תפילה רבי מנחמא בן חכמנ

An English translation of the above prayer of Rabbi Nachman is extremely holy, please treat with utmost respect.
The 42 letters in blue are to be scanned with one's eyes not to be read verbally.

If printed Hebrew text is not legible, please provide a clear picture of the page.
Please with the strength and greatness of thy right arm - Untangle (our knotted fate).

Accept the chanting of your nation, lift us high and purify us Awesome One.

Please heroic one, those who seek your unity - guard them as the pupil of an eye.

Bless them, purify them, may your righteous mercy always redeem (reward) them.

Impenetrable and Holy One, with your abundant goodness guide your people.

Unique and proud to your people, turn to them who remembers your holiness.

Accept our pleas and hear our cries, Knower of Secrets.

The Ana BeKoach prayer was written in the first century by a great kabalistic Rabbi - Rabbbi Nehunia Ben Hakannah, zs'kl. The mystical prayer was written according to the seventy names of HaShem and is composed of seven lines, with six words in each line. The first letter of every word is taken, creating the 42-letter name corresponding to one of the Holy Names of HaShem. The initial letters of each word also refer to this Holy Name.

The combination of Ana BeKoach is hidden in the first 42 letters of the book of Genesis (from the first word Bereshit to the word Vavohoo). The letters are translated using a secret kabalistic calculation. The Kabbalists consider the prayer Ana BeKoa'ach to be the most mystical and powerful of all and has the power to overpower Klipat Ishmael.

Sunday: צְרוּרָה תַּתִּיר יְמִינֶךָ גְּדֻלַּת בְּכֹחַ אָנָּא Please, with the might of Your right, untie the bundle

Chesed - Arch Angel Michael, The Seed:
The most powerful line of the prayer, to be concentrated upon in time of extreme stress or danger; The power to provide sustenance in time of need. Accessing the power of redemption. To Love Unconditionally. The negative influence of physical matter is removed from our lives. Bringing the Tree of Life reality in this realm. Yesterday's lessons are remembered.

Monday: נוֹרָא טַהֲרֵנוּ שַׂגְּבֵנוּ עַמֶּךָ רִנַּת קַבֵּל Accept Your people's prayer song, heighten, purify us, Mighty one

Gevurah - Arch Angel Gabriel, The Facilitator:
The power to move events and control negative external forces. The gates to the Satan are closed. Limiting and limited thoughts are all forgotten. Ability to destroy all negative influences at the seed level in order to prevent bad things from ever happening. Our reactive nature is overcome. Miracles and wonders arise out of chaos.
Tuesday: נא樟ור דוlish יחותך Gabriэl שמשים

Please hero, Your uniqueness worshippers, guard them closely

Tiferet - Arch Angel Uriel, The Restriction:
The ability to make the right decision, with the proper balance and compassion. Connections is made, both physical and spiritual, to all forms of sustenance. Our body is rejuvenated. Death is removed from all aspects of life, which includes our body, relationships, and business. Getting the support to avoid "evil speech" from our vocabulary.

Wednesday: כרכם שחרום קוחם צדקותך חמי פלאם

Bless them, purify them, Your rightfulness mercies, always reward

Netzach
The endurance necessary to follow through and prove victorious. Perseverance in our spiritual work.

Thursday: תם קדוש ברוח שמים גלה עתמים

Immune, proud, with Your good will, manage Your people

Hod
Deep insight, almost clairvoyance. the "big picture" is clearly visible. To enable the possibility of connecting to the Light to bring more Light into the world and ourselves.

Friday: בור קדוש עדתך חסין נחל טובך ב

Single, proud, address Your people, who remember Your holiness

Yesod
The ability to find peace and inner quiet. Expanding our vessel and desire to share and enlighten others. Spirituality in the world is increased.

Shabbat:✅השנה קבלה עם צוקתי עתמים✅ושמע קבלת שעהנו

Accept our plead, and hear our cry, He who knows mysteries

Malkhut - Arch Angel Raphael, The Manifestation:
Renewal, to start over. The power of renewal and restoration is obtained.

The last line of the Ana BeKoach prayer, בורッך שך כבוד מלכות עולם וו, provides "grounding" to make the Holy Name manifest in our world of Malkhut and is only to be whispered. Connect the prayer by bringing it from the metaphysical realm to the physicality of your prayer. The Light from the Upper Worlds is brought in our physical existence.

http://dreamingofmoshiach.blogspot.com/2008/08/ana-bekoach.html
What is the significance of this prayer?

First let me mention that the easiest place for most of us to find the “Ana Bekoah” is in the Service for Greeting the Shabbat, right before Lecha Dodi.

