

- (1) שלשים ושתיים נתיבות פלאות חכמה חקק יה יהוה צבאות בשלש ספרים בספר וספר וספ(ו)ר.
- (3) עשר ספירות בלימה מספר עשר אצבעות חמש כנגד חמש וברית יחיד מכוונת באמצע במילה ולשון ופה.
- (4) עשר ספירות בלימה עשר ולא תשע, עשר ולא אחת עשרה הבן בחכמה וחכם בבינה בחון בהם וחקור מהם והעמד דבר על בריו והשב יוצר על מכונו.
- (5) עשר ספירות בלימה בלום פיך מלדבר בלום לבך מלהרהר ואם רץ ליבך שוב למקום שכך נאמר רצוא ושוב ועל דבר זה נכרתה ברית.
- (6) עשר ספירות בלימה נעוץ סופן בתחילתן ותחילתן בסופן כשלהבת בגחלת שהיוצר אחד ואין לו שני ולפני אחד מה אתה סופר.
- (7) עשר ספירות בלימה ומידתן עשר שאין להן סוף עומק ראשית ועומק אחרית עומק טוב ועומק רע עומק רום ועומק תחת עומק מזרח ועומק מערב עומק צפון ועומק דרום ואדון יחיד אל מלך נאמן מושל בכולן ממעון קדשו ועד עדי עד
- (8) עשר ספירות בלימה צפיתן כמראה הבזק ותכליתם אין להן קץ ודברו בהן כרצוא ושוב ולמאמרו כסופה ירדופו ולפני כסאו הם משתחווים
- (10) עשר ספירות בלימה אחת רוח אלהים חיים זו היא רוח הקודש
- (12) שתיים רוח מרוח חקק וחצב בה ארבע רוחות השמים
- (13) שלש מים מרוח חקק וחצב בהם תוהו ובוהו רפש וטיט חקקן כמין ערוגה הציבן כמין חומה סיככן כמין מעזיבה
- (14) ארבע אש ממים חקק וחצב בה כסא כבוד וכל צבא מרום שכך כתוב עשה מלאכיו רוחות
- (15) חמש חתם רום פנה למעלה וחתמו ביהו שש חתם תחת פנה למטה וחתמו ביוה שבע חתם מזרח פנה לפניו וחתמו בהוי שמנה חתם מערב פנה לאחוריו וחתמו בהיו תשע חתם דרום פנה לימינו וחתמו בויה. עשר חתם צפון פנה לשמאלו וחתמו בוהי
- (16) אילו עשר ספירות בלימה רוח אלהים חיים ורוח מים אש. מעלה מטה מזרח מערב צפון ודרום
- (9) עשרים ושתיים אותיות יסוד שלש אמות שבע כפולות ושתיים עשרה פשוטות.
- (17) [עשרים ושתיים אותיות חקוקות בקול חצובות ברוח קבועות כפה בחמש מקומות אח הע בו מף גי כק דט לנת זס שרץ]

