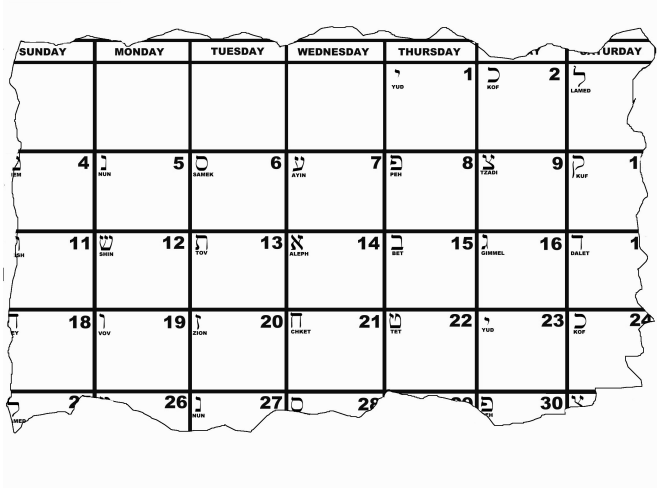
א ב ג ד ה ו ז ח ט י כ ל מ נ ס ע פ צ ק ר ש ת

LETTER OF THE DAY™

A Letter as Your Daily Mantra

By William Haber



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Introduction

Many rabbinic teachings claim that the letters of the Hebrew Alphabet are “holy,” containing attributes that are much deeper than their use as a construct of ordinary language. Talmudic and Kabbalistic writings allude to the notion that the letters existed before the creation of the universe and somehow represent states of higher consciousness. Letter of the Day is an exercise that taps into this notion and enables the user to become familiar with, in a personal way, the letters of the Hebrew Alphabet. By learning the letters and their multi-dimensional meanings, one can explore these states and apply them to everyday life.

Requirements

A calendar and 88 days (4 rounds of 22 letters). Belief in anything spiritual or religious is not a requirement.

Directions

Pick any day to start. Place a letter on a calendar page you use frequently (e.g., Apple, Google, or a paper calendar) for 22 consecutive days:

Suggestion for beginners:

Try to commit to four rounds of 22 days using the following schedule -

1st Round - letters with name only

2nd Round - letters with name, number, and meaning

3rd Round – repeat: letters with name, number, and meaning

4th Round - letters alone

Each morning familiarize yourself with the letter of the day. Look at the letter on your calendar and picture it in your mind's eye. Throughout the day, try to focus your thoughts on the letter. Use it as a stabilizing device during periods of anxiety or as a point of concentration during meditation. If you like to doodle, draw your letter while you're on the phone or waiting for an appointment. Bring the letter into any creative activity you are engaged in. Say its name out loud on occasion during the day. Have no expectations but be open to any experiences that may result. Keep with the program throughout the full four rounds.

By the end of the first round, review the letters to confirm your understanding of their names and their order in the alphabet. With rounds two and three, familiarize yourself with their meanings and (if desired) their numerical value. As you proceed through these rounds, try to conceptualize the meanings as presented in this guide. By the end of round four you should have a firm grasp on the letters of the Hebrew Alphabet.

At the end of four rounds, evaluate your feelings towards the letters and determine whether there is a desire to continue with the program. It would be extremely useful to write down your explorations in a journal or notebook at this point. The following pages provide a more in-depth examination of this program.

Have Fun!

How it is done

Copy each letter from the Letter Sheet at the back of this book (or website www.letteroftheday.org) and paste it on a day in the calendar you use, starting with the first letter of the Alphabet - א. You may start at any point in the calendar (some have suggested beginning on a day corresponding with the appearance of a new moon). Paste a letter on each succeeding day until you go through the first 22 days. Then begin round two with א again and follow the suggestions for each round.

Step-by-step instructions for putting the letters on your calendar are in the Appendix on page 67 or at our website www.letteroftheday.org.

The key to LETTER OF THE DAY is to dedicate each day to the letter shown in your calendar. This letter will become your personal letter of the day. Get to know it, look at it and picture it in your mind. Let the letter become your letter. Attach no special meaning to it at first but allow it to simply be there for you. As you go through the day and you find the need to refocus, use the letter - just picture it and say its name.

If you meditate, use your letter as your point of focus. You need not be concerned about becoming too attached to any particular letter because tomorrow you get a new one. (In fact, each letter should be treated equally and although you may develop personal preferences, keep in mind that each letter represents an equal piece of a larger picture.) Let your letter become a positive influence. In periods of stress or when your brain is on overload just picture your letter, draw it out, repeat its name and say it out loud whenever possible.

The first round is primarily for the purpose of learning and becoming familiar with the letters of the alphabet. It is important that you do not attach too much meaning to the letter's association with events or feelings on the first round.

However, it would be extremely useful to note any associations that do occur for later analysis.

As you go into the second round a new element is added by the inclusion of each letter's meaning and (for some) its numerical meaning. Familiarization with the numbers (called Gematria) seems to have resonance with those who are interested in the mathematical equivalents of the letters.

Understanding the meanings of the letters begins the path toward discovering their deeper significance. In the beginning these meanings can be used simply as helpful guides in relating certain events and circumstances to your day. As you proceed through the rounds you may find particular patterns developing in relation to the letters and their meanings. In fact, recognizing patterns is the key to understanding the effect and significance of the letters.

In a subsequent section we have provided a synopsis of meanings from various sources for each of the letters as a guide. As familiarity with the letters develops it may be helpful to assume your own meanings and applications.

What you should expect to find

We don't know. In some ways, we are charting unfamiliar territory. In the beginning, it is best not to look for results but to simply experience. There are many levels of meaning in the letters and in any explorations dealing with personal experience it is useful to maintain an open mind and patience. It is important to keep in mind that these letters are tools for growth and should never be viewed as forms of magic or esoteric symbols.

*There are 27 letters in the modern biblical Hebrew alphabet - the original 22 letters plus 5 final letters that correspond to 5 of the original letters. We have included the final letters with their counterparts but have decided to limit the exercise to 22 rather than 27 days. These final letters serve as a way of enhancing the meanings of the particular letters they're attached to.

