



Meditation Instruction

Yichud & Shem Kadosh to Assist One in Losing Weight

By Rabbi Ariel Bar Tzadok.

Copyright © 2006 by Ariel Bar Tzadok. All rights reserved.

Introduction

Our Sages teach us that everything is to be found within the Torah. Our only problem is that we do not know what to look for or where to look for it. Our Sages also teach us that the entire Torah is the Name of HaShem. The holy Mekubalim have always understood the meaning of this. Using techniques passed down to them from the Biblical prophets, received by them from Moshe Rabbeynu himself, our holy Mekubalim have learned to extract from our holy Torah certain aspects of Divine power revealed as they are in the intertwining and combinations of letters from the Torah. These letter combinations are what we refer to as Shemot Kodashim, holy names of G-d.

It is important to state from the beginning Shemot Kodashim are not magic. There is no such thing as magic; there are only various levels of technology presently not understood by modern science. One of these sorely underdeveloped areas is the innate powers of the human mind. In brief, according to the Sefer Yetzirah, the power of the human mind, when focused properly through specific combinations of letters of Torah can actually manifest the ability to influence and sometimes out rightly change physical reality in time and space. The underlying spiritual technology of this mind power focused by Torah is the source of the miracles often found in the TaNaKh, Talmud and other later Torah literature.

Certain combinations of letters reveal certain potential powers. Others reveal different powers. Each depends upon what can be discovered latent within them. When we look at a combination of letters, such as the capital letters (Reshei Tevot) of a verse or its end letters (Sofei Tevot), we find specific letter combinations that we can examine and learn their secret innate powers. When these letter combinations or Shemot Kodashim are contemplated in meditative fashion, they unlock channels in both the mind and the organic brain that empower one to embody the meaning and intent of that specific Name.

It is important to note that the power latent within a Name can only be discovered once one has examined the letter combinations and exposed their inner meaning. This is done by looking at the letters as numbers, through the various forms of gematria and then finding equal and equivalent numerical values with other holy Names, angelic names, or similar types of concepts. Then when one meditates upon the sounds of the letters or Shemot, one at the same time

KosherTorah School

for Biblical, Judaic & Spiritual Studies
1710 MacArthur Road, Suite 339
Whitehall, PA. 18052 USA
www.koshertorah.com
email: arieltzadok@gmail.com
Ariel Bar Tzadok, Director, Rabbi



contemplates their significance and this combination of contemplations is what opens the inner doors.

This system is tried and true. It has been around forever. Yet, one must operate it correctly in order for it to work properly. If one's mind is full of the distractions of modern day living most Names will not be able to properly ground themselves into one's consciousness. Therefore, living a life of holiness in scrupulous observance of all of the Torah's mitzvot is obviously a prerequisite for this system to operate.

Let this then serve as a motivation to encourage you, my readers, to multiply your efforts in making Teshuva and binding with HaShem, to bind and embrace Torah and Halakha in all its details; to devote time daily to the study of Torah, Talmud, Halakah and Kabbalah.

When all is in balance within you and your body and mind are Kadosh, only then will you be able to tap into the inner Kedusha and manifest it here on earth. When you accomplish this, then you will have become a vehicle for HaShem to manifest His Shekhina. Such a vehicle is called the Merkava. As such, these teachings are the true form of what has become known as Ma'aseh Merkava.

With this introduction, allow me now to introduce you to one pasuk and how it can be used to assist one in losing weight and controlling one's urges to over-eat. Proverbs 13:25 states:

צְדִיקָא אֵכֵל לְשִׁבְעָה נַפְשׁוֹ

The righteous eat to satisfy his soul.

The meaning of this verse is that one who is truly righteous is one who recognizes the need to eat in a healthy and responsible manner. This is defined by one refraining from all unnecessary and unhealthy foods. One eats what one needs to and no more.

צִאֲהֵלָה

Tza-Ohl-Na

The Reshei Tevot of the verse numerically equal the value of the holy angelic name Paniel, mentioned in the verse (Gen. 32:31), "and Ya'akov called the name of the place Paniel (Face of G-d) for I saw G-d face to face and my soul was saved."

**וַיִּקְרָא יַעֲקֹב שֵׁם הַמָּקוֹם פְּנֵי אֵל
כִּי־רָאִיתִי אֱלֹהִים פְּנִים אֶל־פְּנִים וַהֲנַצִּיל נַפְשִׁי:**

KosherTorah School

for Biblical, Judaic & Spiritual Studies

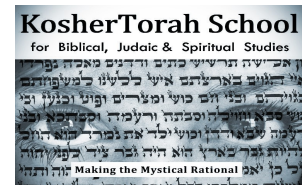
1710 MacArthur Road, Suite 339

Whitehall, PA. 18052 USA

www.koshertorah.com

email: arieltzadok@gmail.com

Ariel Bar Tzadok, Director, Rabbi



One who contemplates this holy Name of the Reshei Tevot and the angelic name corresponding to it can vitalize the same power of focus, will and perseverance as did Ya'akov when he fought the angel. Such a one can actualize the Presence of HaShem to protect one and give one great inner strength.

