resplendent Intelligence, because it is exalted above every bead, and sits on the throne of BINAH (the Intelligence spoken of in the Third Path). It illuminates the splendor of all lights, and causes a supply of influence to emanate from the Prince of countenances.

The Eleventh Path is the Scintillating Intelligence because it is the essence of that curtain which is placed close to the order of the disposition, and this is a special dignity given to it that it may be able to stand before the Face of the Cause of Causes.

The Twelfth Path is the Intelligence of Transparency, because it is that species of Magnificence., called CHAZCHAZIT, which is named the place whence issues the vision of those seeing in apparitions. (That is, the prophecies by seers in a vision.)

The Thirteenth Path is named the Uniting Intelligence and is so called because it is itself the essence of Glory. It is the Consummation of the Truth of individual spiritual things.

The Fourteenth Path is the Illuminating Intelligence, and is so called because it is itself that CHASHMAL which is the founder of the concealed and fundamental ideas of holiness and of their stages of preparation.

The Fifteenth Path is the Constituting Intelligence, so called because it constitutes the substance of creation in pure darkness, and men have spoken of these contemplations; it is that darkness spoken of in scripture, Job xxxviii. 9, "and thick darkness a swaddling band for it."

The Sixteenth Path is the Triumphal or Eternal Intelligence, so called because it is the pleasure of the Glory, beyond which is no other Glory like to it, and it is called also the Paradise prepared for the Righteous.

The Seventeenth Path is the Disposing Intelligence, which provides Faith to the Righteous, and they are clothed with the Holy Spirit by it, and it is called the Foundation of Excellence in the state of higher thing.

The Eighteenth Path is called the House of Influence (by the greatness of whose abundance the influx of good things upon created beings is increased) and from the midst of the investigation the arcana and hidden senses are drawn forth, which dwell in its shade and which cling to it, from the cause of all causes.

The Nineteenth Path is the Intelligence of all the activities of the spiritual beings, and is so called because of the affluence diffused by it from the most high blessing and most exalted sublime glory.

The Twentieth Path is the Intelligence of Will, and is so called because it is the means of preparation of all and each created being, and by this intelligence the existence of the Primordial Wisdom becomes known.

The Twenty-first Path is the Intelligence of Conciliation, and is so called because it receives the divine influence which flows into it from its benediction upon all and each existence.

The Twenty-second Path is the Faithful Intelligence, and is so called because by it spiritual virtues are increased, and all dwellers on earth are nearly under its shadow.

The Twenty-third Path is the Stable Intelligence, and it is so called because it has the virtue of consistency among all numerations.

The Twenty-fourth Path is the Imaginative Intelligence, and it is so called because it gives a likeness to all the similitudes, which are created in like manner similar to its harmonious elegancies.

The Twenty-fifth Path is the Intelligence of Probation, or is Tentative, and is so called because it is the primary temptation, by which the Creator (blessed be He) trieth all righteous persons.

The Twenty-sixth Path is called the Renovating Intelligence, because the Holy God (blessed be He) renews by it, all the changing things which are renewed by the creation of the world.

The Twenty-seventh Path is the Exciting Intelligence, and it is so called because by it is created the Intellect of all created beings under the highest heaven, and the excitement or motion of them.

The Twenty-eighth Path is the Natural Intelligence, and is so called because through it is consummated and perfected the nature of every existent being under the orb of the Sun, in perfection.

The Twenty-ninth Path is the Corporeal Intelligence, so called because it forms every body which is, formed beneath the whole set of worlds and the increment of them.

The Thirtieth Path is the Collecting Intelligence, and is so called because Astrologers deduce from it the judgment of the Stars, and of the celestial signs, and the perfections of their science, according to the rules of their revolutions.

The Thirty-first Path is the Perpetual Intelligence; and why is it so called? Because it regulates the motions of the Sun and Moon in their proper order, each in an orbit convenient for it.

The Thirty-second Path is the Administrative Intelligence, and it is so called because it directs and associates, in all their operations, the seven planets, even all of them in their own due courses.