



Lamed

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 3/12/2 Gregorian, 12/21/6009 Greater-lesser light calendar

Lamed is the 12 letter of the aleph-tav.

It has the numerical value of 30.

Repeat of creation day 5 if counting a weekly cycle according to present day calendars- Yom Chamishi, Light letters Hay and Quph or Kuf are also on this day. Meaning given to the writer-

The revelation of creation revealed by awakened Eve is the teacher of wisdom.

It sounds like the English letter “L”. Sounds like the word look. Pronounced lah-med.

It is considered the central letter (or heart) of the light letters.

It means to receive wisdom, to be trained, to teach, to write, a disciple, a follower of truth. Shepherd staff, good, control, authority, the only letter that its shape reaches above the other letters, which draws our attention to the source of all wisdom that we receive from our Creator. And our Creator saw the light, that it was beautiful (good) and separated the beautiful from the ugly (darkness).

Let’s look at the word good using the aleph-tav, Towb, Tobe- means beautiful, best, better, bountiful, fine, glad, graciously, joyful, kindly, kindness, loving, merry, most pleasant, pleased, pleasure, precious, prosperity, ready, sweet, wealth, welfare, be well favored. The light letters are Tav, Vav, Bet- **The house of love is in peace, amen!**

Lamed “a heart that understands wisdom, in other words, the goal of learning and teaching is heart wisdom with the end result, to be “born from within,” children of light.

Note: according to Jewish sages, the numerical value of the phrase lev meivin da’at is the same as the phrase “the heart of Eve” suggesting that the woman’s heart is essential for a complete understanding of LIFE (remember life means growth- growth can only happen if something is alive and healthy otherwise it is considered diseased and dying).

The goal of Lamed:

Discerning truth from the scriptures is not an end of itself, but should urge us on to action. One who studies truth in order to teach is given the means of discernment of words; and one who studies truth in order to be is given the means to meditate and love.

3 words of truth:

Thought- remember that the truth will bring to your remembrance all that you will need to know.

Speech- remember that every word you speak, not just in prayer and meditation will be how you discern each day.

Action- kind and loving deeds require faith. Faith without action is dead!

Like a wise shepherd, learning will both urge us on to wise thoughts and control our animal instincts, unconscious fleshy nature.

Pre fix for Lamed

“to” or “for” – example melekh- means king but l’melekh means to a king or for a king

Studying and understanding truth is meant to ultimately reveal the love, life and light of our Creator.

Lev =means heart using the light letters.

Today, the children of light, wherever they place their feet they have the ability to change that place to a pleasing existence. This is a lesson and wisdom for present day people to understand why they may be stuck in a place of darkness. Remember our Creator and the laws of nature and wherever you go, you must take love, life and light with you, ushering truth to that area, elevating it and showing by example what true humility means. Remember humility means a mature and responsible person that loves our Creator first.

This power, to begin transforming yourself in earnest, begins when we have been born from within. Up until that point we are in training. We receive instruction through many avenues and compare that instruction to that which man has as false religion, unhealthy traditions and wrong lifestyles.

We find another interesting gematria in relation to Lamed. Both the Aleph and Lamed represent the teacher. What's the connection between the 2 letters? The design of the Aleph is comprised of 2 Yod and a Vav, 10 and 10 and 6 = 26. The Lamed is comprised of a Kaf and a Vav: 20 and 6 = 26. 26 is the gematria of YHVH's name, the Tetragrammaton - Yod-Hay-Vav-Hay.

Yet there is a marked difference between the teaching styles of the Aleph and the Lamed. The Aleph is more theoretical while the Lamed is more practical. For example, the Aleph represents the written scriptures (stories, general concepts, and deeper meanings of truth) while the Lamed focuses on oral (how to

practically apply these truths in one's day to day behavior and speech. Like a parable.

The shape of Lamed has 2 levels: one superior aspect, one inferior aspect. One descends in order to ascend. Those who are working, that is, "born from within"- and those who are receiving instruction in order to be "born from within" – work in the depths of the mind and heart in order to gain access to the true wisdom of life. We cleanse our mind and heart of impurities, that is, lies, Pagan traditions, and false instruction in order to give birth to purity, which is truth, wisdom, peace, victory and light. We conquer the carnal thoughts in order to magnify wisdom, in other words, we cannot know our Creator (cannot enter our head and heart) if we have lust, anger, pride, envy, fear, greed or gluttony. These must be cleansed, purged from our mind. Lamed teaches us this.

