

SEPHER YETZIRAH

The Long Version
Translation from a Rosicrucian Manuscript



Chapter 1

1-1. By thirty-two mystical Paths has been established the Wisdom of YHVH Sabaoth, God of Israel, living Elohim, almighty God, high and supreme, living for all eternity. His name is holy. He created His universe by three measures (number, text, and commentary), ten sephiroth in the Void, and twenty-two fundamental letters.

1-2. The sephiroth are ten in number, like the ten fingers, five opposite five. They form the sole Covenant of the central Axis.

1-3. Ten sephiroth arose from the Void: ten and not nine, ten and not eleven. Discern them with Wisdom and Intelligence. Examine them, interrogate them. Make each thing correspond to their essence. Their number is ten and they are infinite.

1-4. Ten sephiroth arose from the Void: Restrain your heart so as not to think of them; restrain your mouth so as not to speak of them. And if your heart throbs, recall what is written: "And the Holy creatures ran and returned." Thus shall the Covenant be concluded.

1-5. Ten sephiroth arose from the Void: their end resides in their beginning and their beginning in their end, like a flame in a burning coal. Learn, meditate, and realize that God is unique, that the Creator has no peer. Facing the One, what is there to count?

1-6. Ten sephiroth arose from the Void: ten in number, they determine a depth of Beginning and a depth of End; a depth of Good and a depth of Evil; a depth of High and a depth of Low; a depth of East and

a depth of West, a depth of North and a depth of South. The sole God, the faithful King, rules over all from His holy dwelling, forever and ever.

1-7. Ten sephiroth arose from the Void; their appearance was like an endless flash of lightning. The Word of God travels through them constantly, and when He speaks such a whirlwind, they bow before His Throne.

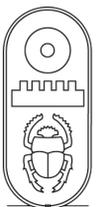
1-8. Ten sephiroth arose from the Void, as well as twenty-two fundamental letters: three Mothers, seven Doubles (Double Letters), and twelve Simples (Simple Letters), each containing the Breath of God.

1-9. Ten sephiroth arose from the Void by the Utterance of Elohim. His throne is eternally established. Blessed be His name, He who perpetually enlivens the worlds, forever and ever, with His Voice, Breath, and Word.

1-10. With the Wind coming from the Breath, God carved and sculpted the four directions of the Heavens: East and West, North and South. The Divine Breath is in each of them.

1-11. With the Waters coming from the Breath, God carved and sculpted the Chaos and Void from clay and mud. He traced them as a kind of garden and sculpted them like a wall. Chaos is a blue line which encircles the world. The void consists of spongy rocks, buried in the abyss from whence the Waters emanate.

1-12. With the Fire coming from the Waters, God carved and sculpted the Throne of



His glory, and confided it to the Seraphim, Ophanim, and Angels. Over these three angelic choirs He established his abode, thus it is written: "He has made His angels spirits, His ministers a flaming fire."

1-13. God chose three letters from among the Simples and set them in His great name: YHV. With it, He sealed the six directions. He turned toward the Height and sealed it with YHV. He turned toward the Depth and sealed it with YVH. He turned toward the Front and sealed the East with VYH. He turned toward the Rear and sealed the West with VHY. He turned toward the Right and sealed the South with YVH. He turned toward the Left and sealed the North with HVY.



Chapter 2

2-1. Twenty-two fundamental letters (three Mothers, seven Doubles, and twelve Simples) have been engraved with the voice of God, carved with His Breath, and reunited in five places: Aleph, Heth, He, Ayin; Gimel, Yod, Kaph, Qoph; Daleth, Teth, Lamed, Nun, Tav; Zayin, Samekh, Shin, Resh, Tsade; Beth, Vav, Mem, and Pe.

Aleph, Heth, He, and Ayin are pronounced with the base of the tongue and the throat. Beth, Vav, Mem, and Pe are pronounced between the lips and with the tip of the tongue. Gimel, Yod, Kaph, and Qoph are pronounced with the back of the tongue. Daleth, Teth, Lamed, Nun, and Tav are pronounced with the tip of the tongue and the throat. Zayin, Samekh, Shin, Resh, and Tsade are pronounced between the teeth, with the tongue rounded and pushed toward the outside.

2-2. Twenty-two fundamental letters were joined together by God in a Circle of 231 Gates, a Circle which sways to and fro.

