Ana Beko’ach G’dulat Yeminchah Tatir Tz’urah:
Kabel Rinat Am’chah Sagvenu Taharenu Nora:
Na Gibor Dorshei Yichudcha Keavat Shamrem:
Bar’chem Taharem Rachamei Tzidkatcha Tamid Gamlem:
Chasin Kadosh Berov Tuvcha Nahel Adatetcha:
Yachid Ge’eh Le’amcha Pne Zochrei K’dushatetcha:
Shav’atenu Kabel Ushma Tza’akatenu Yode’a Ta’alumot:
Baruch Shem K’vod Malchuto Le’olam Va’ed

Kabbalah prayer with the 42 letter Divine Name

The prayer *Ana Bekoach* was written about 2000 years ago by the Holy Kabbalist Rabbi Nechunia ben Hakanah. The prayer has profound mystical meaning.

The first letters of the 42 words of this prayer are the 42 letter holy name of God. Kabbalah discusses extensively this divine name.
The Torah describes 42 encampments in the desert on the way to Israel. This is a secret of 42 stages of spiritual awakening.

Also corresponding to this divine name are: 42 words in the first section of the prayer Shema, 42 words in the first section of the prayer Amida, 42 times the four letter name of God is in tefillin, 42 lines in each column of a Torah scroll.

The Tree of Life is the divine map of spiritual consciousness discussed in Kabbalah. These ten aspects of our inner self and levels of divine experience are called Sefirot. The seven verses of Ana Bekoach correspond to seven Sefirot. These seven Sefirot and one of many ways of describing them:

<table>
<thead>
<tr>
<th>Sefiroth</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chesed</td>
<td>Loving Kindness</td>
</tr>
<tr>
<td>Gevurah</td>
<td>Humility</td>
</tr>
<tr>
<td>Tiferet</td>
<td>Harmony</td>
</tr>
<tr>
<td>Netzach</td>
<td>Eternity</td>
</tr>
<tr>
<td>Hod</td>
<td>Thankfulness</td>
</tr>
<tr>
<td>Yesod</td>
<td>Unity</td>
</tr>
<tr>
<td>Malchut</td>
<td>Central Point in the Heart</td>
</tr>
</tbody>
</table>

The 42 Hebrew letters of the divine name correspond with wings of angels. Angels in Kabbalah are aspects of inner spiritual consciousness. The wings of angels are Love and Awe.

Kabbalah has many meditations on Ana Bekoach and the 42 letter holy name.

Ana Bekoach is included in the traditional daily prayers in the siddur (prayer book).

One possible translation is:

Please answer us with the great power of Your loving kindness! Free the bound!

Accept the songful prayer of Your people! Raise us up! Purify us! Awesome One!

Please! Great One! Protect like the pupil of Your eye those who seek Your oneness!

Bless them! Purify them! Have mercy on them! Bestow your righteousness on them always!

All powerful Holy One! Guide Your community in Your abundant goodness!

One and Only! Exalted One! Enlighten Your people who remember your holiness!

Accept our prayer! Hear our cry! Knower of secrets!

[Blessed is the name and God’s glorious majesty forever and ever]
42 Letters Name of God

Spelling of the and pronunciations of the 7 names

<table>
<thead>
<tr>
<th>Letter names in English</th>
<th>Pronunciation</th>
<th>Hebrew spelling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aleph Bet Gimmel Yod Tav Tzaddi</td>
<td>Avgidatz</td>
<td>Aleph ב גimmel יוד tav צעדי</td>
</tr>
<tr>
<td>Qoph Resh Ayin Shin Teth Nun</td>
<td>Kra Stan</td>
<td>Ko'he Shin יד ת&quot;ש</td>
</tr>
<tr>
<td>Nun Gimmel Daleth Yod Kaph Shin</td>
<td>Nagdichash</td>
<td>נהה ה Dell יד ק&quot;פ</td>
</tr>
<tr>
<td>Beith Teth Resh Tzaddi Tav Gimmel</td>
<td>Vtartztag</td>
<td>בות ה צעדי tav ג&quot;מ</td>
</tr>
<tr>
<td>Cheth Qoph Beith Teth Nun Ayin</td>
<td>ChakVatna'</td>
<td>ץח' ו besteht ננ</td>
</tr>
<tr>
<td>Yod Gimmel Lamed Peh Zayin Qoph</td>
<td>Yglfzak</td>
<td>יוד גimmelampoline</td>
</tr>
<tr>
<td>Shin Koph Vav Tzaddi Yod Tav</td>
<td>Shkutzit</td>
<td>שין הו צעדי יוד tav</td>
</tr>
</tbody>
</table>

Following is a translation of the prayer by Rabbin Nosson Scherman in a Siddur published by Mesorah Publication -

A  We beg you! with the strength of your right hand's greatness, untie the bundled sins.
B  Accept the prayer of your nation; strengthen us, purify us, O awesome one.
C  Please, O strong one - those who foster your oneness, guard them like the pupil of an eye.
D  Bless them, purify them, show them pity, may your righteousness always recompense them.
E  Powerful Holy One, with your abundant goodness guide your congregation.
F  One and only Exalted One, turn to Your nation, which proclaims Your holiness.
G  Accept our entreaty and hear our cry, O knower of mysteries.
[whisper the following line:] Blessed is the Name of His Glorious Kingdom for all eternity.
Ana Bekoach Notes

1. Release all those in captivity, we beseech You, Almighty One whose power sets us free.  
   < Or-- With the great power of your right hand, release the bonds of exile from your people. >

2. Accept the singing of all Your people who praise and glorify You alone.  
   < Or-- Receive our prayer, the prayer of your people, elevate us, and purify us, great one. >

3. Preserve those who seek Your unity, guard them like the pupil of the eye.  
   < Or-- O mighty one, keep us safe, protect us from harm and save us. >

4. Bless and purify them and always grant them Your compassionate righteousness.  
   < Or-- Bless us, give us strength with your grace, reward us and have mercy on us.>

5. Invincible and Mighty One, with the abundance of Your goodness, watch over Your people.

6. O Exalted One, turn to Your people who remember Your holiness.

7. Turn to us and hear our prayers, You who know all hidden things.

Blessed is Your glorious Name, Your Realm is for ever and ever!

1. Removal of time, space and motion. Removing the negative influence of physical matter from our lives. Unconditional love.
2. Restricting the reactive system. Closing the gates from the adversary ("Satan"). Forgetting all limited thoughts.
3. Opening the channel of sustenance. retrieving the Light from the Klipot and removing hatred for no reason.
4. The power to persevere.
5. Clairvoyance - to be able to see the connection between cause and effect. To see the Big Picture in any situation.
6. Spreading spirituality throughout the world, enlightening others through your own capacity of receiving.
7. Power to manifest things in the right way. Renewal and restoration.
The number placement in the margin is the Sephirot of Light for that line. For example, line 1 is Chesed. I believe it is already indicated. If you look on the diagram of the Tree of Life I gave you, you will see the names of each sphere that corresponds to the line on the prayer.

1. Protection and immediate need.
2. Control events and things around you manifesting supernatural events and dispelling negative entities visible and invisible.
3. Gain Clarity, strengthen intuition
4. Gain Strength to achieve any goals.
5. Psychic powers and intuition.
6. Inner spiritual strength. Gain understanding at an elevated level.
7. Fresh Start in Life.