# KosherTorah School

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# A New Two-Part Audio Course The Sefirot/Merkava Meditation Prayer with The Havaya-Ani Unification Meditation

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### Part 1

# The Sefirot/Merkava Meditation Prayer

Based on the selection in my book, Walking in the Fire, Section Three, Chapter Five.

This class explains basic concepts such as what is God, what is the meaning of God's Name YHWH, and what it actually means to do Teshuva, return to God.

This is an exploration into psychological space, and understanding the nature of the sefirot within one's self, and how they are to be experienced.

This lesson is about personal transformation, and practically how one expands one's consciousness to become constantly



aware of the ultimate Singularity of the Presence of God, and just what this actually means.

### 1-hour audio lesson

# Part 2

# The Havaya-Ani Unification Meditation

Reference the written material that accompanies this lesson.

The Realignment Prayer.

Rule: Prayers work only when they are recited with sincere devotion. You have to mean it, in order to make it true.

It is best to recite this prayer aloud in a whisper, including all the Names herein.

In order to solicit a meditative affect, it is best to recite each Name, and each stanza of the prayer three times. These will be marked with a (3x).



### **KosherTorah School for Spiritual Studies**

Faith here is the essential ingredient.

Words work because we believe in them to work.

This prayer contains powerful concepts, and "Names" which can truly support the process of the realignment of one's soul with one's Divine Source.

Please note, that this prayer can be translated, and recited in any language. Hebrew is not required, not necessary,

and unless it is one's mother tongue, not suggested.

### 1-hour audio lesson

Along with the two audio lessons are two PDF documents, the Kavanah of the Merkva (a section from my book, Walking in the Fire), and the Havaya-Ani Unification prayer.

See following page for ordering instructions...

# **Course Details**

### The cost of the course is \$45.00.

To purchase this course: Log on to our KosherTorah School website. Click on any one of the links that say "support" or "donate." This will bring to you to our generic payment page. Make payment in the proper amount.

Upon checkout make sure that you note in the "comments box" which course you are purchasing. **Write: "for the \_\_\_\_\_ Course."** 

Once your payment has been received you will receive in turn via email a PDF document that includes the class outlines, as well as the links to the online classes.

<u>IMPORTANT</u>: You must download your classes from the links provided right away! <u>Links will only remain active for 7 days after your purchase</u>. After 7 days the links will no longer work. You must download all your classes to your own computer during this time.

Download process should be easy. Place the link into your browser. All the class to open. Right click on your mouse, scroll, and click, "save as." This should allow you to download the audio files directly to your computer.

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