



THE ANA B'CHOACH

Considered by the Kabbalists to be the most powerful and mystical prayer of all. This sequence of Hebrew letters embodies the force of creation and is also known as the 42-Letter Name of the Creator. When we pray and meditate on this prayer, we are connecting in a very powerful way to the original force of creation and drawing healing energy and protection into our lives.

The definition of the word "letter" in Hebrew means "energy" or "vibration". It was the energy of each individual Hebrew letter or vibration that brought the universe into being. The first letter, in a larger font, of each word is simply the 42 letters that make up the 42-Letter Name. All one needs to do is scan them (right to left) and energy is drawn through the eyes into the soul. Let your eyes contemplate the shapes of each letter at your own pace.

You may also say the Ana B'choach as a prayer. The translation of the words have been provided, but it is important to note that the words don't matter as much as the letters that begin them. By pronouncing the letters when saying the words, we are now externalizing the power of the 42-Letter Name through our voice. Singing is even more powerful as the Zohar states: "There are places in heaven that are only open to the voice of song." Each line in the Ana B'choach prayer corresponds to one of the S'firah that we operate from in this realm, there are six total which are known as Zeir Anpin; the seventh S'firah is Malchut, our physical realm. Each line also corresponds to a day of the week, line 1 being Sunday. Each day, we can pause at the appropriate line and meditate on it in order to gain control of that day. Remember that days are sunset to sunset in the Kabbalistic calendar, so for example on Thursday night after sunset you would meditate on Friday's line. The last verse brings all of the energy down from the spiritual realm to our physical world and should be said in a whisper.

אָנָא בְּכַח גְּדוּלַת יְמִינְךָ תִּתִּיר אֲרוּרָה.

CHESED

חסד

1

Ana b'choach g'dulat y'min'cha tatir tz'rurah.

Release all those in captivity, we beseech You, Almighty One whose power sets us free.

קַבֵּל רִנַּת עַמֶּךָ שִׁגְבִינוּ טַהֲרֵנוּ נוֹרָא.

GEVURAH

גבורה

2

Kabel rinat am'cha sag'venu taharenu nora.

Accept the singing of all Your people who praise and glorify You alone.

נָא גִבּוֹר דּוֹרְשֵׁי יְחִוּדְךָ כְּבַבְתָּ שֹׁמְרֵם.

TIFERET

תפארת

3

Na gibor dor'shei yichud'cha k'avavat shomrem.

Preserve those who seek Your unity, guard them like the pupil of the eye.

בְּרַכְּם טַהֲרֵם רַחֲמֵי אֲדִקְתֶּךָ תָּמִיד גּוֹמְלִים.

NETZACH

נצח

4

Bar'chem taharem rachamei tzidkat'cha tamid gomlem.

Bless and purify them and always grant them Your compassionate righteousness.

חֲסִין קָדוֹשׁ בְּרוּב טוּבְךָ נַהֵל אֲדַתְךָ.

HOD

הוד

5

Chasin kadosh b'rov tuv'cha nahel adatecha.

Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

יְחִיד גֵּיָאָה לְעַמֶּךָ פְּנֵה אוֹכְרֵי קְדוּשַׁתְךָ.

YESOD

יסוד

6

Yachid ge-eh l'am'cha p'neh zoch'rei k'dushatecha.

O Exalted One, turn to Your people who remember Your holiness.

שִׁוְעַתָּנוּ קַבֵּל וּשְׁמַע אֲעַקְתָּנוּ יוֹדַע תַּעֲלוּמוֹת.

MALCHUT

מלכות

7

Shavatenu kabel ushma tza-akatenu yode-a ta-alumot.

Turn to us and hear our prayers, You who know all hidden things.

This line is said in a whisper:

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד!

Baruch shem k'vod malchuto l'olam va-ed!

Blessed is Your glorious Name, Your Realm is for ever and ever!