



KAF

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

The 22 Letters of Light are arranged going from right to left. Aleph, Bet, Gimel, Dalet, Hay, Vav, Zayin, Chet, Tet, Yod, Kaf, Lamed, Mem, Nun, Samech, Ayin, Pay, Tzadi, Kuf, Resh, Shin, Tav.

Revised 3/12/23 Gregorian 12/21/6009 Grater-lesser light calendar

Kaf is the **11th** light letter Khaf, or Kaf

Numerical value = 20

Dalet and Tzadi are located on this day if counting a weekly cycle according to present day calendars. The meaning given to the writer: **A “born from within” moves from the door where life allows freedom and has been washed and cleaned for the**

next chamber, the most holy, to receive his or her enlargement.

Sound: “K” as in kite with a dot and “KH” without a dot (dagesh) the difference between the letter Kaf and Khaf is the presence or absence of the dot in the middle of the letter called a dagesh mark. When you see the dot in the middle of this letter, pronounce it as a “K”, otherwise, pronounce it as “KH”.

Meaning: palm, spoon, crown, to cover, to rescue, covered by the love of our Creator – we are kept from disease due to our discernment of life using wisdom. Our healing occurs daily and is manifested in every cell of our body, (remember to eat from the table of creation) to enjoy life.

“Blessings are upon the head of the just but violence shall cover the mouth of the wicked”. Proverbs 10:6 pg. **737**

Kaf, the crown, symbolizes being “born from within” with the love of life, to be done on earth as it is in heaven. What does scripture say about a crown? Pr.12:4 pg. **739**, Pr. 17:6 pg. **744**.

Kaf is the *blessing power* received from the words of truth. (It took 10 letters to be ready for your enlargement) This stored power from the words of truth that is in everyone recognizes our Creator who created the heavens and earth, male and female within the human heart. Our Creator is in the head or mind/heart so that the creation of heaven and earth can be remembered in that individual. When this happens it is said that a person is “born from within”. “Born of the word of

wisdom” is more correct as the word of truth is the power needed to have this beautiful understanding. The aleph-tav word for born is yalad, pronounced yaw-lad meaning a prime root to bear, calve, lineage, the office of a midwife, bring up, travail, labor. The light letters are Yod, Lamed, and Dalet. The meaning given to the writer- **The enlargement teaches the love of our Creator which causes deilisoni- to be lifted up.**

Kaf literally means “palm of the hand.” The letter Kaf is after the letter Yod. Yod means hand, while Kaf is the palm of the hand.

Kaf and Bet or alike in shape however the Kaf is made with 1 stroke that is a curve while Bet is made with 2 strokes. Bet and Kaf are related in their shape. Also if you take the 0 away from the numerical number for Kaf- 20 you get 2 – Bet.

When prefixed to a word Kaf means “**like** or as”.

When we bend our wills in submission to love, we become one within and we are given the reward of separation from darkness. Crowning is a continuous act as every day we feel perfect presence upon us and completing that day in love will bring us joy and peace. Recognize, when first doing this, you may be unfamiliar with the feeling, however, as you continue in love you will begin to feel more comfortable with the **responsibility** that comes with the enlargement- remember to stay quiet and peaceful in your daily life. Taking full responsibility gives a person strength and courage to go forward in love and truth. Forgetfulness is a choice made by

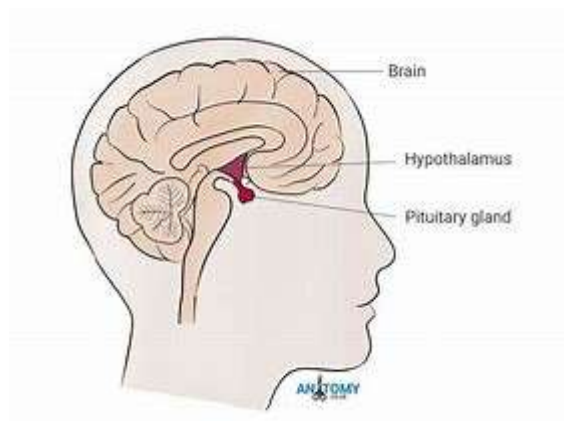
the individual with its consequences. Forgetfulness is a form of disease of the mind. Keep life simple for the day and you will see present time living. If 2 thoughts come in at the same time take time to write both down and then do one at a time. This may seem ridiculous at first however, your mind will be strengthened as you become more confident, stable and balanced.