Lamed is known as a "tower flying in the air". This tower in the air, the upper segment of the lamed, is our faith. It is the reality of returning to our Creator: to unite, once again, with creation. So, you can see that Lamed is a very important letter for us who love our Creator and who are "born from within" and who know where they are going. The Vav of the Lamed represents the mind that has been cleansed. The Vav, which is a chute, draws this purity down from the purified thoughts into the physical world, until it is internalized into the Kaf, the human mind. This merging of purified thoughts into the

physical body immerses the Lamed (teacher) with the ability to teach very healthy wisdom in a practical way.

Every person can influence his or her friend or student, and every parent has the heart to teach his or her children the wisdom of our Creator. **We teach best by our own example.**

Our example must match up with our words, otherwise, confusion is the result with no progress for our children or ourselves. What is needed is the humility to know when truth is found even though it goes against our present lifestyle. Be able to SEE the false traditions and the people that hold to them and uphold the light of truth without fear. Remember, our Creator is love, life and light.

Truth tells us that “you shall teach your children and talk to them about these things”. To teach our children, we know of our own desire to study the truth of our Creator. For how can we teach our children the truth if we haven’t learned it ourselves? Let us look at the word wise, sakal, saw-kal a prime root to be (cause, make or act) circumspect or be wary and unwilling to take risks, hence intelligent-consider, expert, instruct, prosper, (deal) prudently, (give) skill, have success, teach, (have , make to understand, wisdom, be, behave self, consider, make) wise (ly) guide wittingly. The light letters are Shin with dagash mark to the left, kaf, and lamed, the meaning given to the writer- **The woman, Eve, who is born from within, has conquered unhealthy choices and is given the gift to write, a way to instruct wisdom to her children.**

When it comes to studying the truth, a person is always a child, and thus “teach your children” can also apply to us. One should never say, oh, I am 50, 90 or 120 now. “I’ve read books upon books about this subject so many times I cannot remember the number of times. You cannot teach me anything new.” On the contrary, the lessons are meant to be infinite. No matter how many times we have set foot in the fertile soil, we can always discover new light or uncover deeper meaning in that season of our life if eating according to life. We must approach it like children, and be humble to receive wisdom. But please remember that you must be successful at doing what has been given to you already for more to be received. Showing the change in your actions, speech and thoughts confirm that you have understood the new or uncovered light. Your light is getting brighter every day, thank you for kindness, mercy, and enduring love for your children, amen.

“Who is wise?” One who can learn from all that our Creator has created? Even a rock may have a message.

Even a child!

Lamed is spelled Lamed, Mem, Dalet, 3 letters. The aleph-tav word Lamed means “to learn”. But this learning is not merely intellectual; it begins with the intellect because we have to acquire information through our senses, brain, and nervous system. We need to go deeper than that. If we want to be “born from within” and have a new life, if we want to understand suffering and the consequences that we are in

now, we need our mind to be made new with eternal wisdom and vision. That is not done with the intellect. Ideas and theories are just that: ideas and theories. They cannot change anything. Change comes through the heart. The “heart” is spelled with a lamed and a bet= leb, labe . The understanding given to the writer: **Heart instruction called wisdom is for the home and the children of light that accept our Creator’s laws of creation.**

When you comprehend truth in your heart, stress is removed. The intellect only plays games with concepts. You cannot reach our Creator through a concept. Our Creator is beyond a concept. Far, far beyond ideas. Life is growth, a living, vibrating reality, which we feel and taste physically. But life is beyond the physical world. Our ideas only make us wonder, theorize, and argue. None of these achieve anything.

What should happen in us is represented in Lamed. The lower portion of Lamed can represent your heart. If you look at the shape, you can see the shape of a heart in it. Your heart is shaped somewhat like your fist, and almost the same size, and it is almost a pear shape. You see how that fits into a Lamed? If you just drew the little tower on it you would have Lamed.

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

Look at the twenty-two letters: lamed is exactly in the middle: the heart of the alphabet. Lamed shows us it is possible to go beyond the communication line that the letters were created

from. You see the order that all the letters hang from? Only Lamed passes beyond it, above, reaching... This is the power of the heart. This communication line is the real language that has victory. Today, let us consider these letters and their meaning so that we can overcome darkness and the words that mean death. Beautiful communication are words put together to enlarge love, life and light.

Lamed is your heart!

