

## AHAVA

The Kabbalah explains how the *Shem Havaya* יה-ו-ה-י , the holiest of G-d's names, describes our spiritual reality and aspects of consciousness at the root of all creation. These 4 letters are associated with 4 aspects of our inner consciousness, which in greater detail expand to 10 aspects of consciousness called *Sefirot*.

The 10 *Sefirot*, also called the Tree of Life, are 10 aspects of our inner self, which describe the connection between our spiritual and physical reality.

One way of experiencing The Tree of Life is as 10 levels of love. The lowest level representing a love only for oneself, and every level going up representing deeper and deeper experiences of love for all creation.

The Tree of Life is divided into 3 columns. The right side is associated with giving. The left side is associated with receiving. The center column is associated with harmony and oneness.

Each of the 10 *Sefirot* contains within itself all 10 of the *Sefirot*.

Each *Sefira* has associations with various colors and sounds. The *Sefirot* do not have physical properties such as color or sound, but rather represent the spiritual roots of physical emanations. The *Sefirot*, as well as their associated colors and sounds, are used in Kabbalistic meditations.

Each of the Hebrew vowel sound notations represent specific states of spiritual consciousness. In this painting, the word אהבה AHAVA LOVE is written with each *Sefira*, with the vowel sound notation which corresponds with the *Sefira*.

The *Shem Havaya* יה-ו-ה-י is reflected in the 4 Hebrew letters of the word אהבה AHAVA LOVE. The letter א is the number 1 and is interchangeable with the letter י which represents a single point. The letter ו is interchangeable with the letter ו as they make a similar sound.

The Kabbalah discusses in great detail the inner workings of these 10 aspects of consciousness and the way in which they describe the interfacing of our spiritual and physical reality. The inner mappings of the 10 *Sefirot* describe how the infinite unconditional love at the root of all creation becomes manifest in our present experience. The 10 *Sefirot* also describe our spiritual work towards experiencing our Divine source in the realization of unconditional love and oneness.

The 10 *Sefirot* and one of many ways of translating their meaning and associated state of consciousness is:

<i>Keter</i>	Purpose of Creation / Infinite Goodness
<i>Chochma</i>	Experience of Oneness
<i>Bina</i>	State of Unconditional Love
<i>Chesed</i>	Loving Kindness
<i>Gevurah</i>	Humility
<i>Tiferet</i>	Harmony
<i>Netzach</i>	Eternity
<i>Hod</i>	Thankfulness
<i>Yesod</i>	Unity
<i>Malchut</i>	Central Point in the Heart

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