

SARAH MEDITATION SQUARE

Each row in this square adds up to the name Sarah.

The numerical equivalent of שרה Sarah is 505. The ten horizontal rows, ten vertical rows and two diagonal rows each add up to 505.

This square is used in a very advanced meditation discussed by Kabbalist Rabbi Yosef Tzayach about 500 years ago.

A horizontal row is called a house. A number is called a room. In meditation, a person inwardly travels from room to room and house to house. Each room contains millions of colored lights and millions of miles of space. Rabbi Tzayach writes that the reason for the numbers in each room are among the deepest mysteries.

The Tree of Life is the divine map of spiritual consciousness discussed in Kabbalah. As we spiritually develop to deeper levels of giving and love, we ascend to higher levels of divine awareness. The Tree of Life contains ten aspects of our inner self and levels of divine experience called *Sefirot*.

The 10 *Sefirot* and one of many ways of describing them:

<i>Keter</i>	Divine Source
<i>Chochma</i>	Oneness
<i>Bina</i>	Unconditional Love
<i>Chesed</i>	Loving Kindness
<i>Gevurah</i>	Humility
<i>Tiferet</i>	Balance
<i>Netzach</i>	Eternity
<i>Hod</i>	Thankfulness
<i>Yesod</i>	Unity
<i>Malchut</i>	Central Point in the Heart

Each of the *Sefirot* contains all of the *Sefirot*.

The Sarah meditation square is ten by ten. This corresponds to the ten *Sefirot* within the ten *Sefirot*.

The *Sefirot* are connected by 22 channels of spiritual energy corresponding to the 22 letters of the Hebrew alphabet. 22 rows in this square add up to Sarah.

Sarah is a holy divine name corresponding to an exalted state of unconditional love and divine union.

The Sarah square can be used to meditate on the inner spiritual aspect that Sarah represents — the unconditional love and divine joyfulness always shining in the deepest place in our hearts.

The Sarah meditation square is discussed in Rabbi Aryeh Kaplan's *Meditation and Kabbalah*.