Speculation

A tremendous amount of information concerning sacred alphabets is emerging that may reshape our thinking concerning the texts in which these letters appear. For example, some research sources have demonstrated that the original Hebrew Torah* (first five books of the bible) was written as a string of letters with no word divisions. It is also becoming apparent that in analyzing the bible on this basis, the arrangement of letters is laid out in a precise, non-random order.

If we discover that each letter of the alphabet does indeed represent a force, an action, an ongoing process, or an emotion, we might begin to rediscover the multi-dimensional qualities of the Hebrew Torah itself by examining it on a letter-level basis. The possibility exists that we may be able to follow (by understanding the meaning of the letters and by visualizing them in our mind) a meditation that retraces the "experience" of those who wrote the Torah, an intriguing speculation.

Additionally, by applying the meanings of the letters to the text we may find the ability to communicate that experience to others by means of a non-cultural, non-biased universal language through hand gestures, alluded to throughout this book. There are numerous other applications that are possible and which we will be exploring as this project develops. Learning and developing the meanings of the letters will be helpful in embarking on this journey of rediscovery.

*In the secular world the Torah is known as the first five books of the bible, often called the Pentateuch or, in the Christian bible, the Law. However, in Judaism the Torah is considered its most sacred entity, transcending all other written and oral documents. Letter level examinations have produced startling and unexpected results. Further details on this subject can be found in my book, *Four Dimensional Torah and the Structure of Judaism*. See Appendix for details.

Meaning of Letters

You will notice that, in many cases, there is a notable variation in the meanings of the letters as presented by the various sources we are presenting here. This underscores the complexity and the multi-layered dynamics of each of the letters. As you get to know the letters try to synthesize meanings that resonate with you personally. Take into consideration:

1. **The appearance of the letter** - for example, why does SHIN ש mean "tooth" or "to shine?" Or BET ב which means "house" or "to break open?" Insight often comes with repetitive drawing of the letters.
2. **The letter spelled out** – In the following pages, each letter is shown as a word representing the sound of the letter. For example, Lamed ל is spelled למד, which is Lamed, Mem, Dalet. By combining the meanings that produce the sound L, we begin to sense a holographic effect.
3. **The source meaning** - the meanings presented by various authors are based on numerous sources. By exploring the original sources we may find certain clues to how these alphabets developed and what meanings they had in the ancient world. Again, it is up to the individual to ascertain which meanings have relevance.
4. **The action meaning** - these definitions are based on a logical matrix developed by researcher Stan Tenen and available through the Meru Foundation (see Choosing Meanings below). Since what we consider "reality" in our world is based on our actions rather than our thoughts, it is important to include these meanings into the overall definition of the letters.
5. **Numerical meaning** - much has been written on the numerical significance of the letters in the bible. For example, Gematria numbers are prevalent in much of the

current Kabbalistic literature and have significant value in demonstrating certain relationships in passages of the bible. A completely different numerical perspective is found in the geometric numbering of the letters. For those interested in the multi-dimensional aspects of the biblical texts we advise an examination of the Meru Foundation material in which a base-3 numerical system has been applied to the letters with significant results. This system is amazingly functional in looking at certain geometric and topological aspects of the bible. For example, Meru Foundation has been able to construct three-dimensional models by applying a base-3 system to the letters of the Hebrew text of Genesis. Many of these models are familiar in modern physics, physiology, biology, and astronomy.

Interpretation

The idea that the bible is "holy" is difficult for modern society to accept, especially when we are dependent solely on English translations. For many, the stories seem archaic and irrelevant. By interpreting the bible on a letter-level examination with an understanding of their meanings, an interesting perspective emerges. We are able to examine the text in "present time" concepts that often enhance the stories and metaphors and add a greater dimension to their meaning.

Choosing Meanings

Interpretations of the alphabet, available in several scholarly works (see suggested reading for examples), have provided us with a view of the Hebrew letters that truly demonstrates their spiritual qualities. The wide range of meanings presented in these works, however, indicates a field open to interpretation and preference. To implement the goals of this project it was necessary to find meanings that fulfilled certain criteria - the ability to personalize the letters, the ability to make them relevant in our lives, and the ability to find meanings that are universal in nature.

In the research of the Meru Foundation, for example, research director Stan Tenen provided us with an operational examination of the letters which may be the beginning in rediscovering their link to personal consciousness. These definitions open doors to concepts that not only fulfill but surpass these criteria. In this realm, we view the meanings as verbs rather than nouns. For example, in examining the letter ב Bet, which means House, we look at the concept of House-ness - what a house does rather than what a house is (i.e. the distinction between inside and outside.)

Tenen has also developed a logical matrix of meaning which clearly demonstrates the interrelationship of the letters themselves and illustrates their multidimensional nature. As we explore these concepts, we find that they are useful in describing several key attributes:

- in describing the meanings of the letters themselves
- in demonstrating the relationship of the letters to each other
- in providing concepts that are universal in nature
- in providing concepts that are representative of states of inner consciousness and physical reality

- in providing meanings that are functional in several disciplines
- in providing insight into the multidimensionality of the texts in which the letters are used
- in providing a mathematical system that allows scientific inquiry
- in providing models that may represent unity
- in the ability to bring the letters into physical reality through the use of corresponding hand gestures for each of the letters (gestures which confirm the meaning of the letters)

In essence, the key to personalizing the letters is through an understanding of their action meanings as well as their literal meanings. We live in a world of action as well as thought. The letters can therefore serve us as guideposts to the many complexities of our lives.

Options for future rounds

Upon completing four rounds you can repeat the four rounds with greater insight or you can:

- Add the five final letters individually and go through several rounds of 27 days
- Instead of going through the progression of the alphabet, choose a sacred text like the Hebrew bible and follow that path. The first verse of Genesis containing 28 letters is recommended as a beginning point using three or four rounds or continue with the second verse and go further into the text.
- Familiarize yourself with the Meru hand gestures and go through four rounds of the 22 letters that correspond with the gestures. Especially recommended for those interested in dance, meditation, and the “experience” of sacred texts.

In this way we embody the letters which could have a profound effect.