For nothing is superior in goodness than delight (oneg) and nothing is worse in evil than plague (nega).

2-3. Twenty-two fundamental letters were carved by God, sculpted, weighed, and combined. He changed them, formed with them the soul of everything which was formed and the soul of everything which will be formed.

2-4. God weighed and combined Aleph with all the letters and all with Aleph, Beth with all and all with Beth, and so on with each of them. Thus, all the letters arose from 231 Gates and emanated from one Name.

2-5. God formed the Primordial Substance from Chaos and extracted being from nonbeing. He hewed great Pillars from imperceptible Being.



Chapter 3

3-1. The Three Mothers, Aleph, Mem, and Shin, rest on the scale of merit and on the scale of duty, and the Word balances them.

3-2. The Three Mothers form a great, and mystical secret, hidden, and sealed by six rings. From them emanates fire, water, and air. They are also divided into male and female.

3-3. The Three Mothers formed in the universe air, water, and fire. The heavens were created from fire, Earth from water, and Breath from air which establishes the balance between the two.

3-4. The Three Mothers formed in the year heat, cold, and mildness. Heat was created from fire, cold from water, and mildness from the air, which establishes the balance between the two.

3-5. The Three Mothers formed in man the head, belly, and chest. The head was created from fire, the belly from water, and the chest from the air which establishes the balance between the two.

3-6. The Three Mothers carved, sculpted, and combined through God. And with them, He sealed the three Mothers in the Universe, three Mothers in the year, and three Mothers in humans, male and female.

3-7. God made the letter Aleph rule over the air, crowned it, exchanged it with others, and formed with it the air in the universe, moistness in the year, and the chest in humans, male and female.

God made the letter Mem rule over water, crowned it, exchanged it with the others, and formed with it Earth in the universe, coldness in the year, and the belly in humans, male and female.

God made the letter Shin rule over fire, crowned it, exchanged it with the others, and formed with it the heavens in the universe, heat in the year, and the head in humans, male and female.

3-8. With Aleph, God formed the breath, air, mildness, the chest, and language which establishes the balance. With Mem, He formed the waters, Earth, coldness, the belly, and the scale of merit. With Shin, He formed fire, the heavens, heat, the head, and the scale of duty.



Chapter 4

4-1. The Seven Doubles rest on life, peace, wisdom, wealth, fecundity, beauty, and domination. They express themselves in a double sense, a structure soft and hard, strong and weak. The opposite of wisdom is folly, the opposite of wealth is poverty, the

opposite of fecundity is sterility, the opposite of life is death, the opposite of domination is dependence, the opposite of peace is war, the opposite of beauty is ugliness.

4-2. The Seven Doubles, not six, not eight, are similar to six sides and six directions, and the Holy Temple is in the center, supported by God.

4-3. God carved, sculpted, exchanged, weighed, and combined the seven double letters, and formed with them seven planets in the universe, seven days in the year, and seven gates in humans.

4-4. God made the letter Beth rule over wisdom, crowned it, exchanged it with the others, and formed with it Saturn in the universe, Shabbat in the year, and the mouth in humans, male and female.

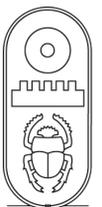
4-5. God made the letter Gimel rule over wealth, crowned it, exchanged it with the others, and formed with it Jupiter in the universe, the first day in the year, and the right eye in humans, male and female.

4-6. God made the letter Daleth rule over fecundity, crowned it, exchanged it with the others, and formed with it Mars in the universe, the second day in the year, and the left eye in humans, male and female.

4-7. God made the letter Kaph rule over life, crowned it, exchanged it with the others, and formed with it the Sun in the universe, the third day in the year, and the right nostril in humans, male and female.

4-8. God make the letter Pe rule over domination, crowned it, exchanged it with the others, and formed with it Venus in the universe, the fourth day in the year, and the left nostril in humans, male and female.

4-9. God made the letter Resh rule over peace, crowned it, exchanged it with the others, and formed with it Mercury in the



universe, the fifth day in the year, and the right ear in humans, male and female.

4-10. God made the letter Tav rule over beauty, crowned it, exchanged it with the others, and formed with it the Moon in the universe, the sixth day in the year, and the left ear in humans, male and female.

4-11. The seven planets of the universe are: Saturn, Jupiter, Mars, Sun, Venus, Mercury, Moon. The seven days in the year are like the seven days of the week. The seven gates in humans, male and female, are the two eyes, two ears, two nostrils, and the mouth.

