



INTEGRITY, THROUGH A LENS OF FOUR REALMS

RABBI T'MIMAH ICKOVITS

Shiviti by Rabbi Oren Steinitz

אנא, לְשֵׁם יִחְוֹד קוֹדֶשָׁא בְּרִיךְ הוּא וּשְׁכִינְתֵיהּ

Ana, L'shem Yikhud Kudshah Breekh Hu ooSh'khintei

Please, in The Name of Unifying the
Holy One of Blessing with Sh'khinah.



Feminine Tree of Life

INTENTION AND BRAKHAH FOR OUR TORAH STUDY

ADAPTED

In the Name of Union of the Holy of Blessing with Shechinah; in wonder and love; and love and wonder we come together to Unite the Name; 'Yuda Hay', [Realms of Spirit and Intellect] into 'Vav Hay', [Realms of Emotion & Movement in complete Union for The All. Here, we are prepared to get busy with words of Torah.

May the ease and comfort of God Who is, our Divinity, rest upon us; may the actions of our hands bring Divinity upon us, and may the actions of our hands bring Flow to the Divine.

לְשֵׁם יְיָוִד קֹדֶשׁא בְּרִיךְ הוּא וְשִׁכְנֵתִיה, בְּדוּוֹיְלוֹ וְדוּוֹיְמוֹ, וְדוּוֹיְמוֹ
וְדוּוֹיְלוֹ, לְיִוּדָא שְׁם יוֹד ק"י בּוֹא"ו ק"י בְּיִוּוּדָא שְׁלִים בְּשֵׁם הַפֶּל.
הֵיחָ אֲנוּחֵנוּ מוֹכְנִים \ m מוֹכְנֹת f לְעֶסוֹק בְּדַבְרֵי תוֹרָה, וְיֵהִי נַעַם
אֲדָנִי אֱלֹהֵינוּ עָלֵינוּ. וּמַעֲשֵׂה יָדֵינוּ פּוֹנֵנָה עָלֵינוּ. וּמַעֲשֵׂה יָדֵינוּ
פּוֹנֵנָה:

בְּרוּךְ אַתָּה יְיָוִד אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ
לְעֶסוֹק בְּדַבְרֵי תוֹרָה; אָמֵן

Barukh Atah Havayah Elohaynu Melekh Ha-Olam Asher Kidshanu b'Mitzvotav
v'Tzivanu La-Asok B'divray Torah. Amen.