- Use another sacred alphabet - Arabic, Greek, Sanskrit.
- Alphabet from the Heart - upon awakening each day or during morning meditations or prayers seek the Letter of the Day from within you.

Hand Gestures

The creation and development of this book emanated from my involvement with Meru Foundation, a non-profit research and educational foundation based on the recovery by Stan Tenen, founder and research director, of geometric patterns in the Hebrew text of Genesis. This remarkable discovery led to the development of a three-dimensional model later recognized as a "model hand" in which all the letters of the alphabet could be viewed in various positions of the hand. The model was discovered and developed by Tenen's use of a base-3 counting system applied to each letter. For example, Aleph was assigned 000, Bet 001, etc. Using this system provided a symmetrical pattern useful in constructing the model from the 27 letters. This numerical system differs from the standard Gematria counting in which the letters are given standard digits, i.e. Aleph 1, Bet 2. These numbers are provided in this book simply as a reference and are not essential in performing the exercise.



Meru Model Hand mathematically generated from
the first verse of the Hebrew text of Genesis.
Visit www.meetingtent.com for more information
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The use of the hand as a way of viewing the letters provides us with a way of "embodying" the letters and Meru research indicates that the meanings of the letters go deeper than standard literal definitions and often confirms emerging

Kabbalistic views of the letters. It was found that the positioning of the hand holding the model correlates with the meanings of the letters. For example, the standard definition of the letter Pe is mouth. The only way we can see the letter Pe with the hand model is by holding it up to the mouth.



Hand gesture for the letter Pe

We have included Tenen's interpretation of the meanings as well as the actual gestures in this book as a way of enhancing the user's understanding of each letter and perhaps adding to the overall use of the letters for self-reflection and meditation. More information on Meru Foundation research and the hand gestures can be found at www.meru.org with updated information on www.meetingtent.com. The Meru video library can be found at www.meruvideo.com.

Please note: the inclusion of hand gestures as applied to the alphabet is informational and not essential for conducting the exercise.

Before You Begin

As you can see there are no rules in following this exercise. The Hebrew alphabet is compelling in that it serves numerous purposes - as a cultural and national language (for the State of Israel, for example), as a numerical system, as a text for the bible, as a means of prayer, as a historical record, as a meditational system, as a function of personal growth. It is the latter two that LETTER OF THE DAY was developed to explore.

However, we wish to remain aware of the importance of the other uses. There are certain combinations of letters that have special significance to those who follow the Jewish faith. We ask that in your explorations of the letters and in following any path that these letters lead you, you remain respectful of the significance and the power of these letters for many who are practitioners of this faith.

Also, please be aware that it has been reported that prolonged work with the alphabet (i.e. drawing the letters or focusing on them for long periods of time) has produced extraordinary experiences for some individuals. We highly suggest using caution in extended usage of the letters. Other than that, enjoy the experience and look for expanded versions of LETTER OF THE DAY as this project develops.

It is known in Kabbalistic literature that the letters of the Aleph-Beis were created first of all. Thereafter, by use of the letters, the Holy One, Blessed is He, created all the worlds. This is the hidden meaning of the first phrase in the Torah. "In the beginning God created את*" (read right to left) - that is, God's first act was to create the letters from* א *to* ת

Rabbi Dov Ber, the Maggid of Mezritch

Bezalel (the builder of the Tabernacle in the Wilderness) knew how to combine the letters with which heaven and earth were created (Berachos 55a)

Meanings of the Letters – A Guide

The following pages include each of the letters on a separate page (final letters included with their counterparts). Each page is formatted as follows:

Hebrew Letter
Letter Name
Letter spelled out in Hebrew
Standard Gematria Numerical Value
Base-3 Meru Applied Number
Letter Meanings
Meru generated hand position and meaning
Other voices

As a useful guide, we have included definitions of the letters featured in several books on the subject.

Original Old Hebrew Derived from Proto-Sinaitic Pictograms from *The Early Alphabet* by John F. Healey, University of California Press 1990, p. 18 (Vol. 9 in the *Reading in the Past* series	Aryeh Kaplan's *Sefer Yetzirah* Sam Wiser, York Beach, Maine 1990	Yitzhak Ginsburgh's *The Hebrew Letters* Gal Einai Publications, Jerusalem, 1990	Michael Monk's *The Wisdom in the Hebrew Alphabet* Artscroll Mesorah Publications, ltd, Brooklyn, NY 1969
Robert Haralick *The Inner Meaning of the Hebrew Letters* Jason Aronson, New Jersey 1995	Lawrence Kushner *The Book of Letters A Mystical Alef-bait* (Mystical perspective, quotes directly from the book) Jewish Lights Publishing, Woodstock VT. 1990	Edward Hoffman *The Hebrew Alphabet A Mystical Journey* (Meditative use of the letters, quotes directly from book) Chronicle Books, San Francisco 1998	Stan Tenen Action Meanings Derived from Meru 9-Stage Developmental Cycles 1994 Stan Tenen/Meru Foundation www.meru.org

Meru developed
Hand Gestures.
Meaning displays the Meruba Hebrew Letter shaped as that view of model hand

Letter of the Day Working Suggestions
By Bill Haber

א

ALEPH

אלף

Numerical value 1 · Base-3 number 000

MEANINGS

Oneness

Oneness, All-embracing, Mastery, Archetype

Other voices

Original: Ox

Kaplan: ox

Ginsburgh: oxen, teaching, master

Munk: God's oneness, mastery

Haralick: unbridled force

Kushner: the start of every sound

Hoffman: greater energy

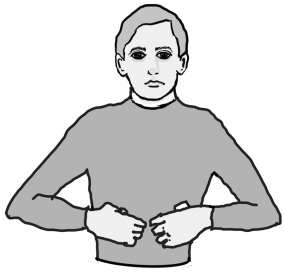
ACTION

How do we comprehend the concept of Oneness in our lives? Can the concept of Oneness truly exist within us and without? Reflections on the concept of One can be both simple and complex. Of course, we always have the choice, the free will, to accept or reject such a concept.