4-12. With Beth, God formed Saturn, Shabbat, the mouth, life and death. With Gimel, He formed Jupiter, the first day, the right eye, peace and war. With Daleth, He formed Mars, the second day, the left eye, wisdom and folly. With Kaph, He formed the Sun, the third day, the right nostril, wealth and poverty. With Pe, He formed Venus, the fourth day, the left nostril, fecundity and sterility. With Resh, He formed Mercury, the fifth day, the right ear, beauty and ugliness. With Tav, He formed the Moon, the sixth day, the left ear, domination and servitude.



Chapter 5

5-1. The twelve Simples rest on seeing, hearing, smelling, speaking, tasting, coition, motion, anger, laughing, thinking, joy, and sleeping.

5-2. The twelve Simples, not eleven, not thirteen, form the twelve diagonal limits between the six directions; the upper limit of the East; the Northeast limit; the lower limit of the East; the upper limit of the South; the Southeast limit; the lower limit of the South; the upper limit of the West; the Southwest limit; the lower limit of the West; the upper limit of the North; the Northwest limit; and the lower limit of the North.

5-3. God carved, sculpted, combined, weighed, and conveyed the twelve simple letters, and He formed with them twelve constellations in the universe, twelve months in the year, and twelve organs in humans, male and female.

5-4. The Twelve Simples were distributed into three allies, three enemies, three animators, and three destroyers. The three allies are the heart, ears, and eyes. The three enemies are the liver, gall bladder, and tongue. The three animators are the two nostrils and spleen. The three destroyers are the two orifices and mouth. And God, the trusted King, rules over all of them from His holy dwelling for all of eternity.

5-5. God made the letter He rule over speaking, crowned it, combined it with each of the others, and formed with it Aries in the universe, the month of Nisan in the year, and the right foot in humans, male and female.

5-6. God made the letter Vav rule over thinking, crowned it, combined it with each of the others, and formed with it Taurus in the universe, the month of Iyar in the year, and the right kidney in humans, male and female.

5-7. God made the letter Zayin rule over motion, crowned it, combined it with each of the others, and formed with it Gemini in the universe, the month of Sivan in the year, and the left foot in humans, male and female.

5-8. God made the letter Heth rule over seeing, crowned it, combined it with each of the others, and formed with it Cancer in the universe, the month of Tamuz in the year, and the right hand in humans, male and female.

5-9. God made the letter Teth rule over hearing, crowned it, combined it with each of the others, and formed with it Leo in the universe, the month of Ab in the year, and the left kidney in humans, male and female.

5-10. God made the letter Yod rule over working, crowned it, combined it with each of the others, and formed with it Virgo in the universe, the month of Elul in the year, and the left hand in humans, male and female.

5-11. God made the letter Lamed rule over coition, crowned it, combined it with each of the others, and formed with it Libra in the universe, the month of Tishri in the year, and the gall bladder in humans, male and female.

5-12. God made the letter Nun rule over smell, crowned it, combined it with each of the others, and formed with it Scorpio in the universe, the month of Marcheshvan in the year, and the small intestine in humans, male and female.

5-13. God made the letter Samekh rule over sleeping, crowned it, combined it with each of the others, and formed with it Sagittarius in the universe, the month of Kislev in the year, and the stomach in humans, male and female.

5-14. God made the letter Ayin rule over anger, crowned it, combined it with each of the others, and formed with it Capricorn in the universe, the month of Teveth in the year, and the liver in humans, male and female.

5-15. God made the letter Tsade rule over tasting, crowned it, combined it with each of the others, and formed with it Aquarius in the universe, the month of Shevath in the year, and the esophagus in humans, male and female.

5-16. God made the letter Qoph rule over laughing, crowned it, combined it with each of the others, and formed with it Pisces in the universe, the month of Adar in the year, and spleen in man, male and female.

