TEN SEFIROT AS BEHAVIORAL MODES

Center – Fulcrum of Balance

KETER / כתר (crown): will; represents values/vision/higher will which transcend manifest reality.

TIFERET / תפארת (beauty): truth; the integrative capacity; the ability to see harmony through multifaceted and even disparate perspectives. Truth emerges when the whole picture is clear, and it is beautiful.

YESOD / יסוד (foundation): The capacity to connect: inner world with outer, self with other, G-d with creation

MALCHUT / מלכות (kingship): world; The capacity to receive, which allows all the pieces of self and situation to manifest in right relationship

Right – Direction of Input

Chochmah / חכמה (wisdom): The wisdom which flows from receiving something as it is, without the lens of self.

Chesed / חסד (lovingkindness): The posture of unbounded resource of love and giving. Relationship without boundaries or conditions.

Netzach / נצח (eternity): A posture of self-effacement, as well as an sufficiency of identity rooted in the sense of one's indelible worth (a point is infinite because it is non-dimensional)

Left – Direction of Output

Binah / בינה (understanding): The understanding gained by looking at a situation from ‘outside’ in relation to what one already knows.

Gevurah / גבורה (might): The power of distinction, discernment and relationship gained by drawing boundaries.

Hod / חוד (glory): The beautiful glory of personal manifestation. Self-assertion as a manifestation of the Divine. A posture of offering one's individuality to G-d. (self-expression – where I need to shine manifest)