If we limit our reality to the three dimensional physical world in which our physical senses define the universe, the concept of Oneness is unattainable. However, if we begin to look within - searching, seeking, asking, speaking, meditating, we may begin to understand the concept of Oneness - the origin, the manifestation. We can take this through our day as a complex mystery or as a simple understanding.

Aleph represents Oneness in its purest form, the Ein Sof in Kabbalistic terms. At this level it cannot be analyzed, only experienced. Aleph in our day can be used as a tool to focus on the task at hand, knowing that each one of our actions has the potential of reaching the consciousness of others.[1]

> **Use Aleph to define your place in the world, your connection to all there is. Use Aleph for clarity.**



HAND GESTURE

Meru generated hand position
Hand horizontal, pointing to solar plexus, thumb right, fingers left.

Meru generated meaning
"Ox," "Master" — All

[1] For more on the concept of Oneness, refer to my book *Introducing Oneness, A Logical Exploration*. See Appendix for more information.

ב

BET

בית

Numerical value 2 · Base-3 number 001

MEANINGS

House-ing

First Distinction, Inside/Outside, Break open

Other voices

Original: House

Kaplan: house

Ginsburgh: house

Munk: blessing, creation, duality, plurality

Haralick: container

Kushner: a house set firmly on the earth

Hoffman: blessedness, being at home

ACTION

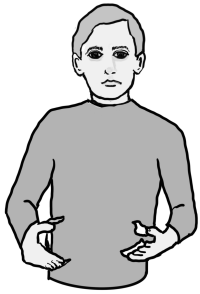
Our house is a dwelling place, a safe haven, but we are viewing these letters as verbs not nouns so in this case we are defining Bet as housing, not what a house is but what house does and in this case it represents the contrast between inside and outside. So, we view our house from two perspectives - from within and without. Looking at the exterior we can see its relationship with the other houses around us, the collective society. Looking within the house we see a reflection of our personality, who we are, our true identity. Our life-long quest is to bridge the gap separating us from our inner selves and our actions in the world. The Talmud tells us that “integrity is reached when our inside and outside are the same.” Bet represents the first

distinction between inside and outside and is the way in which we can view Oneness. First there was nothing. Then there was something. The Torah begins with the letter Bet and represents the true beginning, the first distinction, the maximum contrast between the great expanse of Aleph and the physical universe. This is a contrast that is complementary rather than conflicting and can be used to define any whole system.

Examples of maximum contrast as complementary elements are:

Wave	Particle
Seed	Fruit
Yin	Yang
Wick	Flame
Symmetry	Asymmetry
Male	Female
Form	Content

With Bet, be aware of both the contrasting and complementary nature of your life represented by ego and consciousness. Self-awareness is the key.



HAND GESTURE

Meru generated hand position
Hand extended horizontal, in opening or "birthing" gesture in front of midbody.

Meru generated meaning
“House” — Break Out

ג

GIMEL

גמל

Numerical value 3 · Base-3 number 002

MEANINGS

Have Patience

Coming and going, action, cycle, rotation.

Other voices

Original: Camel

Kaplan: camel

Ginsburgh: camel, bridge, weaning, benevolence

Munk: kindness, culmination

Haralick: nourishment

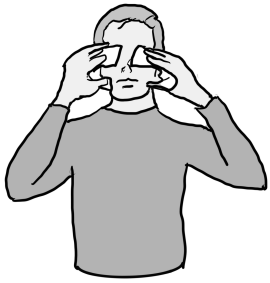
Kushner: a wave rolling out into the world

Hoffman: fostering growth

ACTION

The camel is called the ship of the desert. It moves majestically across a wide expanse in which few others can survive. When we break open from Bet and bring our inside to the outside, we are compelled to ACT - to manifest our will as God manifests Its will in so many ways. We are told that God grants every wish. A line in the daily Hebrew prayers states, “Cast your burdens upon HaShem, and He will support you.” What we are not told is “when.” This is the basis of much frustration and longing in our lives. Patience and humility are the key.

Mirror the patience of the camel with Gimel.



HAND GESTURE

Meru generated hand position
Hand in front of right eye, horizontal, pointing left.

Meru generated meaning
“Camel” — Come and Go

ד

DALET

דלת

Numerical value 4 · Base-3 number 010

MEANINGS

Open Door

Division, Dilution, Dispersion

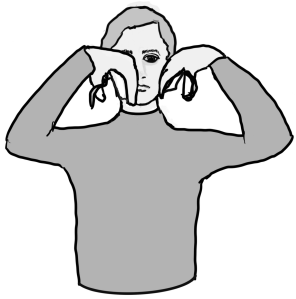
Other voices

Original: Door
Kaplan: door
Ginsburgh: door, poor man
Munk: dimensions, concern
Haralick: physicality
Kushner: the door
Hoffman: opening spiritual doorways

ACTION

A crossroad - choices, Decisions, A Door, A Delta...free will manifested. Yes we must act, but what to do, which path do we take? The symbiosis between inside and outside provides us with the information we need. We look within to the voice that speaks to us, the voice of a spark of Oneness within us - the voice that speaks from our soul to our heart when the mind is quiet and observant, giving precedence to a higher consciousness. We use that voice to make the choices that affect our lives. We are Determined to succeed in our quest.

Let your instincts guide you to make the right choices with Dalet.



HAND GESTURE

Meru generated hand position
Hand in front of right eye, vertical, pointing down, thumb right, fingers left.

Meru generated meaning
“Door” — Divide — poor; pour

ה

HE

הא

Numerical value 5 · Base-3 number 011

MEANINGS

Connect

Window, Connection

Other voices

Original: Window

Kaplan: window

Ginsburgh: broken, take seed, behold-revelation

Munk: divinity, gentility, specificity

Haralick: power of being

Kushner: the sound of breathing out

Hoffman: divine light, revelation

ACTION

Through our Consciousness a window to heaven is open within us enabling us to connect our inner truth with our outer actions. With a gentle spirit we clarify, we relate, we communicate. Oneness is becoming clearer to us as each new letter concept is accepted in our mind and our heart. As noisy as our minds can be and chaotic as the world seems to be, there is the breath of He that calms our spirit and provides us with the connection we seek.

