



קוף

Kuf

Pronunciation:	K as in Kabbalah
Numerical Value:	מאה Me-ah (One Hundred)
Path (in Bereishit):	31. Elohim said, behold I have given you.
Group:	Elemental
Phonetic Family:	Palatal
Meanings:	Holiness. Completion and fulfillment. Sacrifice.
Application:	Make peace with change and find the holiness, the wholeness, within loss and new beginnings. Dedicate a tangible offering to the Source of life. Be open and alert to receive inspiration and teachings from the human and the Divine.
Shadow:	Shame and condemnation of the body. Projection of our "unholy" tendencies onto others.
Reflection:	What form of gift am I willing to offer back to the Source of life in acknowledgment of all that I have taken in the course of being alive?
Suggested Action:	Outdoors, in secret, give a poem, a song, prayers, or tears or some other offering to the Unknowable as a sacrifice. Leave it there and don't tell anybody what you have done, and don't go back to visit this spot.

The Creator made the letter **Kuf** sovereign over **Laughter**, and bound a crown to it, and combined them one with another, and with them formed **Pisces** in the Universe, **Adar** in the Year, and the **Spleen** in the soul, both male and female.
-Sefer Yetzirah

References for information in this handout: Sefer Yetzirah, The Zohar, The Oracle of Kabbalah by Richard Seidman.