Remember, we are love, so your body parts especially in your head is related with Kaf, since the letter Kaf symbolizes the palm of enlargement on top of the head, which symbolizes the awakened man, Adam. Yes, Adam- we explain that the biblical symbol Adam represents our brain/mind/heart- speech, our head, while, Chavah-Eve represents our healthy reproductive organs, beautiful children, and awakened family. Kaf means **crown**.

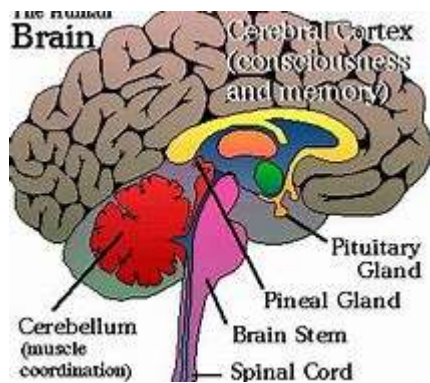
At the root of our nose is the pituitary gland, located along the line that the nose points inwards toward the brain.

What role does the pituitary gland play?

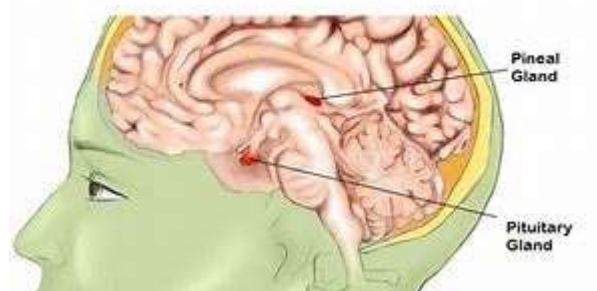
1. Pituitary Gland Function. One of the dominant functions of the pituitary is to direct and control other endocrine glands and organs of the body by sending them chemical messengers through the blood stream. The hormones secreted by this gland perform following major functions which are primarily concerned with maintenance, growth and reproduction. · The pituitary gland is called the “Master Gland” because it directs a multitude of endocrine functions in the body. It regulates hormone activity in other endocrine glands and organs. Pituitary activity is regulated by hormones of the hypothalamus, a brain region connected to the pituitary by the pituitary stalk. Your pituitary gland is an important pea-sized organ. If your pituitary gland doesn’t function properly, it affects vital parts like your brain, skin, energy, mood, reproductive organs, vision, growth and more. It’s the “**master**” gland because it tells other glands to release hormones



In the center of the brain is the pineal gland and its function is to produce healthy sleep patterns called circadian rhythms. It also produces the hormone, melatonin. The secretion of melatonin is inhibited by light and triggered by darkness.



The Pineal Gland



A healthy pineal gland is necessary so we can move by the words of truth. This is the reason that proper rest(a law of creation) is so important to the mind as rest will promote health, thereby, giving us strength to overcome and continue our daily awakened state under stressful life situations.

What is the hat, kappa, cap, or turban over the head of people? What does that symbolize? The cap, or hat is the palm of authority; in other words the cap is a remembrance or a means for you to remember our Creator, because in your head is the joy of love if you will allow it. This quiet and reverent appearance shows us that religion is not what gives the power to us but it is the understanding of pure love. Today we have the word of truth in our heads/hearts so no need for an exterior covering as the skull cap is sufficient. Our body is the temple of love with our heads and minds, directed by the power of the words of truth which clears all dross so light and wisdom can shine.

Let's go back to the beginning where Adam and Eve lost their covering, the wisdom of our Creator.

After Adam and Eve chose an unhealthy choice by eating from the tree of knowledge of good and evil they hid in the garden. Unhealthy choices gives us the reason for hiding, lying and deceit. Little children hid from their parents when they do something wrong.

Awareness and light allows a person to speak the truth and come out of hiding. Result- present time living!!!!