When you seek truth and wisdom, your heart sees love in all things. Your heart asks “What do I do with these feelings that I have? This new discernment I have?” Then, we go out and look for guidance, using everything we know, at that time, especially the wisdom we have received from life. This is “Lamed” to learn. Our heart reaches towards the light. Our mind looks for wisdom; it seeks by the guidance of love.

Unfortunately, most of us get stuck right there. We acquire a lot of information, and we might believe it or disbelieve it, but rare is it for that wisdom to come to the heart and be comprehended by the heart; to be digested, to be understood in the heart. Normally, we take ideas and concepts and play with them in the mind. We show them to others; we compare; we analyze.

Then along comes oneness, unity, love, and perfection. Yes the child of light and truth blossoms in their heart. Wonderful, amazing and full of beauty.

How did they do this? The mind and heart receives wisdom. It says, the “heart of the prudent,” (acting with or showing care and thought for the future) so let us look at what that actually means. It is not talking about your physical heart. And, it is not talking about “prudent” in the way we think of it. We need our Creator in our heart. Prudence is important, but when we have both male and female in our heart, then prudence is transformed from bin (understand) to Biynah, bee-naw, Light letters, Bet, Yod, Nun, Hay (perfectly understanding wisdom) The understanding given to the writer: **Mother/female has the power to instruct her children of true revelation of our Creator and laws of nature.** biyn-bene- a prime root to separate mentally, distinguish, understand, attend, consider, be cunning, discern, eloquent, instruct, be prudent, teach, deal wisely- light letters Bet, Yod, Nun- In other words, The understanding given to the writer: **True wisdom has the power to heal and bring peace to mankind.**

Intellectual knowledge is just concepts. True wisdom is the power of words.

If we don't have our Creator inhabiting our heart, then we have only the world's knowledge and words. Every creature has a specific language, food, habitat, and behavior. Humankind is no different. Let me see you swim like a fish or fly like a bird or scamper up a tree like a squirrel. Do you really think you have dominion over them???

Did you not have a mother and father or male and female that bore you into this fleshy mortal life? Why do you think it strange that you need our Creator to be formed within.

We can have all of the scriptures memorized. We can have man's entire religious doctrine arranged in our mind and be able to explain it, discuss it, and debate it, but it is meaningless if our heart is dead, cold, if our heart does not hold perfect love, life and light of creation. Remember, our hearts were corrupted by deceptive communication. We ate from the tree of knowledge of good and evil bringing darkness into our mind and body. We need to eat from the tree of life and live forever, which means eat from the table of creation and keep the law of rest.

Being "Creator formed within" is eating from the tree of life, love, light and wisdom where perfectness brings man and woman together. Here the hearts are one.

In order to balance and have peace, truth must overcome the lies, traditions, pre-conceived ideas and lifestyles of your past. This is accomplished with little steps of changing your everyday pagan words to words of wisdom. Moreover, you need to be aware of those words that offend. To be a master is to be a "master of words." Because through your words and thoughts comes action. We are what we are because of the words we think. If you want to be something other than what you are now, control your words. Control your words by knowing the truth. Lamed represents how love descends into your heart.

The relationship between you and our Creator which is not just in your mind anymore but has reached into your heart! Another word for “Creator formed within”, children of light.

Becoming free from suffering has more to do with a person’s heart. In the mind we learn steps, concepts, ideas, and we need them in order to clear confusion. But they do not start the “born from within” process in you. Wanting to know truth is by returning to our Creator and the laws of creation. What were we to remember? Remember that we are eternal beings that inhabit a physical body.

Your spinal column is of great significance in this teaching. Lamed represents a staff we carry. A staff in our body; the spinal column. We do not need a physical staff as seen in the Old Testament, like the prophet, Moses. We are children of light with the tabernacle and all its holy furnishings inside each one of us. How did we become so confused that we lost the simplicity of life? Eating dead lifeless flesh! And believing in a religion that actually kills an animal sacrifice to a god. Our Creator is about love, life and light only- no death!

One who overcomes has love for themselves and others. Kindness will promote healing to all. As we have fun on this earth remember, what do you want to leave behind? “Let your light so shine before men so that they see your beautiful works and praise our Creator that made heaven and earth.”

It is the beauty of creation.

The pure truth. It does not say, “Go follow somebody who has light”. It does not say, “Go believe in this other light,” or “go think about it.” **It says let your light shine.** That light shines through your mind, body, and words spoken. Your heart needs to be inflamed, burning, with the love, life and light of our Creator.

