

תפילת רבי נחוניא בן הקנה

אָנָא **בְּכוֹז** **גְּדוּלַת** **יְמִינְךָ** **יְהִי** **צְרוּרָה**. **אב"ג ית"ץ**
קָבֵל **רִינַת** **עֲמֶךָ** **שׁוֹגְבֵנו** **טַהַרְנוּ** **זוֹרָא**. **קר"ע שט"ן**
נָא **גִּבּוֹר** **דּוֹרְשֵׁי** **יְחוּדְךָ** **כְּבַבְתָּ** **שׁוֹמְרֵם**. **נג"ד יכ"ש**
בְּרַכְסֵם **טַהַרְסֵם** **רְחוּמֵם** **צְדָקָתְךָ** **וְתַמִּיד** **גְּמִלְסֵם**. **בט"ר צת"ג**
וְאִסִּין **קָדוֹשׁ** **בְּרוּב** **טוֹבְךָ** **נָהַל** **עֲדָתְךָ**. **זק"ב טז"ע**
יְחִיד **גְּאֵה** **לְעַמְּךָ** **פְּנֵה** **זוֹכְרֵי** **קְדוּשַׁתְךָ**. **יג"ל פז"ק**
שׁוֹמְרֵי **קְדוּשַׁתְךָ** **וְשׁוֹמְרֵי** **צְדָקָתְךָ** **יֹדְעֵי** **תַּעֲלָמוֹת**. **שק"ו צי"ת**
בְּרוּךְ **שֵׁם** **כְּבוֹד** **מַלְכוּתוֹ** **לְעוֹלָם** **וָעַד**.

The above prayer of Rabbi Nechunia Ben Hakaneh is extremely holy, please treat with utmost respect.
The 42 letters in blue are to be scanned with ones eyes not to be read verbally.

אבג יתצקרע שטנגגגדיכ שבט רצת זוזקבטזע יגכפזק שקו צית

ANA BEKO'ACH ←

אָנָא	בְּכוֹז	גְּדוּלַת	יְמִינְךָ	יְהִי	צְרוּרָה
TZERURAH	TATZR	YEMINECHAH	GEDULAT	BEKO'ACH	ANA
קָבֵל	רִינַת	עֲמֶךָ	שׁוֹגְבֵנו	טַהַרְנוּ	זוֹרָא
NORAH	TAHARENU	SAGVENU	AMECHAH	RINAT	KABEL
נָא	גִּבּוֹר	דּוֹרְשֵׁי	יְחוּדְךָ	כְּבַבְתָּ	שׁוֹמְרֵם
SHOMREM	KEVAVAT	YECHUDECHA	DORSHEI	GIBOR	NA
בְּרַכְסֵם	טַהַרְסֵם	רְחוּמֵם	צְדָקָתְךָ	וְתַמִּיד	גְּמִלְסֵם
GOMLEM	TAMID	TZIDKATEKHAH	RACHAMEI	TAHAREM	BARCHEM
וְאִסִּין	קָדוֹשׁ	בְּרוּב	טוֹבְךָ	נָהַל	עֲדָתְךָ
ADATECHA	NAHEL	TUVCHA	BEROV	KADOSH	CHASIN
יְחִיד	גְּאֵה	לְעַמְּךָ	פְּנֵה	זוֹכְרֵי	קְדוּשַׁתְךָ
KEDUSHATECHA	ZOCHREI	P'NEH	LE'AMCHA	GE'EH	YACHID
שׁוֹמְרֵי	קְדוּשַׁתְךָ	וְשׁוֹמְרֵי	צְדָקָתְךָ	יֹדְעֵי	תַּעֲלָמוֹת
TA'ALUMOT	YODE'A	TZA'AKATENU	USHMA	KABEL	SHAVATENU

ברוך שם כבוד מלכותו לעולם ועד
 VAED LE'OLAM MALCHUTOH KEVOD SHEM BARUCH

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 - Rabbi 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 ואת הארץ ואת השמים, ברא אלהים, ואת הארץ, היתה תהו ובהו (והארץ, היתה תהו ובהו). 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: אָנָּא בְּכֹחַ גְּדֻלַּת יְמִינְךָ תְּתִיר צְרוּרָה

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: קַבֵּל רִנַּת עַמְּךָ שֶׁגִּבְנוּ טְהַרְנוּ נוֹרָא

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: נָא גְבוּר דּוֹרְשֵׁי יַחֲדָךְ כְּבַבְתָּ שְׁמָרֵם

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: בְּרַכְּם טְהַרְּם רַחֲמֵי צְדָקָתְךָ תְּמִיד גְּמֹלֵם

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

Netzach

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

Thursday: חֲסִין קְדוֹשׁ בְּרוּב טוֹבְךָ נִהַל עַדְתְּךָ

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: יְחִיד גְּאֵה לְעַמְּךָ פְּנֵה זוֹכְרֵי קְדוּשָׁתְךָ

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: שְׁוֹעֲתֵנו קַבֵּל וּשְׁמַע צְעָקָתֵנוּ יוֹדֵעַ תַּעֲלוּמוֹת

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, בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֵד, 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 Bekoach” 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 permuted 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 is 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 described 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. Yezirah 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

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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:

"יט ויסע מלאך האל הים, ה' לך לפני מחנה ישראל, וילך, מאחריהם; ויסע עמוד הענן, מפניהם, ויעמד, מאחריהם. כ ויב' א' בין מחנה מצרים, ובין מחנה ישראל, ויהי הענן והח' אשך, ויאר את-הלילה; ו'ל' א' קרב זה אל-זה, כל-הלילה. כא ויש' מ' אש את-נדו, על-הים, ויולך; והנה את-הים ברוח קדים עזה כל-הלילה, וישם את-הים לתרבה; ויבקעו, המים."

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"

<http://www.site4luck.com/english/Article.aspx?Item=126>