Breathe in and out with He and be in the moment. Let your actions be the window to the Soul.



HAND GESTURE

Meru generated hand position
Thumb over right shoulder, back of fingers near right ear, hand pointing down.

Meru generated meaning
"Window" — The — frame

ו

VAV

וו

Numerical value 6 · Base-3 number 012

MEANINGS

Unfold

Multiply, Spine, Unfolding

Other voices

Original: Hook/Peg, Pin

Haralick: connection, unification

Kaplan: hook

Kushner: the sound of being joined

Ginsburgh: hook

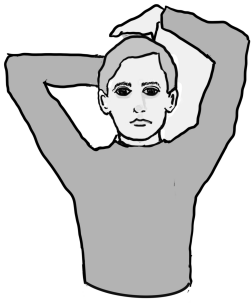
Hoffman: interconnection

Munk: completion, redemption, transformation

ACTION

See how Vav soars into the air. It represents perfect posture as our actions multiply through time and space. We may not see it today, it may take time, but we learn patience and the importance of timing as our longings and desires reach the ends of the universe only to return and manifest when we need them the most. The energy of Vav spins throughout our essence and increases our productivity. Sometimes it is best to let things unfold rather than force them.

Let your day unfold with Vav.



HAND GESTURE

Meru generated hand position
Hand vertical, above and behind head with thumb over spine, pointing down.

Meru generated meaning
“Pin” — Multiply — spine

ז

ZAYIN

זין

Numerical value 7 · Base-3 number 020

MEANINGS

Project

Projective action, growth.

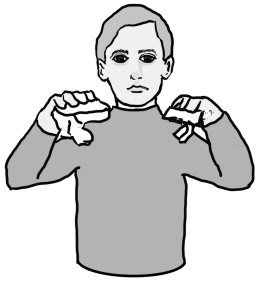
Other voices

Original: Spear, Weapon
Kaplan: weapon
Ginsburgh: weapon, sword, ornament, crown
Munk: spirit, sustenance, struggle
Haralick: movement
Kushner: memory
Hoffman: relief from feeling rushed

ACTION

We project our will in everyday actions, some from the ego, some from the mind, and some from the heart. We mirror our creator by being creative. In so many ways we use our hands to project our inner will.

Project your will and be creative with Zayin.



HAND GESTURE

Meru generated hand position
Hand horizontal & outstretched slightly above level of forehead, pointing fwd.

Meru generated meaning
“Spear” — Go Out — project

ח

CHET

חית

Numerical value 8 · Base-3 number 021

MEANINGS

Fortify

Encompass-ment, Field.

Other voices

Original: Fence, Fenced Field

Kaplan: fence

Ginsburgh: fear, life

Munk: divine grace, life

Haralick: life

Kushner: strength through endurance and balance

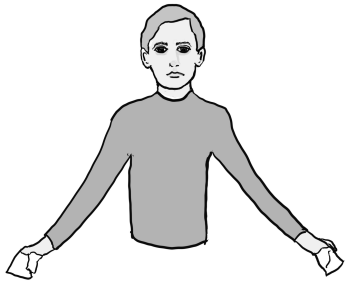
Hoffman: vitality, physical health

ACTION

Chet* is like a force field that surrounds us, an energy that we can utilize for strength and protection. Our lives are a balance between inside and out. Chet gives us the opportunity to search within ourselves, to enhance the connection with the essence that resides inside. It provides us with an opportunity to self-organize, to garner inner strength for any situation we encounter. The road between inside and outside travels in both directions. We want to encompass the positive energy we encounter and let the negativity bounce off of our fortress.

*The sound of the Chet has no equivalent in English - it is not the standard ch sound. It involves a rolling motion in the throat and is a common sound in Hebrew and Arabic.

Protect yourself from negative elements but be an open fortress with Chet.



HAND GESTURE

Meru generated hand position
Arm outstretched, hand at rt. side, pointing down at 45° perimeter, at waist ht.

Meru generated meaning
"Fenced Field" — Surround — boundary

ט

TET

טית

Numerical value 9 · Base-3 number 022

MEANINGS

Choose Good

Completion, Hold

Other voices

Original: Serpent
Kaplan: snake
Ginsburgh: staff, snake
Munk: goodness
Haralick: goodness
Kushner: good to be alive
Hoffman: awareness of true goodness

ACTION

With Tet the relationship between inside and outside is complete, it is whole. There is a certain clarity in our actions when they emanate from a place of truth and goodness. If there is one action we can complete today, even if it is as simple as a kind word or smile to another person, we can find contentment in Tet. In Genesis, God's response to Creation is not "it is excellent, brilliant, outstanding, or awesome." The statement is, "it is good."

Make your intentions and actions good with Tet.



HAND GESTURE

Meru generated hand position
Hand horizontal, forward in front of midbody.

Meru generated meaning
“Snake” — Complete — bound

י

YOD

יוד

Numerical value 10 · Base-3 number 100

MEANINGS

Hands On

Hand, Conscious Will, Choice of Direction

Other voices

Original: Hand, Pointer
Kaplan: hand
Ginsburgh: hand, to thrust

Munk: creation, the metaphysical

Haralick: spirituality
Kushner: the hand
Hoffman: overcoming stagnation, bringing change

ACTION

Yod encourages us to seek the bindu point within us, the eternal essence that speaks to us from our soul. If we follow its path deep enough we may encounter a glimpse of infinity. But in reality we need not go any further than our hand, the way in which we project our conscious will into the physical world. We create with our minds, we manifest our creativity with our hands.

Be creative by using your hands with Yod.



HAND GESTURE

Meru generated hand position
Hand vertical-up, tipped toward chest – in the natural "to me/mine" gesture.

Meru generated meaning
“Hand” — Hand — will, seed, starting point

כ

KAF

כף

Final form ך · Base-3 number 211

Numerical value 20 · Base-3 number 101

MEANINGS

Hold Knowledge

Hold, Possess

Other voices

Original: Palm of hand

Kaplan: hand, bent

Ginsburgh: palm, clouds, power to suppress

Munk: crowning, accomplishment

Haralick: the crowning achievement

Kushner: the palm of a hand

Hoffman: willpower, focus

ACTION

We've got the whole world in our hands. Our hands empower us on so many levels - the ability to build, paint, sculpt, type, point, visualize, and meditate. Kaf enables us to hold both the material and the spiritual realms in our palms - it is a cup of limitless potential.