This experience of truth cannot come to us when we love our ideas and our beliefs more than truth. When we love our attachments and when we are in love with matter and energy, when we are addicts of sensation, when we follow people or beliefs, or schools, or traditions, when we are attached to flags and countries and educations and titles and theories, all of that, which makes up the world in our mind, is an obstacle. These things above will literally obstruct your ability to breath from your nose, your physical consequence.

To taste the truth, to experience the reality of the emptiness in all things, one must abandon everything that one thinks one is or knows. Not even a speck of “I” can enter there. The letter Lamed teaches us this.

To fully develop a heart of love you close your eyes. You have to shut off your sense of touch, you have to walk away from your hearing, from your sense of taste, from your sense of smell. You have to withdraw into your heart, stay peaceful and still for the victory of the truth to be uncovered. To know this truth all it requires is that you let go of all your attachments. If our point of view is centered in remembrance of our Creator

and creation, the opinions of others become less able to hurt us or motivate us towards harmful reactions to ourselves or others. When we can remember our Creator in that way, we are given amazing strength. This is how the great martyrs, the great prophets, the saints, were always able to receive the persecution of others and only respond with love. They cannot fake that. Neither can you. The ability to respond to all of life's challenges with a loving heart is a matter of our Creator residing in your heart. It is not a false attitude. There are many people who try to disguise themselves as prophets. There are many so-called masters and spiritual guides who are false, who are all smiles and speak very sweetly. But in their mind, in their heart, they are wolves, beasts, fleshy. It is easy to fool oneself and others. Yet no one can fool our Creator. Be thankful and sing hallelujah!

That spark or flame that burns in the heart is represented by



the 21 letter shin.

This is the flame of wisdom that wants to destroy the lies and mis-conceptions. It does not want to pat you on the back and make you feel better about yourself. It wants you to see the truth, that you make your own suffering, needlessly. All of us. If you suffer it is because you lack truth and wisdom. That is

what we have to see. And we have to see how we do it. We have to see past our misconceptions that we have agreed to believe out of fear of being different or shunned by family and friends. Remember that all things that come your way is for your own development. When we see that, we can stop the attachments and lies. The worst lies we tell are to ourselves. We have to see those lies and stop them. This is very painful, but necessary. When we can see the lie then maybe we can see the truth. But you can never see the truth, unless you see the lie first.

To raise a child you instruct them with your heart directed by truth. **They will learn the most by your example.** Mean yes when you say yes and no when you say no. Live it and teach what you can and suggest, and encourage as prompted. But at a certain point, you have to let the child do it themselves. To learn to walk, the child has to do it on their own. Every one of us has to learn to walk on our own.

A wise instructor, like a wise parent, will hold your hand and then let go once instruction and teaching has ended. Some stay longer, some need less time, it depends on the student. And when they fall down, they learn from falling. At least, they should. We have to learn. Same with children. Ultimately, you have to let them develop themselves with the truth as their guide. If you always help them get out of money problems are sickness they will never learn to stand on their own. When they have difficult times they must experience their consequence.

They will learn quicker if you give a listening ear. You are there to encourage them and listen to them. The heart is stronger when you understand how to actively listen. They will respect you when they can no longer manipulate your emotions and get you to be responsible for their problems and consequences. Kindness never fails.

The heart condition is what livens the pineal and pituitary gland. These two glands start shutting down if the amount of stress is no longer healthy. The quicker you learn to actively listen to others problems the healthier these glands will become. *(The pituitary gland is very important as it takes messages from the brain via a gland called the hypothalamus and uses these messages to produce hormones that affect many parts of the body including stimulating all the other hormone-producing glands to produce their own hormones. Weighing less than one gram and measuring a centimeter in width, the pituitary is often called the ‘Master’ gland since it regulates the secretion of the body’s hormones. These substances when released by the pituitary into the bloodstream have a dramatic and broad range of effects on growth and development, sexuality and reproductive function, metabolism, the response to stress and overall quality of life.)* *(Pineal gland is located deep in the center of the brain and once known as the “third eye”. It produces melatonin, which helps maintain circadian rhythm and regulates reproductive hormones. The best known function of the pineal gland is to regulate sleep and day-night cycles. It allows the brain to detect whether there is light in the*

environment. The detection of light stimulates the natural melatonin cycle.)