All children born on earth are fleshy/mortal, in an unhealthy state of unconsciousness. That is why every person on earth has a physical birth first and then once we are “born from within”, our second birth, by the words of truth, we become conscious of truth and our Creator. The children of light will not have a desire to speak or do things that are unhealthy. When we look at our children and see how they are selfish from a baby, we can see how this is true. What makes them change? It is the understanding of the correct truth of the law of love, returning them back to creation and our Creator. This is a gradual process and does take time and living in peace. You might be that child right now so remember, love is very merciful and shows peace to thousands, to those who love life and treasures the laws of creation.

We all need an awakening so we can be reconciled back to our Creator of love, life and light (love indicates infancy, life indicates growth and light indicates maturity and eternity).

When Adam and Eve used their reproductive organs to fulfill “be fruitful and multiply” their offspring carried the unhealthy choice of darkness within their bodies. The journey of darkness would prevail until the time was opened for perfect light to penetrate the darkness. This occurs with the birthing of children of light who love creation and life. Throughout the ages there has been many that have helped awaken the people

with truth. No different than today with writings that will hopefully awake many. Returning to our Creator will remain the truth and the whole truth. Mankind would have to return to the Creator of love, life and light to see humankind's unhealthy choices and the generational consequences that cycled throughout the years. The same cycle continuing until advancing light breaks through and healthy thoughts become victorious. We all have eaten from the tree of knowledge of good and evil which means we all have been born into mortality and family traditions of unhealthy choices. Responsibility is an enlargement word with wisdom as its root. Today is the day to be born with our Creator formed within. The meaning of "being born again."

We are to be the head and not the tail. We can accomplish this if we are "born from within", otherwise, we live in darkness and dwell upon the earth according to the tree of knowledge of good and evil, man-made religion.

Today children are born out of lust and not out of love, life and light from our Creator. They do not remember the creation of heaven and earth because our Creator is not yet formed in their heads and hearts. Today, if you have wisdom's thoughts, listen and be "born from within", becoming children of light.

Again, we are so thankful for our Creator who brought forth creation that we have the opportunity to be "born from within" at any age, even when born within unhealthy choices. We can choose peace, harmony, love and life.

The Nahash was the one that said Adam and Eve would be like god, knowing good and evil, however, he was lying. God is not our Creator but a made up deity for religion. So Adam and Eve became a part of religious history.

What did Satan do to get himself kicked out of the garden as he was in the field hiding? The Nahash said he was god and ignored Our Creator and the laws of creation and the truth about the life cycle of man. Man has a physical body that perishes and a being within the body that lives forever. The Nahash made man think that they were a body and if they ate from the tree of good and evil they would be like god and live forever. So man has done everything they can think of to have their bodies live forever and not age according to the law of creation. When the truth is the body is a vehicle for the being but the being lives forever and returns to our Creator once the life cycle on the earth for the body is completed. The body then returns to the dust from where it was created. If physically eating from the table of creation and following the law of rest your health and length of days will be extended as well as the aging process will be slowed.

Our Creator is not about death but life. Everything on earth was made so that it has a life cycle of birthing and dying. The tree of knowledge of good and evil was written by the biblical scribes that if they ate of it they (being) would die. We are eternal beings and live forever. The cycle of life, our being lives forever, is what we forgot. The body was never intended to live

forever. As long as people think that they are a body they will never understand about being an eternal being. If you are connected to the tree of knowledge of good and evil, religion and all organizations connected to it, then you are communicating with the wrong tree. The tree of life, the whole truth, is the tree of wisdom that represents our Creator. This is love, life, and light.

This life cycle has never changed. It is permanent like the sun and moon that appear each day and those who still are in darkness, no matter their unhealthy choices, will live forever as those of us who walk in truth. All human beings will experience their consequences here on the earth for their choices of health or disease and live in peace or chaos. Those that are not awakened will just be removed from the earth still in darkness, without the light of truth or born from within.

Adam and Eve were like the Hebrew god Elohim, Yehovah after they partook of the tree of knowledge of good and evil because they chose religion and a man-made god and not creation and our omnipotent Creator as their truth. So darkness and unconsciousness would be a part of every mortal person born on the earth until they return to our Creator and are "born from within". The people that are fleshy will be there to tempt you, however, knowing the truth about our Creator will give you the strength to overcome the darkness. Remember to go outside and look at the animals, trees, birds, plants, and flowers to see the beauty of life. All religions are

asleep and the people connected to them. Now you can be kind and loving to all, for you will meet on the other side no manner what is done here on the earth. The only difference is you will live in peace and harmony with creation while living out your life.

