

The Ana BeKho'ah

Ana Bekho'ah; The Name of 42 Letters. The initials of the words make one of the most ancient and most powerful meditations. We use it when we need to rise, ascend or escape from the limitations of the world of the physical illusions and the chaos that is attached to it. Seven sentences, each rules another plane in the upper worlds. Each of the seven planes rules one of the seven planets and the Zodiac signs it controls and one of the seven days of the week. We say the words in pairs since each sentence connects to the wings of one of the seven angels that this meditation is calling and each angel has three pairs of wings. Those wings carry us upwards.

Planet	Signs	
		Hesed טוה
		אָנָא בְּכוּז. גְּרָלַת יְמִינֶךָ. תַּתִּיר צְרוּרָה:
Saturn	♄ Capricorn ♑ Aquarius ♒	Ana Bekho'ah. Gedulat Yeminekha. Tatir Tserura גבורה גבורה Gevura
		קָבֵל רִנָּת. עֲמֹךְ עוֹבְבֵנוּ. טַהֲרֵנוּ נוֹרָא:
Jupiter	♃ Sagittarius ♏ Pisces ♓	Kabel Rinat. Amekha Sageveinu. Tahareinu Nora תפארת תפארת Tiferet
		נָא גִבּוֹר. דּוֹרְשֵׁי יוֹזְבֵדְךָ. כְּבֹבֵת עֲמֹרָם:
Mars	♂ Aries ♈ Scorpio ♏	Na Gibor. Doreshi Yihudekha. Kevavat Shomrem נצח נצח Netsah
		בְּרַכְּם טַהֲרֵם. רוֹזְבֵי צְדָקָתְךָ. תַּבְּנִיד גְּמֻלָּם:
Sun	♌ Leo ♍	Barekhem Taharem. Raḥamei Tsidkatekha. Tamid Gomlem הוד הוד Hod
		וְזָסִין קָדוּשֵׁי. בְּרַב טוֹבְךָ. נִהַל עֲרֹתְךָ:
Venus	♀ Taurus ♉ Libra ♎	Hasin Kadosh. Berov Tuvekha. Nahel Adatekha Yesod Yesod Yesod
		יּוֹזִיד גְּאֵה. לְעֵמֶךְ פְּנֵה. זֹכְרֵי קְדוּשָׁתְךָ:
Mercury	♁ Gemini ♊ Virgo ♍	Yahid Ge'eh, Le'amekha Fene. Zokherei Kedushatekha מלכות מלכות Malkhut
		עוֹדְעֵתְנוּ קָבֵל. וְשִׁמְעֵ צַעֲקוֹתֵנוּ. יוֹדֵעַ תַּעֲלָמוֹת:
Moon	☾ Cancer ♋	Shav'ateinu Kabel. Ushema Tsa'akateinu. Yode'a Ta'alumot

(Silently) בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד:
Barukh Shem Kevod Malkhuto Le'olam Va'ed