- (18) עשרים ושתים אותיות קבועות בגלגל חזר גלגל פנים ואחור סימן לדבר אין בטובה למעלה מעונג ואם ברעה למטה בנגע
- (19) עשרים ושתים אותיות חקקן חצבן צרפן שקלן והימירן
[כיצד שקלן והימירן אלף עם כלם, וכלן עם אלף בית עם כלן וכלן עם בית וכלן חוזרות חלילה נמצאו יוצאות במאתים ושלושים ואחד שערים נמצא כל היצור וכל הדבור יוצא בשם אחד]
- (20) יצר מתוהו ממש ועשאו באש וישנו וחצב עמודים גדולים מאויר שאינו נתפש.
- (23) שלוש אימות אמש יסודן כף זכות וכף חובה ולשון חק מכריע בינתיים.
- (24) שלוש אמות אמש סוד גדול מכוסה ומופלא וחתום כשש טבעות וממנו יוצאין אש מים ורוח ומחותל בזכר ונקבה.
- (25) שלש(ה) [אמות] אש למעלה מים למטה ורוח [חק מכריע] בנתיים.
- (26) שלש אמות אמש מם דוממת שין שורקת אלף רוח חק מכריע בנתיים.
- (32) [המליך את אלף ברוח וקשר לו כתר וחתם בו אויר בעולם רויה בשנה וגויה בנפש.
- (33) המליך את מם במים וקשר לו כתר וחתם בו ארץ בעולם וקור בשנה ובטן בנפש.
- (34) המליך את שין באש וקשר לו כתר וחתם בו שמים בעולם וחום בשנה וראש בנפש.]
- (37a) שבע כפולות בגד כפרת מתנהגות בשתי לשונות חיים ושלום וחכמה ועושר חן זרע ממשלה ומתנהגות בשתי לשונות בי בי גימל גימל דלת דלת כף כף פי פי ריש ריש תיו תיו רק וקשה גיבור וחלש
- (37b) [שבע כפולות בגד כפרת משתמשות בשני לשונות בִּי בִּי גִּימֵל גִּמֵל דָּלֶת דָּלֶת כָּף כָּף פִּי פִּי רִישׁ רִישׁ תְּיוּ תְיוּ רֶךְ וקשה תבנית גבור וחלש כפולות שהן תמורות תמורת חיים מות תמורת שלום רע תמורת חכמה אולת תמורת עושר עוני תמורת זרע שממה תמורת חן כיאור תמורת ממשלה עבדות]
- (38) שבע כפולות בגד כפרת שש קצוות והיכל קדוש מוכן באמצע [והוא נושא את כולם]
- (39) שבע כפולות בגד כפרת חקקן חצבן צרפן וצר בהן כוכבים ימים ושערים
- (40) כאיזה צד צרפן שתי אבנים בונות שני בתים שלוש בונות ששה בתים ארבע בונות עשרים וארבע בתים חמש בונות מאה ועשרים בתים שש בונות שבע מאות ועשרים בתים שבע בונות חמשת אלפים וארבעים בתים מיכאן ואילך צא וחשוב מה שאין הפה יכולה לדבר ומה שאין האוזן יכולה לשמוע
- (43c) [חיצה את העדים והעמידן אחת אחד לבדו עולם לבדו, שנה לבדה נפש לבדה].
- (45) שתיים עשרה פשותות הוזחטילןסעצק יסודן ראייה שמיעה ריחה שיחה לעיטה תשמיש מעשה הילוך רוגז שחוק הרהור שינה.
- (47) שנים עשר גבולי אלכסון גבול מזרחית צפונית גבול מזרחית דרומית גבול מזרחית רומית גבול מזרחית תחתית גבול צפונית תחתית גבול מערבית גבול מערבית רומית גבול מערבית תחתית גבול מערבית דרומית גבול מערבית רומית גבול דרומית תחתית גבול דרומית רומית

- (48a)¹³⁷ שתיים עשרה פשוטות חקקן צרפן חצבן שקלן והימירן וצר בהם מזלות וחדשים ומנהיגים
- (56a) [אילו עשרים ושתים אותיות שבהן יסד יה' יוי' צבאות אלהים חיים אלהי ישראל רם ונשא שוכן עד וקדוש שמו]
- (58a) שלשה אבות ותולדותיהן ושבעה כבשים וצבאותיהן ושנים עשר גבולי אכלוסין וראיה לדבר עדים נאמנים עולם שנה ונפש
- (59) חק עשרה שלשה ושבעה ושנים עשר פקודין בתלי וגלגל ולב. תלי בעולם כמלך על כסאו גלגל בשנה כמלך במדינה לב כנפש כמלך במלחמה
- (60b) גם כל חפץ זה לעומת זה עשה אלהים טוב לעומת רע רע מרע וטוב מטוב טוב מבחין את רע ורע מבחין את טוב טובה גנוזה לטובים
- (48a)¹³⁸ עשאן כמין מריבה וערכן כמין מלחמה גם את זה לעמת זה עשה האלהים שלשה אחד אחד לכדו עומד שבעה שלשה חלוקין על שלשה ואחד
- (48b) חוק מכריע בנתיים שנים עשר עומדין במלחמה שלשה אויבים ושלשה אוהבים שלשה מחיים ושלשה ממיתים וכולן אדוקין זה בזה
- (61) כשהבין אברהם אבינו וצר וצרף וחקר וחשב ועלתה בידו ניגלה עליו יי

¹³⁷ Long and Saadyan Recension form.

¹³⁸ Short Recension form.

SEFER YETSIRA

(A translation of Ms A, the earliest manuscript
of the long recension)

SY1 Yah, the Lord of hosts, the God of Israel, the Living God, God Almighty, *high and lofty, dwelling for ever, and holy is his name* (Is.57:15), carved out thirty-two wondrous paths of wisdom. He created his universe with three (groups of) letters: with *sefer*, and *sefer* and *sefer*.

SY2 Ten *sefirot belima* and twenty-two fundamental letters.