יְיָ אֱלֹהֵינוּ - כִּסֵּה בַמֶּלֶךְ

This Name also is numerically equal to the value of the words, "Kiseh Melekh" (king's throne), for the one who embraces this Name and unleashes the power of stamina contained within it reveals the presence of G-d in one's life and one becomes as if a throne to the Divine presence. This is another subtle reference to the Merkava.

קוֹלָאָהּ

Ko-La-Ah-Vah

The Sofei Tevot of this pasuk (with the base vowels called the Pituhei Hotam) reveals to us even greater secrets of the latent power of this pasuk. The holy Name that comes forth from the Sofei Tevot numerically equal 206. This is the numerical value of Sod Kol, "the secret voice." It is also the numerical value of the phrase, "Sod AB SAG", the secret of the two spellings of Havaya that signify the unity between the spiritual realm of the unconscious mind (AB-Hokhma) and the intellectual realm of the conscious mind (SAG-Binah).

סוֹד קוֹל

סוֹד יוֹד הִי וְיוֹ הִי - יוֹד הִי וְאוֹ הִי

סוֹד יְהוּה אֲדָנִי אָדָם

These Sofei Tevot reverberate the power of the secret unification of the latent potential of the mind with its conscious manifestations. This unification is the secret of all emotional empowerment.

As is known from psychology, all human consciousness is directed from within the unconscious. Everything rises to the surface of our minds from deep within us. This area deep within us is the Neshama soul, the higher self. We access spiritual knowledge and intuitive knowing through the balance and subservience of intellect to intuition. In other words, our rational minds and our spiritual psychic/intuitive minds must operate in perfect union and harmony for us to realize many different things, one of which is the inner strength to accomplish any deed.

KosherTorah School

for Biblical, Judaic & Spiritual Studies

1710 MacArthur Road, Suite 339

Whitehall, PA. 18052 USA

www.koshertorah.com

email: arieltzadok@gmail.com

Ariel Bar Tzadok, Director, Rabbi



This then is the secret of dieting. Resolve to change one's lifestyle is hard to acquire and even harder to act upon and maintain. Yet, it can be done. When one contemplates these Sofei Tevot, one can remind oneself of one's inherent inner strength and by doing so overcome any and all obstacles.

The Name is also the gematria of Sod YKVK, ADNY man. This implies to us that this sacred Name contains within it the great secret of unity between two unique aspects of Divine revelation. The first aspect is the Name YKVK; this is the concealed potential of G-d that when revealed accounts for all super-natural activity. This is the true essence and power of the Divine. The second aspect is the Name ADNY (Adonai); this is the aspect of HaShem revealed in nature and is responsible for all natural operations and the continuance of time and space.

These two aspects of Divine revelation come together in only one place. This is within the Neshama soul of the willing and open servant of HaShem. The one who unites these two aspects of the Divine truly deserves to be called Adam, which the name that represents the highest accomplishments and fulfillment for any human being.

When one contemplates all these concepts while focusing on these specific Shemot Kodashim one has the ability to unleash within oneself powerful spiritual energy that can enable one to fulfill the pasuk from which they emanate. Thus, one can become a Tzadik who will eat only for the sake of his soul, and not for the pursuits of physical pleasures.

Conclusion

When one feels an urge to eat unnecessary or unhealthy foods, and one needs to lose weight and knows such eating is severely detrimental, one should do the following:

**** Recite and/or contemplate the pasuk, "Tzadik Okhel Lisva Nafsho" or in English, "The righteous eat to satisfy his soul."***

**** Contemplate the Holy Name of the Reshei Tevot – "Tza-Ohl-Na."***

**** Contemplate how this Name manifests the power of the angel Paniel and how one can become a Throne of the King.***

**** Then contemplate the holy Name of the Sofei Tevot – "Ko-La-Ah-Vah."***

**** Contemplate how this Name manifests the secret of the Inner Voice, which is the union of one's intuitive, psychic, spiritual unconscious power manifesting it within one's rational, intellectual consciousness and that this unity creates within one supreme spiritual power to embrace the true meaning of being created in the Image of G-d.***

KosherTorah School

for Biblical, Judaic & Spiritual Studies

1710 MacArthur Road, Suite 339

Whitehall, PA. 18052 USA

www.koshertorah.com

email: arieltzadok@gmail.com

Ariel Bar Tzadok, Director, Rabbi



Such an individual certainly has the inner power and resolve to overcome any cravings for forbidden and unhealthy foods.

When one allows oneself to contemplate these things, one will see that one's craving and desires become lessened. Now, it will become easy to resist and one will be able to accomplish great things.

This then is the secret of this pasuk. Now, all you have to do is to put it into practice.