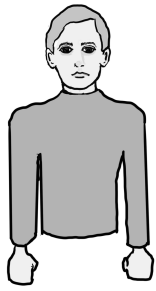
Expand your potential with Kaf.



HAND GESTURE

Meru generated hand position
Hand vertical – in open palm or "stop" gesture.

Meru generated meaning
“Palm” — Hold — likeness



HAND GESTURE · FINAL FORM

Meru generated meaning
Offering

ל

LAMED

למד

Numerical value 30 · Base-3 number 102

MEANINGS

Learn and Teach

Learn, abstraction (inner action), “To Me”

Other voices

Original: Goad

Haralick: learning, teaching, purpose

Kaplan: ox-goad

Kushner: a student

Ginsburgh: to learn, to teach

Hoffman: learning from the heart

Munk: teaching, purpose

ACTION

There is a natural elegance and beauty in Lamed. It is a flame that reflects our inner being. It longs to discover who we are and to share our true essence. Learning and teaching, teaching and learning - the eternal flame is never satisfied with the status quo. Lamed is a reflection of the universal beauty and grace within us. Visualize it flowing.

Learn and teach with Lamed.



HAND GESTURE

Meru generated hand position
Hand vert.-up, eye ht. in front of face – thumb "reflected" by fingers into eye.

Meru generated meaning
“Learn” — Learn — to, towards

מ

MEM

מם

Final form ם · Base-3 number 212

Numerical value 40 · Base-3 number 110

MEANINGS

Energy Flow

Source from within, expanse.

Other voices

Original: Water

Haralick: perfection, completion

Kaplan: water

Kushner: the substance of mother earth

Ginsburgh: water, blemish

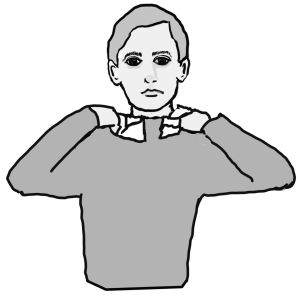
Hoffman: experiencing spirit guides and angels

Munk: revealed and concealed; Moses and Messiah

ACTION

There lies within us a river of light emanating from the sea of the soul. It is the source of Truth and Wisdom. Look at the interior of the Mem, see the potential of this wide expanse. The water empties from the sea of consciousness at the lower left opening of the Mem. The Final Mem represents the limitless boundaries of our consciousness and the ever expanding universe.

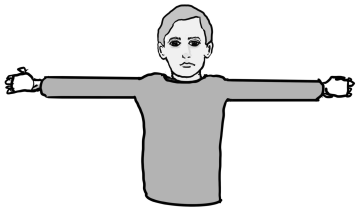
Let your energy flow like water with Mem.



HAND GESTURE

Meru generated hand position
Hand horiz, directly under chin, fingers point left in front of throat, thumb fwd.

Meru generated meaning
“Water” — Source — from



HAND GESTURE · FINAL FORM

Meru generated meaning
Expanse

נ

NUN

נון

Final form ן · Base-3 number 220

Numerical value 50 · Base-3 number 111

MEANINGS

Balance

Neck, Nexus, On & On

Other voices

Original: Snake, Fish
Kaplan: fish
Ginsburgh: fish, kingdom, heir to the throne
Munk: faithfulness, soul, emergence
Haralick: emergence
Kushner: a soulbird
Hoffman: strengthening faith

ACTION

Nun is our connecting tool, the fish that swims in the sea of Mem, constantly moving between inside and outside, between wisdom and understanding. Nun is noon illustrating the dual nature of our lives in physical time. The Final Nun connects us with the infinity of universal time.

Use Nun to manifest good timing and synchronicity.



HAND GESTURE

Meru generated hand position
Back of hand vertical-up, against neck, fingers against left cheek, thumb left.

Meru generated meaning
“Fish” — Connect — neck



HAND GESTURE · FINAL FORM

Meru generated meaning
To Nth Degree — to Infinity

ס

SAMEK

סמך

Numerical value 60 · Base-3 number 112

MEANINGS

Support

Sustaining, support.

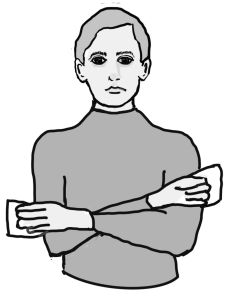
Other voices

Original: Prop, Support
Kaplan: prop
Ginsburgh: to support, rely on, ordination
Munk: support, protection, memory
Haralick: support
Kushner: shelter
Hoffman: divine support

ACTION

Samek gives us the support we need, like an unconditional friend. Samek enables us to support ourselves, our family, our friends, our community, the world. Samek reminds us that there is always support if we seek it and allows us to support those who need it from us.

Lend support to those who need it and accept support with Samek.



HAND GESTURE

Meru generated hand position
Arms folded, rt. hand horiz., cradled in front of left shoulder, back of hand fwrd.

Meru generated meaning
Support

ע

AYIN

עין

Numerical value 70 · Base-3 number 120

MEANINGS

See

Eye, spectrum.

Other voices

Original: Eye, Well

Kaplan: eye

Ginsburgh: eye, color, fountain

Munk: sight, insight

Haralick: insight, consciousness

Kushner: an eye

Hoffman: discernment, insight

ACTION

Ayin is insight, the ability to go deeply within and apply the inner wisdom to external understanding and action. Ayin opens our eyes to the reality of our existence and transcends the primacy of three dimensional thinking in our lives. It provides us with views of “the big picture.”

Be perceptive and maintain clarity by using clear vision with Ayin.



HAND GESTURE

Meru generated hand position
Hand vertical-up, thumb slightly forward and alongside right eye, fingers right.

Meru generated meaning
“Eye” — Spectrum — full-circle

פ

PE

פא

Final form ף · Base-3 number 221

Numerical value 80 · Base-3 number 121

MEANINGS

Speak and Breath

Mouth, engulf, swallow.