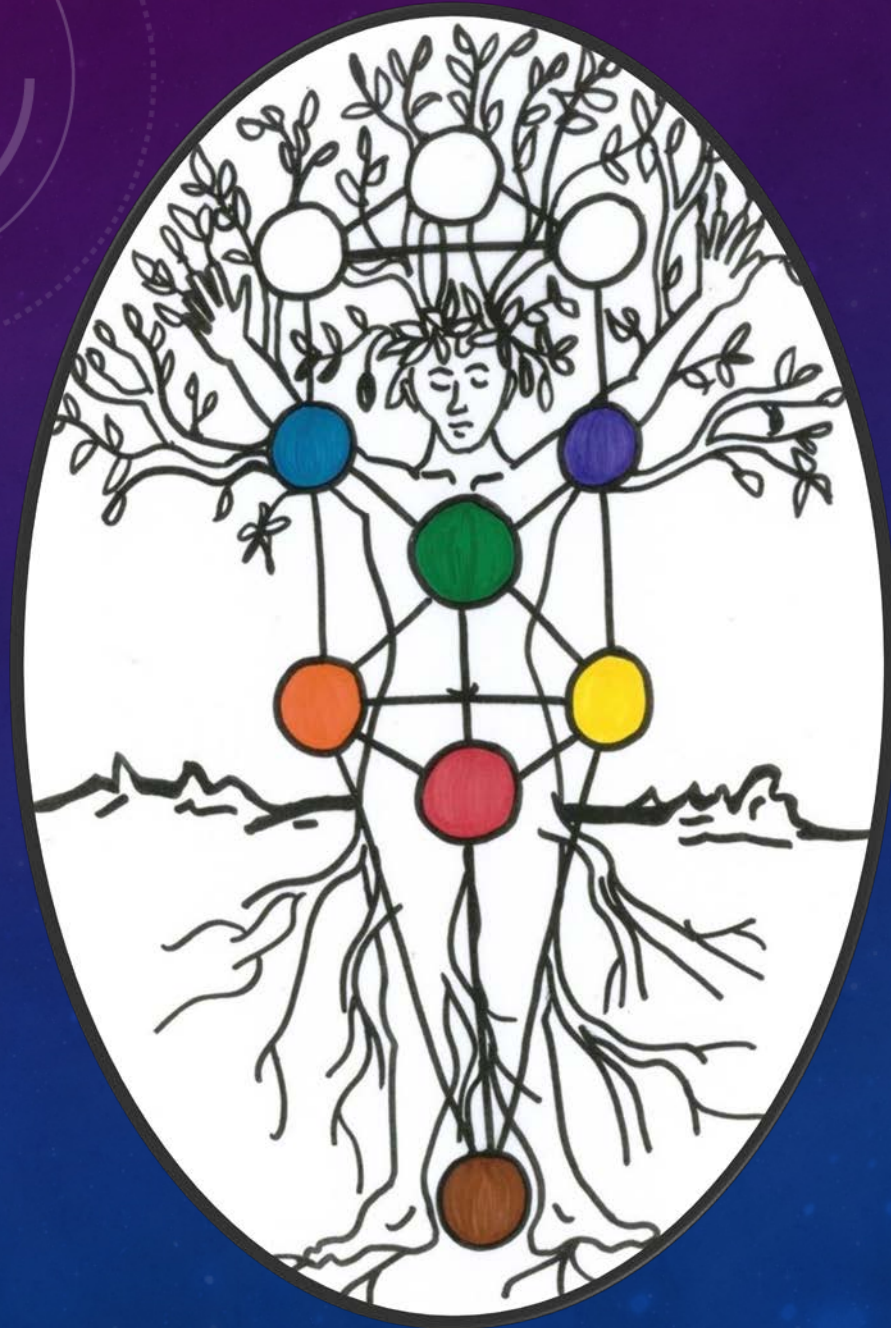
IN THE DIVINE IMAGE

וַיֹּאמֶר אֱלֹהִים, נַעֲשֶׂה אָדָם בְּצַלְמֵנוּ
כְּדְמוּתֵנוּ

ELOKIM SAID.











WE WILL MAKE EARTHLINGS IN OUR
SHADOW, IN OUR LIKENESS

GEN 1:26



HEAVEN AND EARTH COSMIC & PERSONAL

'Yud - Spirit
Hay' - Intellect
Into
Vav - Emotion
Heh - Action

CLASSICAL KABBALAH CONNECTIVITY							
She is a Tree of Life - עץ החיים היא							
ספירה	Energetic	Action	Day	Vowel	Archetype	Name	
S'firah						in Torah, Study	and Siddur
כתר	Crown	Being		A	The tip of the yud crosses into Keter	אהיה	"Ehyeh"
Keter						יה	"Yah"
חכמה	Wisdom	Cosmic Stem Cell		Ah		יהוה	"Elohim"
Hokhmah						אב	"Eyl"
בינה	Understanding	Discerning		Ay		אלהים	"Elohim"
Binah						אהיה	"Ehyeh"
חסד	Expansion unbounded	Fill it out; Expand to its limits	1; Sat Sundown-Sun Sundown	Eh	Avraham Miryam*	אב	"Eyl"
Hesed	Love (South)					אלהים	"Elohim"
גבורה	Contraction, Membrane	Control & Adjust it	2; Sun Sundown-Mon Sundown	Stop	Yitzhak Leah*	יהוה	"Adonai"
G'vurah	(North)					אהיה	"Ehyeh"
תפארת	Balance, Harmony	Blend, Harmonize	3; Mon Sundown-Tue Sundown	Oh	Yaakov Hannah*	אב	"Eyl Shaday"
Tiferet	(East)					אהיה	"Ehyeh"
נצח	Tenacity, Perseverance	Design a Prototype	4; Tue Sundown-Wed Sundown	Ee	Moshe Rivkah*	אב	"Eyl Hai"
Netzah	(Up)					אלהים	"Elohim Tzva-ot"
הוד	Grace, Gratitude	Refine it	5; Wed Sundown-Thurs Sundown	oo	Aaron Sarah*	אב	"Eyl Shaday"
Hod	(Down)					אהיה	"Ehyeh"
יסוד	Sexuality, Bonding	Duplicate it	6; Thu Sundown-Fri Sundown	oooooo	Yoseph Tamar*	אב	"Eyl Hai"
Yesod	(West)					אלהים	"Elohim Tzva-ot"
מלכות	Receiving, Grounding	Birth it - Release.	Shabbat		David Raquel*	אב	"Eyl Hai"
Malkhut						אלהים	"Elohim Tzva-ot"