5-17. With He, God formed Aries, Nisan, the right foot, sight and blindness. With Vav, God formed Taurus, Iyar, the right kidney, hearing and deafness. With Zayin, God formed Gemini, Sivan, the left foot, smell and the absence of smell. With Heth, God formed Cancer, Tamuz, the right hand, speech and silence. With Teth, God formed Leo, Ab, the left kidney, taste and the absence of taste. With Yod, God formed Virgo, Elul, the left hand, action and inertia. With Lamed, God formed Libra, Tishri, the gall bladder, coition and sterility. With Nun, God formed Scorpio, Marcheshvan, the small intestine, motion and paralysis. With Samekh, God formed Sagittarius, Kislev, the stomach, serenity and anger. With Ayin, God formed Capricorn, Teveth, the liver, laughter and tears. With Tsade, God formed Aquarius, Shevath, the esophagus, intelligence and stupidity. With Qoph, God formed Pisces, Adar, the spleen, sleep and insomnia.



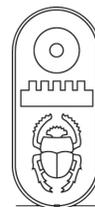
Chapter 6

6-1. Three Mothers; seven Doubles; twelve Simples. These are the twenty-two letters by which Sabaoth, the God of Israel, Elohim living and supreme, living for eternity, whose Name is holy, formed All that was, is, and shall be.

6-2. There are twelve letters below, seven letters above, and three letters upon the seven. God established His dwelling above the three, but He has no second and governs alone in His universe, because He is One, and His name is One.

6-3. There are three Mothers and their offspring, seven subjects and their host, and twelve diagonal limits. The faithful witnesses of this are the universe, year, and humanity.

6-4. The sephiroth in the universe are ten and twelve: fire, air, water, seven planets,



and twelve constellations. The sephiroth in the year are ten and twelve: cold, hot, mild, seven days, and twelve months.

6-5. God set a rule of ten, three, seven, and twelve in the Tali, Cycle, and Heart. The Tali in the universe is like a ruler on the human throne, the Cycle in the year is like a ruler in his or her empire, and the Heart is like a ruler in war.

6-6. As a general rule, certain principles combine with others, are exchanged with others, and are opposed to others. If certain ones exist, others do not, and if some others exist, certain ones do not. But all are linked with the Tali, Cycle, and Heart.

6-7. God has made one correspond to the other, and the other to the one: good is opposed to evil, and evil is opposed to good. Good proceeds from good, and evil proceeds from evil. Good discerns evil, and evil discerns good. Good is preserved for the good, and evil is preserved for the evil.

6-8. When Abraham, our blessed father, came, he looked, lived, probed, understood, carved, sculpted, exchanged, formed, thought, and became fruitful. The Lord of All, may His name be blessed for eternity, revealed Himself to him, kissed him on the head, and called him: "Abraham, My beloved." He made a covenant with him and his descendants, and placed His glory on him. He made a pact between the ten fingers of his hands, attached the twenty-two letters on his tongue, and revealed to him their mystery. He plunged them into water, burned them by fire, tossed them about with the breath, inflamed them by the seven planets, and guided them toward the twelve constellations.

6-9. The three Mothers have for correspondences: heaven, fire, heat, and head. Air, breath, mild, and chest. Earth, water, cold, and belly.

6-10. The seven Doubles have for correspondences: Saturn, Shabbat, and mouth. Jupiter, first day, and right eye. Mars, second day, and left eye. Sun, third day, and right nostril. Venus, fourth day, and left nostril. Mercury, fifth day, and right ear. Moon, sixth day, and left ear.

6-11. The twelve Simples have for correspondences: Aries, Nisan, right foot, sight, and blindness. Taurus, Iyar, right kidney, hearing, and deafness. Gemini, Sivan, left foot, smell, and absence of smell. Cancer, Tamuz, right hand, speech, and silence. Leo, Ab, left kidney, taste, and absence of taste. Virgo, Elul, left hand, action, and inertia. Libra, Tishri, gall bladder, coition, and sterility. Scorpio, Marcheshvan, small intestine, motion, and paralysis. Sagittarius, Kislev, stomach, serenity, and anger. Capricorn, Teveth, liver, laughter, and tears. Aquarius, Shevath, esophagus, intelligence, and stupidity. Pisces, Adar, spleen, sleep, and insomnia.

6-12. The three enemies are the tongue, liver, and gall bladder. The three allies are the eyes, ears, and heart. The three animators are the teeth, nose, and spleen. The three destroyers are the two lower orifices and mouth.

6-13. Three things are good for the ear: a blessing, glad tidings, praise. Three things are bad for the eye: adultery, the evil eye, and a roving eye. Three things are good for the eye: humility, the appreciative eye, and true sight. Three things are bad for the tongue: defamation, denunciation, and hypocrisy. Three things are good for the tongue: silence, controlling the tongue, and truth.