Other voices

Original: Mouth
Kaplan: mouth
Ginsburgh: mouth, here (present)
Munk: speech, silence
Haralick: speech, freedom
Kushner: mouth
Hoffman: speaking effectively

ACTION

Pe means mouth and represents our gift of speech. But Pe also reminds us when it is wise to speak and when it is better to breathe in silently. Pe ingests our sustenance, our air, our energy, our relationships, while Final Pe is the great exhale that frees our minds. Between the two, our words serve us well.

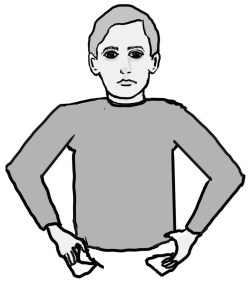
Maintain inner wisdom and speak wisely with Pe.



HAND GESTURE

Meru generated hand position
Elbows flared, hands nr. horiz. with thumb canted into mouth, fingers below chin.

Meru generated meaning
“Mouth” — Fullness — speak



HAND GESTURE · FINAL FORM

Meru generated meaning
Puff Out

צ

ZADI

צדי

Final form ץ · Base-3 number 222

Numerical value 90 · Base-3 number 122

MEANINGS

Be Humble

Spiritually Whole, Upright, Righteous, Sturdy

Other voices

Original: Fish-hook

Haralick: righteousness, humility

Kaplan: fish-hook

Kushner: the first letter in time

Ginsburgh: a tzadik, to hunt, side

Hoffman: amplifying righteousness

Munk: righteousness, humility

ACTION

Wisdom manifested by understanding is represented in the uprightness of Zadi. It reminds us to use our gifts wisely and for the good of others. In this way, we remain righteous and humble. With Final Zadi, our roots grow strong and we become a true “tree of life.”

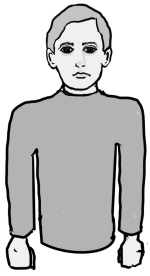
Let your ego subside and add a touch of humility to your day with Zadi.



HAND GESTURE

Meru generated hand position
Hands raised vertical-upright, over head, back of hand towards forward-left.

Meru generated meaning
Righteous



HAND GESTURE · FINAL FORM

Meru generated meaning
Purification

ק

QOF

קוף

Numerical value 100 · Base-3 number 200

MEANINGS

Act with Quality

Monkey, Copy.

Other voices

Original: Skull, Monkey
Kaplan: back of the head
Ginsburgh: monkey, to surround or touch, strength
Munk: holiness, growth cycles
Haralick: growth, holiness
Kushner: the voice
Hoffman: spiritual receptivity

ACTION

As a monkey copies human behavior, we copy our Creator. We look for signs of creation manifested in world and in ourselves. We try to act in ways that provide us with a sense of satisfaction in being able to create the lives we choose. Qof asks us to observe our world and make use of the best examples we can find even if, at times, we find it necessary to hang from a tree and act silly.

Copy the Creator and have fun with Qof.



HAND GESTURE

Meru generated hand position
Hand vertical-down, high over head – like a monkey dangling from a tree limb.

Meru generated meaning
“Monkey” — Copy

ר

RESH

ריש

Numerical value 200 · Base-3 number 201

MEANINGS

Radiate Wisely

Reach, radiate.

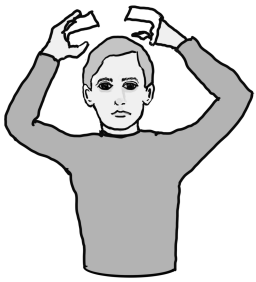
Other voices

Original: Head
Kaplan: head
Ginsburgh: head, beginning, poor man
Munk: choosing between greatness and degradation
Haralick: the cosmic container
Kushner: a tale bearer
Hoffman: intuition

ACTION

We are constantly forced to choose. Do our actions come from the holy place within us or are they motivated by the limitations of our ego-driven minds? The actions we take can have a positive, negative, or neutral effect. The energy of Resh is non-discriminating and will flow regardless of the signals we send it. We must choose which energy we wish to radiate. Resh will follow our lead.

Recognize the choices you make and radiate your best with Resh.



HAND GESTURE

Meru generated hand position
Base of outside of thumb against forehead, hand horizontal, left-fwd pointing.

Meru generated meaning
Reaching — initiate, radiate

ש

SHIN

שין

Numerical value 300 · Base-3 number 202

MEANINGS

Shine

Shine (outer action), express.

Other voices

Original: Tooth

Kaplan: tooth

Ginsburgh: a year, change, tooth, to sleep, sharp

Munk: divine power, script, corruption

Haralick: cosmic nourishment

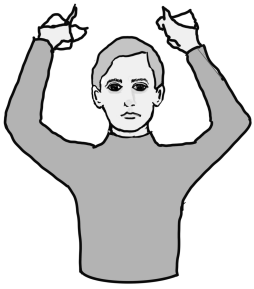
Kushner: the breaking of primeval vessels

Hoffman: peacefulness, harmony

ACTION

When our actions project our will in a positive way, we shine. Limitless energy flowing to the ends of the Universe. Observe the power of the three flames of Shin and try to discover the fourth hidden flame - perhaps this is an exercise in moving from three to four-dimensional creativity.

Let a smile reflect your inner glow with Shin.



HAND GESTURE

Meru generated hand position
Hand horizontal, flared backwards over head, palm up.

Meru generated meaning
“Tooth” — Shine — express

ת

TOV

תו

Numerical value 400 · Base-3 number 210

MEANINGS

Be Self-Aware

Itself, self-reference

Other voices

Original: Mark, Cross

Kaplan: cross

Ginsburgh: sign, impression, code

Munk: truth, perfection

Haralick: true law

Kushner: the sound of God talking to man

Hoffman: actualizing your mission

ACTION

With Tov we return to ourselves, it is the mark of self-reference. It tells us to always remember who we are. It is our self-referential nature that distinguishes us from most other life forms and the Tov brings us back to our source, our essence. Tov centers us. Having reached a place of inner peace we can once again begin the journey through the alphabet, this time with new insight.