SY3 Ten *sefirot belima*: the number of the ten fingers, five opposite five, and the covenant of the unity is placed exactly in the middle by the word of the tongue and the mouth, and the circumcision of the foreskin.

SY4 Ten *sefirot belima*: ten and not nine, ten and not eleven. Understand with wisdom, and be wise with understanding. Test them and investigate them; know and ponder, and form (a mental image). Explain the matter clearly, and restore the Creator to his place. And their measure is ten, for they have no end.

SY5 Ten *sefirot belima*: restrain your heart from thinking; restrain your mouth from speaking. And if your heart races return to the place from whence you came, and remember that thus it is written: *And the living creatures ran to and fro*(Ezek.1:14). And concerning this matter a covenant was made.

SY6 Their measure is ten, for they have no end. Their end is fixed in their beginning as the flame is bound to the *burning coal*(cf.Ezek.1:13). Know and ponder, and form (a mental image) that the Lord is unique and the Creator one, and he has none second to him; and before one, what can you count?

SY7 Ten *sefirot belima*; and their measure is ten, for they have no end - dimension of beginning and dimension of end, dimension of good and dimension of evil, dimension of above and dimension of below, dimension of east and dimension of west, dimension of north and dimension of south. And the unique Lord, a trustworthy divine king, rules over them all from his holy abode for ever and ever.

SY8 Ten *sefirot belima*: looking at them is like observing lightning, and their end? - they have no limit. His word is in them as though *running* (*k^eraso*, Ezek.1:14), and they pursue his command like the storm wind, and before his throne they bow down.

SY9 Ten *sefirot belima* and twenty-two fundamental letters - three matrices, seven double letters, and twelve simple ones; and the Spirit is one of them.

SY10 Ten *sefirot belima*: one - the Spirit of the Living God. *His throne is established from of old*(Ps.93:2). Twice blessed is the name of him who lives for ever. Voice, and air(*ruah*) and speech - this is the Holy Spirit(*ruah*).

SY11 Ten *sefirot belima*: one - the Spirit of the Living God; two - aether(*ruah*) from the Holy Spirit; three - water from aether; four - fire

from water; and above and below, east and west, north and south.

SY12 Two - aether from Spirit: he carved and hewed in it the four directions of space - east and west, north and south. And the Spirit is in each one of them.

SY13 Three - water from aether: he carved and hewed in it *tohu* and *bohu*(cf.Gen.1:2), *mud and mire*(cf.Is.57:20). He made them like a sort of garden-bed(cf. Song of Songs 6:2). He erected them like a sort of wall, and he wove them like a sort of ceiling. And he poured out snow over them and it became dust, for it is said: *For to the snow he says, "Become earth"*(Job 37:6). *Tohu* is a green line which surrounds the world. *Bohu* is the slimy stones sunk in the abysses between which the water comes out.

SY14 Four - fire from water: he carved and hewed in it the throne of glory, and the *Ophanim* and the *Serafim*, and the holy living creatures, and the ministering angels. And from the three of them he founded his abode: *he makes his angels winds*(*ruhot*), his servants a flaming fire(Ps.104:4).

SY15 Five - he sealed above. He chose three simple letters and fixed them in his great name - YHW. And he sealed with them the six edges (of the universe), and turned upwards and sealed it with YHW.
Six - he sealed below. He turned downwards and sealed it with YWH.
Seven - he sealed the east. He turned in front and sealed it with HYW.
Eight - he sealed the west. He turned behind and sealed it with HWY.
Nine - he sealed the south. He turned to his right and sealed it with WYH.
Ten - he sealed the north. He turned to his left and sealed it with WHY.

SY16 These are the ten *sefirot belima*: one - the Spirit of the Living God; two - aether from the Spirit; three - water from aether; four - fire from water; and the height above, and below, east and west, north and south.

SY17 Twenty-two fundamental letters: three matrices, seven double letters, and twelve simple ones. They are carved out by the voice, hewed out in the air, fixed in the mouth in five positions: *Alef, Het; He, Ayin; Bet, Waw, Mem, Pe; Gimel, Yod, Kaf, Qof; Dalet, Tet, Lamed, Nun, Taw; Zayin, Samek, Sade, Resh, Shin*. They are bound to the tip of the tongue as the flame to the burning coal. *Alef, He, Het, Ayin* are pronounced at the back of the tongue and in the throat. *Bet, Waw, Mem, Pe* are pronounced between the teeth and by the tip of the tongue. *Gimel, Yod, Kaf, Qof* are cut off a third of the way up the tongue. *Dalet, Tet, Lamed, Nun, Taw* are pronounced by the tip of the tongue with the voice. *Zayin, Sade, Resh, Shin*(are pronounced) between the teeth with the tongue relaxed.

