

The RaMBaN (Rabbi Moshe Ben Nahman) was amazed at the results of reciting these ten verses. ***It is written that whoever recited these verses every day will receive Divine protection and find grace and prosperity.***

Meditate and understand that the total number of Hebrew words in these verses are 91, the number of the union of the two holy Names YKVK and Adonai. The number of letters (in Hebrew) is 365, the number of days in the Solar year, as well as the number of portions in the Incense Offering. These ten correlate to the ten sefirot. The beginning letters spell out the ten-letter name of Havaya of MAH (Yod Vav Dalet, Kay Alef, Vav Alef Vav, Kay Alef).

1. YOD, Hokhma:

Yoh-mahm Y'tzah-vey Adonai Hahs-doh Oo'B'lahy-lah Shirah Ee-me T'phee-lah L'El Hahy-yahy.

In the day HaShem orders His mercy, at night His song is with me, a prayer to the G-d of my life. (Psalm. 42:9)

2. VAV, Binah

Vah-ahnee T'fee-lah-tee L'kha Adonai Eht Rah-tzon Elohim B'rahv Has-dekha Ah-ney-nee B'Emet Yish-echa

And me, my prayer is to you HaShem, in a time of desire G-d in your great mercy hear me in the truth of your salvation. (Psalm. 69:14)

3. DALET, Da'at:

Dah-rash-tee Et Adonai V'ah-ney-nee U'mih-kol M'goo-roh-tai Hah-tzi-lah-nee

I sought out HaShem and He answered me, and from all my fears has He saved me. (Psalm. 34:5)

4. KAY, Hesed:

Hah-teh Eh-lie Ohz-nekha M'heh-rah Hah-tzi-leh-nee Heh-yeh Lee L'tzoor Mah-ohz L'Bayt M'tzoo-doh L'ho-she-ay-nee

Incline to me your ear, quickly save me, You are to me a rock of strength a fortress of defense to save me. (Psalm 31:3)

5. ALEF, Gevurah:

Elohim La'hah-tzee-lay-nee Adonai L'ez-rah-tee Hoosha

G-d save me, HaShem help me speedily. (Psalm 70:2)

6. VAV, Tiferet:

V'ah-tah Adonai Elohim, Ah-seh Ee-tee L'mah-ahn Sh'mekha Key Tov Has-dekha Ha-tzee-leh-nee

And you HaShem Elokim, do with me for the sake of your Name, for Your mercy is good, save me. (Psalm 109:21)

7. ALEF, Netzah:

Ah-tah Ha-el Oh-seh Peh-leh Hoh-dah-tah Bah-ahmrem Ooz-echa

You are the G-d who does wonders, the nations are informed of Your strength. (Psalm 77:15)

8. VAV, Hod:

Vah-yoh-she-ehm L'mahn Sh'moh L'hoh-dee-ah Eht Geh-voo-rah-toe

He saved them for His Names sake to make known His strength. (Psalm 106:8)

9. KAY, Yesod:

Hih-neh El Yeh-shoo-ah-tee Ehv-tach V'Loh Ehf-chad Key Ah-zee Vih-zihm-rat Yah Adonai Why-hee Lee Lee-shoo-ah

Behold, G-d is my salvation, I will trust and not be afraid, for Yah HaShem is my strength and song, He has become my salvation. (Isaiah 12:2)

10. ALEF, Malkhut:

Elohim Ahl Tir-hak Mih-mey-nee El-oh-hay L'ez-rah-tee Hoo-sha

G-d do not be far from me, My G-d speedily be my help. (Psalm 71:12)