

## ANA-BEKOACH

The prayer *Ana-Bekoach* was written about 2000 years ago by the Holy Master Kabbalist Rabbi Nechunia ben Hakanah z"l and has profound mystical significance.

The prayer *Ana-Bekoach* contains 42 words, the 1st letters of which form the 42 letter Name of G-D. The Holy Divine Name of 42 letters is discussed extensively in the Kabbalah, and is described in great detail in the Zohar and the writings of the Ari z"l.

These 42 letters are associated with 42 stages in the process of our spiritual development. These stages are the secret of the 42 places mentioned in the Torah where the Nation of Israel camps during the 40 years in the Sinai Desert before entering the Land of Israel. There are 42 words in the 1st paragraph of the *Shema*, as well as 42 lines in each column of the Torah scroll paralleling this process.

The prayer is divided into 7 verses of 6 words each. Each of these verses corresponds to a particular *Sefira* of consciousness discussed in the Kabbalah. The 7 *Sefirot* which correspond to these 7 verses and one of many ways of translating their meaning and associated state of consciousness is:

<i>Chesed</i>	Loving Kindness [ 1st verse of Ana-Bekoach ]
<i>Gevurah</i>	Humility [ 2nd verse ]
<i>Tiferet</i>	Harmony [ 3rd verse ]
<i>Netzach</i>	Eternity [ 4th verse ]
<i>Hod</i>	Thankfulness [ 5th verse ]
<i>Yesod</i>	Unity [ 6th verse ]
<i>Malchut</i>	Central Point in the Heart [ 7th verse ]

Each verse of *Ana-Bekoach* contains 6 letters of the 42 letter Name, which each subdivide into 3 grouping of 2 letter Holy Names. These Holy Names correspond to the 2 wings with which particular angels cover their faces, 2 wings with which the angels cover their legs, and 2 wings with which the angels fly. Angels are discussed in the Kabbalah as representing particular aspects of our inner spiritual consciousness. The wings of the angels are associated with Awe and Love.

The prayer is painted in a circle reflecting the holiness of the circle dance. When dancing around in a circle, each person dances in the place of every other person, representing the realization of our oneness.

The 42 letter name is used extensively in Kabbalistic meditations and spiritual unifications. The prayer *Ana-Bekoach* is included in the daily order of prayers and is found in the *Siddur* (prayer book).

One possible translation of the prayer is:

*Please answer us with the great power of Your loving kindness! Free us from our bounds!*

*Accept the songful prayer of Your people! Raise us up! Purify us in Your awesomeness!*

*Please! Great One! Protect those who seek Your Oneness as the pupil of Your eye!*

*Bless us! Purify us! Your merciful righteousness is always bestowing!*

*All-Powerful Holy One! Guide Your community in Your abundant goodness!*

*One and Only! Exalted One! Enlighten Your people! We yearn for Your holiness!*

*Accept our prayer! Hear our cry! - Knower of all the secrets!*

*[Blessed is the name of G-d's glorious majesty forever and ever in oneness]*

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