*Matriarachs - Rabbi David Wolfe-Blank z"l
Patriarchs - Classical Kabbalah

FOUR WORLDS AND THE HUMAN BRAIN


As taught by Reb Zalman zt"l

	REALM	POWER	BRAIN ASPECT	MOVEMENT
א	ATZILUT	SPIRITUAL	CEREBRO- SPINAL FLUID	TRIGGER/ NOT KNOWING
ב	BREEYAH	INTELLECT & CREATIVE	NEOCORTEX	DISCERNMENT/ TEMPLATE
ג	YETZIRAH	EMOTION	LIMBIC BRAIN	FEELINGS/ RELATIONSHIP
ד	ASSIYAH/ SH'KHINAH	ACTION/ IMPACT	REPTILIAN BRAIN	MANIFESTING, GROUNDING, ANCHORING


The Four Worlds of responding to a triggering email 2

	BREEYAH INTELLECT & CREATIVE	DISCERN- MENT/ TEMPLATE	<p>Qualify the situation</p> <p>Does this email merit a response? Is it worth your time?</p> <p>If no – you are done.</p> <p>If yes, does it merit a public or personnel response?</p> <p>Outline the message to be sent.</p> <p>Consider - Is the message clear? Useful? – will it help? Concise? Rewrite -</p> <p>When you get to “yes,” go to Yetzirah</p>
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The Four Worlds of responding to a triggering email 3

	<p>YETZIRAH EMOTION</p> <p>Hesed – Grace G'vurah Discipline Tiferet – Harmony Netzah-Sustainability Hod-Refinement Yesod - Intimacy</p>	<p>FEELINGS/ RELATION- SHIP</p>	<p>Consider the impact of your response.</p> <ul style="list-style-type: none">- on those impacted- the greater community. <p>Does it serve to build community? Does it shame? Does your message need to be adjusted?</p> <p>Consider the six aspects within this realm. Does it support them?</p> <p>Make appropriate adjustments.</p> <p>Do a “Breeyah” check - your original intention. Is the message clear? Does it serve the greater community?</p> <p>Reread it.</p> <p>Repeat Breeyah and Yetzirah checks until satisfied with the content and potential ramifications are considered.</p> <p>This is an iterative process.</p>
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The Four Worlds of responding to a triggering email 4

	<p>ASSIYAH/ SH'KHINAH</p> <p>ACTION/ IMPACT</p>	<p>MANIFEST- ING, GROUNDING, ANCHORING</p>	<p>Now, the email is ready to be sent. The deck is stacked in favor of a positive outcome.</p>
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The Four Worlds as Process

	REALM	MOVEMENT	PROCESS
א	ATZILUT SPIRIT	TRIGGER/ NOT KNOWING/ DESIRE	You read an email and are moved. You recognize an impulse to respond.
א	BREEYAH INTELLECT & CREATIVE	DISCERN- MENT/ TEMPLATE	Qualify the situation Does this email merit a response? Is it worth your time? If yes, does it merit a public or personnel response? Outline the message to be sent. Consider - Is the message robust – will it help? Is the message useful? When you get to “yes,” go to “Yetzarah check.”
א	YETZIRAH EMOTION	FEELINGS/ RELATION- SHIP	Consider the impact of your response on those impacted and the greater community. Does it serve to build community? Does it shame? Does your message need to be adjusted? Make appropriate adjustments. Do a “Breeyah” check – your original intention. Is the message clear? Does it serve the greater community? Reread it. This is an iterative process. Repeat Breeyah and Yetzarah checks until satisfied with the content and potential ramifications are considered.
א	ASSIYAH/ SH'KHINAH ACTION/ IMPACT	MANIFEST- ING, GROUNDING, ANCHORING	Now the email is ready to be sent. The deck is stacked in favor of a positive outcome.

SHIVITI HAVAYAH L'NEG'DI TAMID

שְׁוִיתִי יְהוָה לְפָנָי תָּמִיד

I BALANCE MYSELF BY REFERENCING
HAVAYAH, ALWAYS.

יְהוָה אֱלֹהֵינוּ

