

# ספר יצירה א:א

## Sefer Yetzirah 1:1 Part A

בשלישים ושתים נתיבות פליאות חכמה חקק יה יהוה  
צבאות אלהי ישראל אלהים חיים ומלך עולם אל רחום  
וחנון רם ונשא שוכן עד וקדוש שמו מרום וקדוש הוא  
וברא את עולמו בשלשה ספרים בספר וספר וספור:

With 32 mystical paths of wisdom engraved Yah, Hashem of hosts, Elohim of Israel, the living Elohim, Sovereign of the Universe, El Shadai, Merciful and Gracious, High and Exalted One, Who inhabits eternity, Whose Name is Holy, who is lofty and holy, and He created His universe with three books (sepharim), with text (sepher), with number (sephar), and with communication (sipur).

- ☞ With 32 - The 32 paths equal the 22 letters of the Hebrew alefbet and the 10 digits. The 10 digits are also revealed in the Ten S'firot. The letters and digits are the basis of the most basic ingredients of creation, quality and quantity. Qualities of any thing can be described by words formed with the letters and quantities can be expressed by numbers.
- ☞ With that said, numbers cannot be defined until plurality exists in the creation. Ain Sof does not have any plurality at all. Once creation began, plurality could exist, and then numbers could be defined.
- ☞ The first elements of plurality in creation involved the Ten S'firot. It was the S'firot that defined the numbers and the concept of quantity.
- ☞ The Sefer Yetzirah will deal with the 32 paths since they are part of the letters and numbers. But this is the only time that the 32 paths will be mentioned. The 32 paths are alluded to in Torah by the 32 times that the word Elohim appears in the account of creation in the first chapter of Bereishit. "Elohim said" appears ten times and these are the Ten Sayings with which the universe was created. The Ten Sayings parallel the Ten S'firot. The other 22 times that Elohim appears parallel the 22 letters of the alefbet. The expression "Elohim made" parallels the three Mothers. The seven repetitions of "Elohim saw" parallel the seven Doubles. The remaining twelve "Elohim" parallel the twelve Elementals.

## **Mothers, Doubles, Elementals**

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

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

**אנד**

### **Three Mother Letters:**

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

<b>Letter</b>	<b>Element</b>	<b>Season</b>	<b>Months</b>
<b>א</b>	Air	Spring, Fall	Nissan, Iyar, Sivan; Tishrei, Cheshvan, Kislev
<b>ב</b>	Water	Winter	Tevet, Shevat, Adar
<b>ש</b>	Fire	Summer	Tammuz, Av, Elul

### **Seven Double Letters:**

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

<b>Letter</b>	<b>Hebrew Name</b>	<b>Day of The Week</b>
<b>ב</b>	Bet	Sunday
<b>ג</b>	Gimel	Monday
<b>ד</b>	Dalet	Tuesday
<b>כ</b>	Kaf	Wednesday
<b>פ</b>	Pei	Thursday
<b>ר</b>	Reish	Friday
<b>ת</b>	Tav	Saturday

**Twelve Elemental Letters:**

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

Letter	Hebrew Name	Month of The Year
ה	Hei	Nissan
ו	Vav	Iyar
ז	Zayin	Sivan
ח	Chet	Tammuz
ט	Tet	Av
י	Yud	Elul
ל	Lamed	Tishrei
נ	Nun	Cheshvan
ס	Samech	Kislev
ע	Ayin	Tevet
צ	Tzadi	Shevat
ק	Kuf	Adar

**The 32 Paths in Bereishit 1:**

1. In the beginning Elohim created	Keter	S'firah 1
2. The spirit of Elohim hovered	Hei	Elemental 1
3. Elohim said, let there be light	Chochmah	S'firah 2
4. Elohim saw the light that it was good	Bet	Double 1
5. Elohim divided between the light and the darkness	Vav	Elemental 2
6. Elohim called the light day	Zayin	Elemental 3
7. Elohim said, let there be a firmament	Binah	S'firah 3
8. Elohim made the firmament	Alef	Mother 1

9. Elohim called the firmament heaven	Chet	Elemental 4
10. Elohim said, let the waters be gathered	Chesed	S'firah 4
11. Elohim called the dry land earth	Tet	Elemental 5
12. Elohim saw that it was good	Gimel	Double 2
13. Elohim said, let the earth be vegetated	G'vurah	S'firah 5
14. Elohim saw that it was good	Dalet	Double 3
15. Elohim said, let there be luminaries	Tiferet	S'firah 6
16. Elohim made two luminaries	Mem	Mother 2
17. Elohim placed them in the firmament	Yud	Elemental 6
18. Elohim saw that it was good	Kaf	Double 4
19. Elohim said, let the waters swarm	Netzach	S'firah 7
20. Elohim created great sea-giants (whales)	Lamed	Elemental 7
21. Elohim saw that it was good	Pei	Double 5
22. Elohim blessed them, be fruitful and multiply	Nun	Elemental 8
23. Elohim said, let the earth bring forth animals	Hod	S'firah 8
24. Elohim made the beasts of the field	Shin	Mother 3
25. Elohim saw that it was good	Reish	Double 6
26. Elohim said, let us make humankind	Yesod	S'firah 9
27. Elohim created humankind	Samech	Elemental 9
28. In the form of Elohim He created them	Ayin	Elemental 10
29. Elohim blessed them	Tzadi	Elemental 11
30. Elohim said, be fruitful and multiply	Malchut	S'firah 10
31. Elohim said, behold I have given you	Kuf	Elemental 12
32. Elohim saw all that He had made	Tav	Double 7