SY18 Twenty-two fundamental letters. They are fixed on a wheel with two hundred and twenty-one gates. The wheel rotates backwards and forwards. And this is the sign of the matter: if for good, above pleasure(*ng*), and if for evil, below pain(*ng*).

SY19 Twenty-two letters: he carved them out, he hewed them, he weighed them and exchanged them, he combined them and formed with them the life of all creation and the life of all that would be formed. How did he weigh and exchange them? - *Alef* with them all, and them all with *Alef; Bet* with

them all, and them all with **Bet**; Gimel with them all, and them all with **Gimel**. And they all rotate in turn. The result is that they go out by two hundred and twenty-one gates. The result is that all creation and all speech go out by one name.

SY20 He formed substance from chaos, and he made it with fire and it exists, and he hewed out great columns from intangible air. This is the sign:

SY21 (This paragraph sets out the great columns of combinations of each letter of the alphabet with all the others)

SY22 He looks and exchanges; he makes all creation and all speech one name. And a sign for the matter: twenty-two objects in one body.

SY23 Three matrices: **Alef, Mem, Shin**. Their basis is the scale of acquittal and the scale of guilt, and the language of law holds the balance between them.

SY24 Three matrices: **Alef, Mem, Shin** - a great secret, hidden and ineffable, and sealed with six seals. And from it goes out fire, water and aether, and it is enveloped in male and female. Know and ponder and form (a mental image) that fire evaporates water.

SY25 Three matrices: **Alef, Mem, Shin**. The offspring of the heavens - fire; the offspring of air - aether; the offspring of earth - water; fire above, water below, and aether is the balancing item.

SY26 Three matrices: **Alef, Mem, Shin**. **Mem** is silent, **Shin** hisses, **Alef** is the balancing item.

SY27 Three matrices: **Alef, Mem, Shin**. And from them were born three fathers from whom everything was created.

SY28 Three matrices - **Alef, Mem, Shin** - in the universe: aether, water and fire. Heaven was created first from fire, and earth was created from water, and air was created from aether, holding the balance between them.

SY29 Three matrices - **Alef, Mem, Shin** - in the year: fire, water and aether. Heat was created from fire, cold was created from water, and humidity from aether holding the balance between them.

SY30 Three matrices - **Alef, Mem, Shin** - in mankind. The head was created from fire, the belly from water, and the chest from aether holding the balance between them.

SY31 Three matrices: **Alef, Mem, Shin**. He carved them, hewed them, combined them and sealed with them the three matrices in the universe, and the three matrices in the year, and the three matrices in mankind, male and female.

SY32 He made **Alef** rule over aether, and bound to it a crown, and combined them with each other, and formed with them air in the universe, humidity in the year, and the chest in mankind, male and female - male with **Alef, Mem, Shin**, and female with **Alef, Shin, Mem**.

SY33 He made **Mem** rule over water, and bound to it a crown, and combined them with each other, and formed with it earth in the universe, cold in the year, and the belly in mankind, male and female.

SY34 He made **Shin** rule over fire, and bound to it a crown, and combined them with each other, and formed with it heaven in the universe, and heat in the year, and the head in mankind, male and female.

SY35 How did he combine them? - **AMSH, ASHM, MASH, MSHA, SHMA, SHAM** - heaven/fire, air/aether, earth/water. Man's head is fire, his belly water, his heart aether.

SY36 Three matrices: **Alef, Mem, Shin**.

There was formed with **Alef**: aether, air, humidity, the chest, law, and language(the tongue).

There was formed with **Mem**: earth, cold, the belly, and the scale of acquittal.

There was formed with **Shin**: heaven, heat, the head, and the scale of guilt.

This is **Alef, Mem, Shin**.

SY37 Seven double letters: **Bet, Gimel, Dalet; Kaf, Pe, Resh, Taw**. Their basis is life and peace, wisdom, wealth, prosperity, beauty and mastery. They are pronounced with the tongue in two different positions, for they represent two categories of opposites: **Bet/Vet, Gimel/Ghimel, Dalet/ Dhalet, Kaf/Khaf, Pe/Fe, Resh/Rhesh, Taw/Thaw**, corresponding to soft and hard, a paradigm of strong and weak. They are opposites. The opposite of life is death; the opposite of peace is evil; the opposite of wisdom is folly; the opposite of wealth is poverty; the opposite of prosperity is desolation; the opposite of beauty is ugliness; and the opposite of mastery is slavery.