Remember, the laws of creation do not change. All humankind follow the life cycle even if their choices are unhealthy. Fish, birds, animals follow their laws and have their consequences. Our Creator made humankind according to creations law, perfect. What we do with our vehicle is our choice!

“Whosoever respects creation is the one who wants to form the likeness of our Creator within.

As we learn truth, we are able to discern the lies that contradict truth. Scripture is based upon religion and their traditions not upon truth of the laws of creation or our Creator.

Life is simple, beautiful, colorful, musical and healing!

There are 7 unhealthy choices we need to avoid: lust, pride, envy, greed, gluttony, laziness, and anger. To live with love, life and light one is “born from within” and has a new vocabulary with words that bring joy, happiness, peace, health, healing, energy, beauty, unity, blessings, strength, abundance, discernment, children, memory, integrity, freedom, and fun.

Remember, everyone has a choice to choose peace.

We remain in an unconscious state until we become “born from within” and return to the original nature of man. How our

Creator created us and the laws of nature for guidance will support health and happiness.

Until we are “born from within” we remain in darkness and look to the tree of knowledge of good and evil for understanding. There are good people here!! You were once one of them so do not judge but love continually.

An overcomer lives with his thoughts, speech and action coming from a clean mind with peace, love, kindness, surety, and faith. All things are possible with children of light. They no longer suffer as the kids of the world do. These children of light have chosen our Creator and the laws of creation to live by.

8 affirmations for the letter Khaf:

1. Nature has me in the palm of love, shape me into the woman of truth.
2. Nature and its laws protect me.
3. The blessing of latter rain (revelation) establishes omnipresence. Thank you for the early and latter rains and all the seasons of change.
4. When you know truth no longer is patience required. You live in peace.
5. A spoon is useful and brings pleasure when eating, so as a spoon is to the eater let Yvonne be to our Creator useful and a pleasure.
6. We gravitate to that which we love; this is the law of attraction.

7. The laws of creation are physical, many laws that run this earthy sphere. Remember the one law of love and rest in peace.
8. Great is the study of Aleph- Tav, for it brings into action a crowning within all the children of light.

Sorrow

In the beginning of life great sorrow came to our first
parents, Adam and Eve.

They partook of the tree of knowledge of good and evil
which consequence had them leave, the very place of rest
and peace to experience and find,

A heartfelt sorrow by conceiving and feeding their very own
mortal kind.

Having the responsibilities of toil and labor to maintain life,

The enduring of a dual nature, love and strife.

This brought painful sorrow and great distress of mind, so,
they gladly returned to our Creator and the laws of the earth

And watched for mankind's miraculous birth.

Temper Tantrum and Little Selfish

“This is my toy,” screamed Joy. “It was bought for me and therefore belongs to me! I should be able to do what I want with it.”

“You are not being fair,” cried Toby. “You should want to share your toys with me.”

“Who wants to share their toys with a big cry baby? You are always causing such a fuss,” exclaimed Joy.

“I want the truck! I want it! I want it!” cried Toby as he jumped up and down.

“You can’t have it. Nah, Nah, Nah-Nah, Nah!” teased Joy.

“I see that you are both being yourselves again,” declared their dad, Tobias.

Joy looked at Toby. Toby looked at Joy. They both chimed in together and exclaimed, “Are we really being ourselves again?”

“It is so hard not being what you are!” exclaimed Toby.

“It will take time and prayer to change the way you are,” stated dad. “You must begin by doing something each day that will help you to be a better person.”

Joy looked at her dad. She looked at Toby. She turned and said a prayer. Joy then stated, “I will do something today that will help me be a better person. I will let Toby play with my truck.”

Toby looked at his dad. He looked at Joy. He turned and ask for help. Mother whispered something in his ear.

Toby said with much excitement, "I know what I will do today. I will play quietly for 15 minutes. This will help me be a better person.

When Joy and Toby did little things to cause each other happiness they became less selfish and angry. Simple acts of kindness keeps love growing in our children.

What will you do today to be a better person?

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