None of the names of Elohim refer to the Creator Itself. The Creator is referred to as Ain Sof which means the Infinite One. The names used in the Tanach (scripture) and in other places only refer to the many and varied ways through which Ain Sof manifests Itself in creation. Elohim refers to the manifestation of delineation and definition. Each of the 32 paths served to delineate and define a particular aspect of creation. Humankind is a microcosm and each thing within a person's body parallels something in the forces of creation. For example, the six days parallels the two arms, two legs, torso and sexual organ. Humankind's form parallels the structure of the delineating forces that define creation.

The 32 paths of Wisdom have their parallel in the human nervous system. Thirty-one of these parallel the 31 nerves that emanate from the spinal cord and the thirty-second and highest path corresponds to the entire complex of cranial nerves, of which there are twelve. The purpose of the nervous system is two-fold: one, it transmits messages from the brain to the entire body, giving the mind control over the limbs and organs; two, the nervous system transmits information from the senses to the brain. Sight, hearing, taste

and smell come directly through the cranial nerves (which are in the brain). The impulses which come from the lower 31 nerves deal primarily with the sense of touch and feeling. Each of the 32 paths is a two-way street. First it is the channel through which the Mind exerts control over creation. Secondly, it is also the path through which humankind can reach the mind. In order to attain a mystical experience, one must move along the 32 paths.

### The Hebrew Alefbet

Final	Form	Represented By	Hebrew Name	Defintion of Names	Numerical Value
	א	Silent	Alef	Ox	1
	ב	b	Bet	House	2
	ג	g	Gimel	Camel	3
	ד	d	Dalet	Door	4
	ה	h	Hei	Window	5
	ו	v	Vav	Hook	6
	ז	z	Zayin	Weapon	7
	ח	ch	Chet	Fence	8
	ט	t	Tet	Snake	9
	י	y	Yud	Hand	10
ך	כ	c, ch	Kaf	The Hand Bent	20
	ל	l	Lamed	Ox-goad	30
ם	מ	m	Mem	Water	40
ן	נ	n	Nun	Fish	50
	ס	s	Samech	Prop	60
	ע	Silent	Ayin	Eye	70

Final	Form	Represented By	Hebrew Name	Defintion of Names	Numerical Value
ך	פ	p,f	Pei	Month	80
ץ	צ	tz	Tzadi	Fish-hook	90
	ק	k	Kuf	Back of the Head	100
	ר	r	Reish	Head	200
	ש	sh, s	Shin	Tooth	300
	ת	t	Tav	Cross	400

☞ In Hebrew the number 32 is written Lamed Bet (לב). This also spells the word Lev, which is the Hebrew word for heart. It is in the heart that the action of the Mind is manifest in the body. When the influence of the mind ceases, the heart ceases to function, this is the definition of death. The heart also provides the lifeforce to the brain and nervous system. When the heart no longer pumps, the nervous system no longer functions, and the mind no longer exerts influence over matter (the body). The heart serves as a causal link between mind and body.

☞ The Kabbalists teach that the Torah is the heart of creation. The first letter of the Torah is Bet and the final letter is Lamed, which spells the word Lev. The 32 paths are contained in the Torah, through which the Mind is revealed. It also provides the connection between the Mind and the physical universe.

☞ Also the Lamed and Bet share another distinction. As a prefix, Lamed means "to," and Bet means "in." The three letters of the Divine Name (Tetragrammaton) can also be used as suffixes for personal pronouns. Yud means "me," Hei means "her," and Vav means "him." In the entire alefbet, the only two letters to which these suffixes can be joined are Lamed and Bet. No other letters of the Hebrew alefbet combine with the Divine Name in this way.

לי	Li	to me	בי	Bi	in me
לה	Lah	to her	בה	Bah	in her
לו	Lo	to him	בו	Bo	in him

☞ The number 32 is the fifth power of two ( $2^5$ ). The Ten S'firot define a five dimensional space. The 32 paths correspond to the number of apexes on a five dimensional hypercube.

*The information contained within this handout has been adapted from Aryeh Kaplan's commentary on the Sefer Yetzirah.*