Recognize the best of yourself with Tov.



HAND GESTURE

Meru generated hand position
Hand vert.-up, thumb under chin, back of hand against chest (upside down view).

Meru generated meaning
“Sign” — Itself — mirror

Appendix

Suggested Reading

The Alphabet That Changed the World
by Stan Tenen
Paperback
Published by North Atlantic Books
ISBN-13: 978-1556437236

The Book of Letters : A Mystical Hebrew Alphabet
by Lawrence Kushner
Hardcover
Published by Jewish Lights Publishing, Dec 1990
ISBN: 1879045001

The Wisdom in the Hebrew Alphabet : The Sacred Letters As a Guide to Jewish Deed & Thought Michael L. Munk
Hardcover
Published by Mesorah Publications, Limited, Apr 1983
ISBN: 0899061931

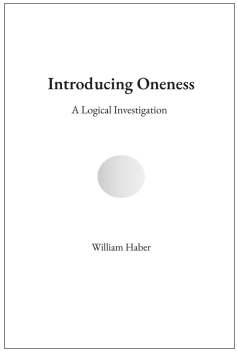
Sefer Yetzirah: The Book of Creation by Aryeh Kaplan (Editor)
Paperback
Publisher: Red Wheel/Weiser; Revised edition (May 1997)
ISBN: 0877288550

The Hebrew Alphabet, A Mystical Journey
by Edward Hoffman
Publisher: Chronicle Books (1998)
ISBN: 0-8118-1883-7

The Inner Meaning of the Hebrew Letters
by Robert M. Haralick
Hardcover
Publisher: Jason Aronson; (September 1995)
ISBN: 1568213565

The Aleph-Beit
by Rabbi Yitzhak Ginzburg
Jason Aronson, Inc.

Also by William Haber

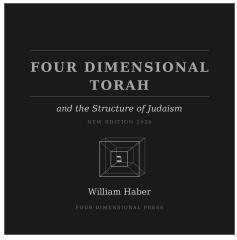


Introducing Oneness

A Logical Investigation

What if Oneness isn't a belief — but a proposition worth investigating? Most books on this subject ask you to believe. *Introducing Oneness* asks you to think. No faith required. No tradition assumed. Just an open mind and a willingness to look.

www.amazon.com/dp/B0GZP1G71D
Published by Four Dimensional Press



Four Dimensional Torah and the Structure of Judaism

New Edition 2026

Four Dimensional Torah and the Structure of Judaism offers a sweeping visual journey through the Torah and the civilization it created. A dedicated chapter explores the hidden geometry of the First Verse of Genesis, drawing on the groundbreaking research of Stan Tenen of the Meru Foundation, which reveals a geometric pattern embedded in the Torah's first verse.

www.amazon.com/dp/B0H1M9W78M
Published by Four Dimensional Press

Putting the Letters on Your Calendar

Step-by-step instructions for iPhone, iPad, Android, Windows and Mac are on our website: www.letteroftheday.org.

There are two ways to put a letter on a day. Both use the Letter Sheet on page 68.

On a paper calendar

1. Turn to page 70, Using a Paper Calendar, and follow the steps there. You will need a pen or pencil and the Blank Calendar on page 69.

On a calendar app on your phone or computer

2. Find the letter you want on the Letter Sheet.
3. If you are reading the PDF on the same device as your calendar, select the letter, copy it, and paste it into the title of a new calendar event. Choose All-day, and save.
4. If you are reading the print book or an ebook, you can type the letter instead. Add a Hebrew keyboard to your phone or computer, switch to it, type the letter into the title of a new all-day event, then switch back to English.

Not all of these methods have been tested on every device. If something does not work, contact us at four.dimensional.press@gmail.com.

Letter Sheet

Copy a letter and paste it into your calendar.

The letter definitions provided here are simply reminders. To get the full breadth of the meanings please refer to the detailed pages in this book.

Aleph א Oneness	Bet ב Inside/Outside	Gimel ג Have Patience	Dalet ד Open Door
He ה Connect	Vav ו Unfold	Zayin ז Project	Chet ח Fortify
Tet ט Choose Good	Yod י Hands On	Kaf כ Hold Knowledge	Lamed ל Learn and Teach
Mem מ Energy Flow	Nun נ Balance	Samek ס Support	Ayin ע Open Vision
Pe פ Speak and Breath	Zadi צ Be Humble	Qof ק Act with Quality	Resh ר Radiate Wisely
Shin ש Shine	Tov ת Be Self-Aware		

Blank Calendar

Month: _____ Year: _____

Using a Paper Calendar

These steps have not been tested on every device. If something does not match your screen, email us at four.dimensional.press@gmail.com.

Part A. Set up your calendar page

1. Look at the Blank Calendar page in this book. If you want to keep the book clean, make a copy of the page first, or use any paper calendar you already have.
2. Write the name of the month and the year on the line at the top.
3. In the top row of boxes, write the days of the week, one to a box, starting on the left with Sunday: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday.
4. Find out which day of the week the month begins on. Look at any calendar for this month.
5. Write the number 1 in the box for that day. Then write 2 in the next box, and keep going until you reach the end of the month.

Part B. Put a letter on each day

6. Turn to the Letter Sheet in this Appendix.
7. Choose the day you want to start. You can start on any day.
8. Look at the first letter on the Letter Sheet. This is Aleph. Copy it into the box for your starting day by drawing it with a pen or pencil. You may use the shape on the sheet as a guide.
9. Move to the box for the next day. Draw the second letter, Bet.
10. Keep going in order down the Letter Sheet, one letter for each day, until you have drawn all 22 letters.
11. On day 23, start again with Aleph. This begins round two.

Part C. Check your work

12. Look at each letter in your calendar next to the same letter on the Letter Sheet. Make sure they match.
13. Look at the name printed above the letter on the Letter Sheet. If you are ever unsure which letter you drew, find its name there.

Contact

four.dimensional.press@gmail.com
www.letteroftheday.org

Letter of the Day is free. If it becomes part of your day and you'd like to help me keep creating work like it, you can find a way to do that at letteroftheday.org/support.