SY38 Seven double letters: **Bet, Gimel, Dalet; Kaf, Pe, Resh, Taw**. Seven and not six, seven and not eight - (corresponding to) the six ribs and the six faces (of a cube), and the Holy Temple set in the middle. *Blessed be the glory of the Lord from his place(Ezek.3:12)* - he is the place of his world, but his world is not his place. And he supports them all.

SY39 Seven double letters: **Bet, Gimel, Dalet; Kaf, Pe, Resh, Taw**. He carved and hewed them, he combined and weighed them, and he formed with them the planets in the universe, the days in the year, and the apertures in mankind, by sevens.

SY40 How did he combine them? - two stones build two houses; three build six houses; four build twenty-four houses; five build one hundred and twenty houses; six build seven hundred and twenty houses; seven build five thousand and forty houses. From here on go out and ponder what the mouth cannot speak, and what the eye cannot see, and what the ear cannot hear.

SY41(1) He made **Bet** rule, and bound to it a crown, and combined one with another, and formed with it Saturn in the universe, the sabbath in the year, and the mouth in mankind.

(2)He made **Gimel** rule, and bound to it a crown, and combined one with another, and formed with it Jupiter in the universe, the first day of the week in the year, and the right eye in mankind.

(3)He made **Dalet** rule, and bound to it a crown, and combined with another, and formed with it Mars in the universe, the second day of the

week in the year, and the left eye in mankind.

(4)He made **Kaf** rule, and bound to it a crown, and combined one with another, and formed with it Sun in the universe, the third day of the week in the year, and the right nostril in mankind.

(5)He made **Pe** rule, and bound to it a crown, and combined one with another, and formed with it Venus in the universe, the fourth day of the week in the year, and the left nostril in mankind.

(6)He made **Resh** rule, and bound to it a crown, and combined one with another, and formed with it Mercury in the universe, the fifth day of the week in the year, and the right ear in mankind.

(7)He made **Taw** rule, and bound to it a crown, and combined one with another, and formed with it the Moon in the universe, the sixth day of the week in the year, and the left ear in mankind.

SY42 And with them were carved out seven firmaments, seven earths, seven hours and seven days. Therefore he loved the seventh above everything under heaven.

SY43 These are the seven planets in the universe: Sun, Venus,
Mercury, Moon, Saturn, Jupiter, Mars.

And the seven days: the seven days of creation.

And the seven apertures in mankind: two eyes, two ears, two nostrils,
and the mouth.

And the seven firmaments: **Wilon, Raqia , Shehaqim, Zebul, Ma on, Makon,**
Arabot.

And the seven earths: **'dama, arqa, tebel, neshiyya, siyya, heled,**
'eres.

He split up the witnesses and made each one stand by itself - the universe by itself, the year by itself, mankind by itself.

SY44 Seven double letters: **Bet, Gimel, Dalet; Kaf, Pe, Resh, Taw.**
There was formed with **Bet**: Saturn, the sabbath, the mouth, life and
death.

There was formed with **Gimel**: Jupiter, the first day of the week, the
right eye, peace and evil.

There was formed with **Dalet**: Mars, the second day of the week, the
left eye, wisdom and folly.

There was formed with **Kaf**: the Sun, the third day of the week, the
right nostril, wealth and poverty.

There was formed with **Pe**: Venus, the fourth day of the week, the left
nostril, prosperity and desolation.

There was formed with **Resh**: Mercury, the fifth day of the week, the
right ear, beauty and ugliness.

There was formed with **Taw**: the Moon, the preparation of the sabbath,
the left ear, mastery and slavery.

SY45 Twelve simple letters: **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek,**
Ayin, Sade, Qof. Their basis is sight, hearing, smelling, talking, eating, sexual
intercourse, action, walking, anger, laughter, thought and sleep.

SY46 Twelve simple letters: **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek,**
Ayin, Sade, Qof. Twelve and not eleven, twelve and not thirteen.

SY47 Twelve diagonal lines, radiating out to the six faces (of a cube),
separating in each direction: - the south-eastern line, the upper eastern line,
the lower eastern line, the lower northern line, the north-western line, the
upper northern line, the lower western line, the upper western line, the
upper western line, the lower western line, the lower southern line, the
upper southern line. And they expand continually for ever and ever and they
are the arms of the universe(cf. Deut.33:27).

