

KABBALAH HEBREW NECKLACE

HEI | H



Pronunciation: Hay
Numerical value: 5
Primary meaning: Window
Secondary meanings: Revelation, broken, to behold
Essence: Speech
Spatial continuum: Aries, the ram
Time continuum: The month of Nissan
Soul continuum: Right foot
Sephirot: Pathway between Crown (Keter) and Wisdom (Chochmah)
Verse from Torah: The spirit of God hovered over the surface of the water.
Grammatical usage: 'the' as a prefix; feminine possessive as a suffix.
Form: a Dalet and a Yud.
Sefer Yetzira (Book of Creation)

The numerical value of Hay is 5, representing the five parts of the soul and the 5 parts of the mouth used to speak. The time continuum of Hay is the month of Nissan which is the month of Pesach. Pesach can be divided into two words: Peh and Sach, meaning the mouth speaks. The festival emphasizes the telling of our redemption from Egyptian slavery. This is the freedom of speech that is signified by the letter Hay. Rebbe Nachman of Breslev taught that the letter Hay engraved on silver is an amulet (segulah) to be fruitful and multiply. Also, the letter Hay is often worn by pregnant women to aid in childbirth.



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The 22 Hebrew letters that form the Alef-Bet are the instruments of creation, as it is taught in the Kabbalistic text, the Zohar, "God looked into His Torah and began to create the world," using the letters of His Torah as the blueprint of creation. The Alef-Bet is also known as Lashon HaKodesh (The Holy Tongue or Language). The Hebrew language is unlike any other in that every aspect of the letter holds a particular importance. The letters are also called paths of Wisdom because through these letters, every person can develop his or her own way of understanding. This can be better understood through the teaching of the 32 Paths of Wisdom. One develops their own path through an understanding based on meditation of the letters. Within Jewish and Kabbalistic Meditation History, there is continuously proposed the tremendous significance in contemplation of the Hebrew letters. There are many ways of meditating on the letters. Generally, one begins by meditating on a simple detail, such as the shape or pronunciation of a letter. The letter chosen is one that relates essentially to the person, such as the first letter of his or her name (since the first letter is the primary power of each name) or a letter that relates to a key attribute of the person.

				
Alef Silent	Beit B/V	Gimel G	Dalet D	Hei H
				
Vav V/O/U	Zayin Z	Cheit Ch	Teit T	Yud Y
				
Kaf K/Kh	Lamed L	Mem M	Nun N	Samekh S
				
Ayin Silent	Pei P/F	Tzadek Tz	Qof Q	Reish R
				
Shin Sh/S	Tav T/S			



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