Here’s the scoop on the “Ana Bekoach” prayer. The significant part of the prayer is not the words themselves, but rather the first letter of each word. These letters taken together comprise the 42 letter name of Hashem, also known as the Holy Name of Creation. This is the easiest way to explain its presence at the beginning of the Shabbat Liturgy. Shabbat commemorates the event of creation, and the 42 letter name of Hashem related to his creativity. The reason for making this name into a prayer is that we do not actually pronounce kabbalistic names, although they are used for visualization. Making the name into a prayer lets you actually say the name, howbeit in a rather indirect way. So when you say the prayer you want to visualize the first letter of each word. Also, the 42 letter name is divided into seven lines, each with six letters. The number 6 signified the number of directions present in the world: North, South, East, West, up and down. These directions are present on each of the seven days of the week. Hence the most obvious link between this name and the Creation.

Where does this name come from? It is permutated out of the first 42 letters of the creation story. If you take the creation story at the beginning of Bereshit and begin counting letters you will find that the 42nd letter is “Bet.” Count 42 letters a second time and you will find “Heh.” Do it again and you will find “Resh.” Yet again and you will find the letter “Dalet”. Now “Bet, Heh, Resh and Dalet” might not sound like much, but they have an unexpected significance to those who are familiar with the Hebrew calendar. According to the Halacha time is measured in Days, Hours and Units. A day has 24 hours, and an hour contains 1080 units. Now the Hebrew calendar starts from a primordial point in time, which is called “The new moon of the Void.” You see, the emergence of Humanity on the sixth day of creation coincides with Rosh Hashana, which is the first day (actually the New Moon day) of the month Tishrei and the beginning of the year. That means that the moon, which emerged two days earlier (on the fourth day) was not created in a “New” mode. It emerged as an “old” receding moon soon to disappear and emerge “new” again on Rosh Hashana. So although the moon was created on day four, it already had a story. The moon had a sense of history without actually being. This time of not-being-yet is called the “void time,” as is understood to extend back one year to a previous Rosh Hashana of the Void. That is the moment that, had the moon existed, it would have been born as a new-moon. This new moon of the void is actually the absolute beginning of time, which precedes the emergence of being. Like any new moon its moment can be calculated. It took place on the second day of the week, (Bet in gematria) fifth hour, (Heh in gematria) at 204 units (Resh Dalet in gematria). Thus when you notice that the letters Bet, Heh, Resh and Dalet occur at the beginning of the Creation story separated by 42 letters (Where 42 is 7days of the creation times the 6 directions that exist in the world) this takes on some significance.

The 42 letter name (also called the name MaB, i.e. MEM BET in Hebrew, the gematria of 42) is understood as the name of Hashem that becomes manifested at the new moon of the void, that of the creation. It signifies the deep harmony that extends throughout dimensions of time. Each form of being has its own kind of time. A higher level of time deals with a more generalized sense of being, while an individual inhabits a more limited sense of time. Specific events take place in yet a more constricted sense of time, while molecular or atomic events take place in a kind of time that it more focused still. As we live in the world, we are able to bring together all these forms of time, linking the atomic to the cosmic. In the post creation world of being this appears to be a human activity, but on a deeper level this unity of temporal dimensions was established by Hashem through the “event” of the new-moon of the void. This event extends through the different levels of time: days, hours, units of ten and units of one, linking them all to a single focused point. The 42 letters that separate the letters Bet, Heh, Resh, and Dalet signify the movement of Hashem’s unifying light flowing through the more abstract levels of time and down
to the most specific. Similarly our use of this name involves taking the more specific and
temporally limited aspects of our being, and lifting them up to the realm of the eternal. To put it
more simply: we use the name MaB to rise up from the material world to the worlds of spirit, or to
rise from one spiritual world to the next.

The Sages of the Kabbalah do this every night before going to sleep. At the close of our day we
want the things that we have done on that day to rise up along with our souls to the higher worlds.
Otherwise the soul falls to the level of illusion and unconsciousness. First you should consider
your day. Do tshuvah for whatever shortcomings may have happened. Strengthen your
commitment to doing Hashem’s will. Now you are ready for the meditation. First say the entire
prayer. Relate the six lines of the name to all the days of the week. The days seem separate to us
because of the phases of sleep and unconsciousness that we necessarily experience. However,
we recognize that from the perspective of the higher world, these phases are flashes of a single
reality, much as many lives can be seen as a single life continually re-incarnated. So we can’t just
make today rise up without binding our awareness of today with our memories of yesterday and
our anticipation of the future.

Next call your attention back to the line of the prayer that corresponds to the day of the week.
Let’s say it’s the evening of the first day after Shabbat. That corresponds to the first line “Ana
bekoah gedulat yemincha tatir tzerurah” Now contemplate the first six letters of these words (in
Hebrew, of course) Think of them as your wings. Angels are describes in scripture as having 6
wings. With two wings the angel covers its face, with two it flies, and with two it covers its feet.
These wings are simply the letters of the name MaB. With the first two letters you will blank
out your perceptions. (Covering your face) The next two letters will blank out your attachment to
this world (covering your feet) The last two will become your soul's perception of the unity of all
dimensions and will lift you to higher awareness (with two you fly). Always remember that it is the
name MaB that lifts you from one world to the next.