Think before you speak. Stop! Check your heart- the words spoken -does it feel right or confusing, does it give your heart a weighing? Ask for explanation or restate what is being asked. Learn to give your heart time to respond to their energy, respond above their energy- let them be responsible – know that this will be wisdom for all. When someone tells you of their money problem – your best response is to listen and help them figure out how to improve budgeting. If they have a health problem it is better to listen unless they ask you for advice. But then give them some helpful information pointing them to resources so that they can be led by truth to make their own decision. Let them gather their own information and suffer their own consequences, unless you want to suffer for them. The physical consequence you receive is they will destroy your pineal and pituitary gland if you let them and ultimately damage your heart! You will allow them to take away your strength in our Creator and the aleph-bet letters. These, by the way, are the children of darkness, not “born from within”. Know them, pray for them with wisdom’s words, confront them when necessary because they cannot be anything except fleshy.

8 affirmations for letter lamed:

1. Thunder and lightning firmly state how to rise above this earthy realm. Notice and be alert to the truth.
2. The heart of the manner is this, be a living example.

3. May our Creator continue to rain down wisdom and revelation to all so that we may finish our work on the earth in truth.
4. A truth-filled teacher will move the student to a higher eternal level.
5. Love, life and light removes fear, doubt and darkness.
6. Our Creator's connection grows the heart for additional wisdom. Quiet yourself so that truth can impart daily wisdom.
7. Teach to bring love, life, and light to others- thank you for this time on the earth- kindness and mercy endures forever.
8. Lamed is my backbone (spine) - humility and discipline will give me the power to move with authority to teach those that desire to unite with our Creator and the laws of nature.

Perfect Dance

9. Hal-le-lu-yah

10. The birds, fish and beast play

11. The trees, plants, and herbs sway.

12. The moon, stars and sun obey,

13. The song of each glorious and prophetic day.

14. The winter, spring and summers ray,

- 15. Bring to mind our Creator's way.*
16. The rain, snow and frost lay
17. Upon the earth's fertile land- Hoo-ray!!
18. Morning, noon and night say,
19. Hal-le-lu-yah
20. Moving all creation into one, the perfect dance in May.
21. December 2022
22. Love, Life, Light

Fear is swallowed up in Victory

Little Rene and Scott are sitting quietly playing a game when they notice that it is nine o'clock and time for bed. Both were discussing how they could convince their sister to let them stay up for a few more minutes.

But, wouldn't you know it, right in the middle of their conversation, their sister, Celeste, walks into the family room and turns off the computer before either one could say another word. As she pointed to the clock she said, "Mom and dad wanted you in bed by 9 tonight so it is time for bed boys."

Little Rene answered in a whiney tone of voice, "Oh, Celeste, do we have to go to bed now? Can we play one more game?"

“You know the rules of this family. Go to bed both of you,” declared Celeste as she looked at the boys with her raised eyebrows and added, “and remember to brush your teeth and say your prayers.”

“Let’s go, said Scott, “we need to listen to Celeste.” “Ok,” Little Rene mumbled, “but stop pushing me.”

The boys were now in their bedroom. Scott tip-pi-toed to the door and eased it to a crack. When he turned around he found Little Rene crying. Scott then asked, “Now, what is the matter?”

As Little Rene continued to cry he answered, “I am afraid that the alligators and snakes will get me.”

Scott then asked, “When do you see these alligators and snakes?” When I close my eyes I can see them biting my toes and legs,” shivered Little Rene as his tears began to roll down his checks.

“I know a way to make the alligators and snakes disappear,” said Scott. First you must take this pencil and paper and draw me a picture of the alligators and snakes.”

“I am afraid to, Scott,” answered Little Rene as he continued crying.

“Come on,” encouraged Scott, “I know you can do it!”

“Ok,” mumbled Little Rene, “this is what they look like.” He took the piece of paper and pencil and drew pictures of the alligators and the snakes.

Scott studied the picture for a few seconds and then said, “Watch what I can do to your alligators and snakes!” Scott quickly erased the picture.

Little Rene then exclaimed, “You made all the alligators and snakes disappear Scott! Oh, I think I can be brave now. Will you hold me for a few minutes?”

After Scott said their bedtime prayer they jumped into bed together. Scott looked at his brother and said, “Now you will be able to go to sleep.” “Yes, agreed Little Rene, “I am so glad that I have a big brother like you, Scott.”

As Scott turned off the light he spoke very softly and said, “I like having you as my little brother, too.”

For connection e-mail yvonnem@consolidated.net