SY48 Twelve simple letters: **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek,**
Ayin, Sade, Qof. He carved them, he combined them, he hewed them, he
weighed them and exchanged them, and formed with them the constellations,
the months, and the principal (bodily) organs: two exultant ones, two babbling
ones, two deliberating ones and two rejoicing ones. They are the internal
organs and the two hands and feet. He made them a sort of lawsuit, he
arranged them in battle array, *one opposite the other*(cf.Eccles.7:14). Three -
each one stands by itself; seven - three are at loggerheads with three, and
one is the law which decides between them. Twelve stand in battle array:
three are hostile but three love; three give life but three kill. And the
divine, trustworthy king rules over them all - one on top of three, and
three on top of seven, and seven on top of twelve. And they all adhere to
each other. And the sign for the matter is: twenty-two objects in one body.

SY49 Twelve simple letters: **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek,**
Ayin, Sade, Qof. He carved them and hewed them out, he combined them,
weighed them and exchanged them, and formed with them the twelve
constellations in the universe, the twelve months in the year, and the twelve
principal organs in mankind.

These are the twelve constellations in the universe: Aries, Taurus, Gemini,
Cancer, Leo, Virgo, Libra, Scorpio, Saggitarius, Capricorn, Aquarius,
Pisces.

And the twelve months are: Nisan, Iyar, Sivan, Tammuz, Av, Elul, Tishri,
Marheshvan, Kislev, Tevet, Shevat, Adar.

These are the twelve principal organs in mankind: two hands, two feet, two
kidneys, the liver, the gall, the spleen, the gullet, the intestines
and the stomach.

SY50 Three mothers: **Alef, Mem, Shin;** and seven double letters: **Bet, Gimel,**
Dalet; Kaf, Pe, Resh, Taw; and twelve simple letters: **He, Waw, Zayin, Het, Tet,**
Yod, Lamed, Nun, Samek, Ayin, Sade, Qof.

SY51 These are the twenty-two letters by which Yah, the Lord of Hosts, the
God of Israel, the Living God, God Almighty, *high and lofty, dwelling for ever*
and holy is his name(Is.57:15), laid the foundation.

SY52(1) He made **He** rule, and bound to it a crown, and combined
one with another, and formed with it Aries in the universe, Nisan in the
year, and the liver in mankind.

(2)He made **Waw** rule, and bound to it a crown, and combined one
with another, and formed with it Taurus in the universe, Iyyar in the
year, and the gall in mankind.

(3)He made **Zayin** rule, and bound to it a crown, and combined one with
another, and formed with it Gemini in the universe, Sivan in the year, and

the spleen in mankind.

(4)He made **Het** rule, and bound to it a crown, and combined one with another, and formed with it Cancer in the universe, Tammuz in the year, and the gullet in mankind.

(5)He made **Tet** rule, and bound to it a crown, and combined one with another, and formed with it Leo in the universe, Av in the year, and the right kidney in mankind.

(6)He made **Yod** rule, and bound to it a crown, and combined one with another, and formed with it Virgo in the universe, Elul in the year, and the left kidney in mankind.

(7)He made **Lamed** rule, and bound to it a crown, and combined one with another, and formed with it Libra in the universe, Tishri in the year, and the intestines in mankind.

(8)He made **Nun** rule, and bound to it a crown, and combined one with another, and formed with it Scorpio in the universe, Marheshvan in the year, and the stomach in mankind.

(9)He made **Samek** rule, and bound to it a crown, and combined one with another, and formed with it Sagittarius in the universe, Kislev in the year, and the right hand in mankind.

(10)He made **Ayin** rule, and bound to it a crown, and combined one with another, and formed with it Capricorn in the universe, Tevet in the year, and the left hand in mankind.

(11)He made **Sade** rule, and bound to it a crown, and combined one with another, and formed with it Aquarius in the universe, Shevat in the year, and the right foot in mankind.

(12)He made **Qof** rule, and bound to it a crown, and combined one with another, and formed with it Pisces in the universe, Adar in the year, and the left foot in mankind.

SY53 He split up the witnesses and made each one stand by itself - the universe by itself, the year by itself, and mankind by itself.

SY54 Twelve simple letters: **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek, Ayin, Sade, Qof.**

(1)There was formed with **He**: Aries, Nisan, the liver, sight and blindness.