Now, you may notice that the name MaB is not actually the same as the first 42 letters of the
creation story. The letters of the creation story are put through a complicated series of
permutations to produce the name MaB. Why should it be permuted in this way and not another
is a question that no one has an answer to. That’s why they call it Kabbalah (receiving.) This is
the tradition that we have received and that’s all we know. The meditation that I’ve presented
here is safe, just as long as you keep your mind focused on the proper goals. You want your soul
to rise up so you can be close to Hashem. You want your life to move from being fragments on
the level of materiality to being a unity that reflects the presence of Hashem. The world of Assiya
is a world of actuality. Let yourself feel it. Yeizirah is a world of emotion and energy. Let yourself
experience awe and love of Hashem. Let yourself tremble with fear and ecstasy. Briya is a world
of thought. Let yourself experience the struggle of ideas to grasp the being of Hashem, and
realize that there is no grasping the infinite One. But you, as a child of Hashem, will rise beyond
the realm of thought and idea to Atzilut where you and the infinite One can be one in a way that is
the fulfillment of all rationality, but not itself rational...where all is Hashem and Hashem is all, and
even the mundane facts of your life, if lived for the sake of heaven, shine like gems of
incomparable worth.

I Hope you have found this helpful.

Shabbat Shalom!

Nathan

RABBINATHAN@groups.msn.com
The 72 names of God

Do written letters have the power to change our fate by simple observation? There are those who say yes. Everything is done using a table of 72 names – a magical encryption that was given to Moshe Rabbeinu and also has the power to influence our lives.

The 72 names

Every one of us has the power to change his destiny. One of the ways that can help is to study the table of 72 names.

What are the 72 names

They are the 72 names from the Kabbalah that serve as very powerful spiritual tools for healing, protection, marriage, abundance, positive change and overcoming life’s difficulties. Mystical channels that were intended to rule the soul’s consciousness over materialism and enable the development of personal awareness in order to include consciousness of the Creator’s influence over a wide-ranging series of life’s facets.

The 72 names are actually 72 groups of three letters each, to which the Kabbalah ascribes segulot for the solution of all sorts of problems. These groups represent the connection between the spiritual and material worlds.

Three verses tell the story of the parting of the Red Sea: Exodus 14 Verses 19-21, each of the contains 72 letters:

The verses are written down one above the other, the first from right to left, the second from left to right and the third from right to left, and the names are derived by reading them vertically.

Seventy-two names of the Creator are not simply "names". They are groupings that provide us with the machinery to connect to the endless spiritual flow that accompanies our reality. The Creator gave this prepared technology to Moses so that he could share it with everyone, so that all of mankind would be able to release the G-dly strengths inside them and achieve control over the material world.

We are told that Moses parted the Red Sea in two – meaning that he used the strength of the 72 names in order to turn it into reality. The people were asked to participate – they were required to believe in perfect faith and without any kind of hesitation in his ability to part the sea. When Nachshon jumped into the water without hesitation, the waters parted and the Children of Israel passed through it like a sword.

Meaning: We have the power within ourselves to activate the 72 names so that the influence our lives: The various groupings help us eradicate various maladies – physical and mental, be they sicknesses or health problems or infertility, and those mental disturbances such as pressure, depression, anger and so forth. Each of the groupings connects us to a source of strength using which we obtain the ability to control every sphere of our lives and change them for the better, changing difficulty to challenge, and getting the best we can out of our existence.

For example:
The grouping of the letters 'mem', 'hey', 'shin' is a segula according to the Kabbalah, for cure and health.

The grouping of the letters 'chaf', 'lamed', 'yud' is a segula for fertility, according to Kabbalah. It does wonders for those finding it hard to become pregnant.

The grouping of the letters 'alef', 'lamed', daled', is, according to Kabbalah, a segula, for strong defense against the evil eye and negative forces.

The grouping of the letters 'hey', 'hey', 'ayin', is a segula, according to the Kabbalah, for love for ourselves and those we love.

The grouping of the letters 'samech', 'alef', 'lamed', is a segula, according to the Kabbalah, for abundance, power to influence, and improvement of financial status.

The grouping of the letters 'shin', 'alef', 'hey', is a segula, according to the Kabbalah, for enchanting marriage and for finding a suitable partner.

These groupings can help anyone to reach a physical or spiritual peace. They connect us to the source of power that helps us to cope with everyday pressures.

Another grouping of letters that have the power to influence our lives. The 42 groupings found in the prayer "Ana Beko'ach"