(2)There was formed with **Waw**: Taurus, Iyyar, the gall, hearing and deafness.

(3)There was formed with **Zayin**: Gemini, Sivan, the spleen, smelling and anosmia.

(4)There was formed with **Het**: Cancer, Tammuz, the gullet, talking and dumbness.

(5)There was formed with **Tet**: Leo, Av, the right kidney, eating and hunger.

(6)There was formed with **Yod**: Virgo, Elul, the left kidney, action and paralysis.

(7)There was formed with **Lamed**: Libra, Tishri, the intestines, sexual intercourse and impotence.

(8)There was formed with **Nun**: Scorpio, Marheshvan, the stomach, walking and lameness.

(9)There was formed with **Samek**: Sagittarius, Kislev, the right hand, anger and equanimity.

(10)There was formed with **Ayin**: Capricorn, Tevet, the left hand, laughter and sadness.

(11)There was formed with **Sade**: Aquarius, Shevat, the right leg, thought and thoughtlessness.

(12)There was formed with **Qof**: Pisces, Adar, the left leg, sleep and insomnia.

SY55 This is **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek, Ayin, Sade, Qof.** And they all adhere to the Hook, the Diurnal Sphere, and the heart.

SY56 Three matrices, seven double letters, and twelve simple ones: these are the twenty-two letters by which Yah, the Lord of Hosts, the God of Israel, the Living God, God Almighty, *high and lofty, dwelling for ever, and holy is his name*(Is.57:15), carved out (the universe). Yah - two names; Yahweh - four names; hosts - it is a sign in his host; God of Israel - he is a prince before God; Living God - three are called living: the Living God, running (=living) water, the tree of life; God Almighty - a strong God; Almighty (*shadday*) - so far sufficient(*day*). *high* - for he dwells in the height of the universe, higher than the highest; *and lofty* - for he lifts and supports both above and below, for all who lift are below and what they lift is above, but he is above and what he lifts is below, and he lifts and supports all his universe; *dwelling for ever* - for his kingdom is eternal and has no end; *and holy is his name* - for he is holy, and his servants are holy, and every day they say to him, "*Holy, holy, holy*"(Is.6:3).

SY57 Twelve below and seven above on top of them, and three on top of seven. And from the three of them he founded his abode. And they all depend on one - a sign for the One who has none second to him, a King unique in his universe, for he is one and his name one.

SY58 Three fathers and their offspring, and seven dominant ones and their hosts, and the twelve diagonal lines. And a proof for the matter - trustworthy witnesses: the universe, the year and mankind. The universe - its counting is by ten; the year - its counting is by ten; mankind - its counting is by ten. And there are twenty-two objects in each one. In the universe there are three: fire, air and water; and seven planets and twelve constellations. In the year there are three: cold, heat and the temperate state; and the seven days of creation, and the twelve months. In mankind there are three: the head, the belly and the chest; and the seven exits, and the twelve principal organs.

SY59 There is a law of ten, three, seven and twelve. They are present in the Hook, the diurnal sphere, and the heart. The Hook in the universe is like a king on his throne; the diurnal sphere in the year is like a king in a province; the heart in mankind is like a king at war.

SY60 The sum of the matter: in some cases these are combined with those, and those with these; these are opposites of those, and those of these; these correspond to those, and those to these; and if these do not exist, neither do those. *So God has created every object, one opposite the other*(cf.Eccles.7:14): good opposite evil - evil from evil and good from good. Good is stored up for the good.

SY61 When Abraham our father came, and looked, and saw, and investigated, and understood, and carved, and combined, and hewed, and pondered, and succeeded, the Lord of all was revealed to him. And he made him sit in his bosom, and kissed him upon his head. He called him his friend and named him

his son, and made a covenant with him and his seed for ever. *And he trusted in the Lord, and he accounted it to him for righteousness* (Gen.15:6). And he invoked upon him the glory of the Lord, as it is written: *Before I formed you in the womb, I knew you, etc.*(Jer.1:5). He made with him a covenant between the ten toes of his feet - it is circumcision. He made with him a covenant between the ten fingers of his hands - it is language/the tongue. He bound twenty-two letters into his language/tongue, and the Holy One revealed to him the secret. He drew them out into water, he burned them into fire, he shook them into the air, he branded them into the seven, he led them into the twelve constellations.

SY62(1)Air, temperate state and chest; earth, cold and the belly; heaven, heat and the head. This is **Alef, Mem, Shin**.
 (2)Saturn, sabbath and the mouth; Jupiter, the first day of the week and the right eye; Mars, the second day of the week and the left eye; the Sun, the third day of the week and the right nostril; Venus, the fourth day of the week and the left nostril; Mercury, the fifth day of the week and the right ear; the Moon, the sixth day of the week and the left ear. This **Bet, Gimel, Dalet; Kaf, Pe, Resh, Taw**.
 (3)Aries, Nisan, the liver; Taurus, Iyyar, the gall; Gemini, Sivan, the spleen; Cancer, Tammuz, the gullet; Leo, Av, the right kidney; Virgo, Elul, the left kidney; Libra, Tishri, the intestines; Scorpio, Marheshvan, the stomach; Sagittarius, Kislev, the right hand; Capricorn, Tevet, the left hand; Aquarius, Shevat, the right foot; Pisces, Adar, the left foot. This is **He, Waw, Zayin, Het, Tet, Yod, Lamed, Nun, Samek, Ayin, Sade, Qof**.

SY63(1)Three are hostile. These are they: the tongue, the liver and the gall.
 (2)Three love: the eyes, the ears and the heart.
 (3)Three give life: the two nostrils and the liver of the left side.
 (4)Three kill: the two lower orifices and the mouth.
 (5)There are three which are in man's control: the hands, the feet, and the mouth.
 (6)There are three which are not in man's control: his eyes, his ears and his nostrils.
 (7)Three things are heard by the ear and they are evil: cursing, blasphemy and an evil report.
 (8)Three good things are heard by the ear: blessing, praise and a good report.
 (9)There are three evil sights: an adulterous leer, an evil eye and a deceptive look.
 (10)There are three good sights: modesty, a good eye, and a trustworthy look.
 (11)Three things are bad for the tongue: He who speaks evil in the presence of his fellow, he who slanders, and he who speaks one thing with the mouth but another with the heart.
 (12)Three things are good for the tongue: silence, reticence, and speaking the truth.

SY64 This is the book of the letters of Abraham our father which is called "The Laws of creation". There is no limit to the wisdom of all who look into it.

APPENDIX 2

THE STRUCTURE OF SEFER YETSIRA

Paragraphs 1-16

THE TEN SEFIROT

These are the ten sefirot belima: the Spirit of the Living God, and aether, water, fire, above, below, east, west, north and south. (Para. 16)

Paragraphs 17-22

THE 22 LETTERS OF THE HEBREW ALPHABET

These are divided into three groups:

1. Alef(א- '), Mem(מ- m), Shin(ש- sh); the three matrices.
2. Bet,Gimel,Dalet, Kaf,Pe,Resh,Taw; the seven double letters.
3. The twelve simple letters; the rest of the Hebrew alphabet.

Paragraphs 23-36

THE THREE MATRICES

	Alef Balancing	Mem Negative	Shin Positive
Primordial elements	aether(ruah)	water(mayim)	fire('esh)
Universe(עולמות)	air('awir)	earth	heaven
Time(שנה)	humidity	cold	heat
Mankind(גופא)	chest	belly	head
Moral realm	law	guilt	acquittal

Paragraphs 37-44

THE SEVEN DOUBLE LETTERS

	Bet	Gimel	Dalet	Kaf	Pe	Resh	Taw
Universe	Saturn	Jupiter	Mars	Sun	Venus	Mercury	Moon
Time	sabbath	1st day	2nd day	3rd day	4th day	5th day	6th day
Mankind	mouth	right	left	right	left	right	left
		eye	eye	nostril	nostril	ear	ear
Moral realm { pos.	life	peace	wisdom	wealth	prosperity	beauty	mastery
{ neg.	death	evil	folly	poverty	desolation	ugliness	slavery

Space: the seven double letters also represent the six dimensions of space (Sefirot 5-10) + the Holy Temple(=God) in the middle(para. 38)

Paragraphs 45-55

THE TWELVE SIMPLE LETTERS

Universe : the 12 signs of the zodiac
 Time : the 12 months of the year
 Mankind : 12 bodily actions (sight, hearing, smelling, etc.)
 12 bodily organs (hands, feet, kidneys, liver, etc.)
 Space : the 12 diagonal lines which radiate out to the six dimensions of space = the arms of the universe (Para. 47).

Three main statements are made:

1. The correspondence of the macrocosm and the microcosm (Paras. 58-9).
2. The law of the opposites (Para. 60).
3. The revelation to Abraham of the power of the Hebrew language (Para. 61).