
The 432 Binah Meditation Incorporates the Future Holy Temple

Author : Meiliken

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One afternoon almost 17 years ago, a caretaker let me into the 16th century Synagogue of Rabbi Isaac Luria in Sfat and all alone with the painted blue raised *bimah* behind me, I prayed, meditated, and conversed with the Ari. With wild birds swirling all around the room, diving, fluttering, their noisy wings churning the silence, I sensed a light emanating from the wall in front of me. Embracing it, I was lifted upwards, levitated forward, upward, pulled upwards by my head and chest.

It was not the weirdest thing that happened to me in my life, nor even on that trip to Israel, so I took the levitation in stride. Last week, as I incorporated the **432 Hz** healing frequency found



concealed within the Torah's first word into a powerful meditation found in the Zohar, I was once again drawn upwards and levitated toward the light and the visions. 17 years ago, it was the connection to the Arizal. This past week it was to the Light. Since it had nothing to do with me personally, and everything to do with specifics of the meditation, it is a connection you can make as easily as I did.

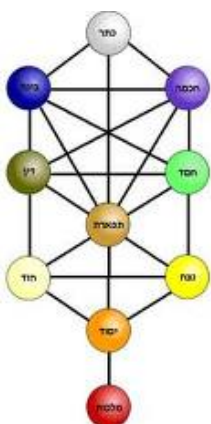
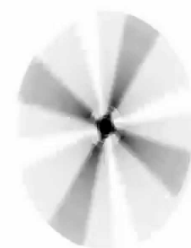
Do you ever feel like there is more out there than meets the eye, or that unseen forces are manipulating the world around you? It is and they are doing so. There is a way to tap into those forces.



Do you remember when you had to turn a knob on your car radio to tune it into the right frequency to pick up your favorite radio station, or at least remember seeing them do it in the movies? Do you recall the static when you were only off by a tiny bit? If you carefully tuned that dial to **432 Hz**, you would tune right into those forces. That would be Radio Binah, broadcasting from the primordial *Aleph(?)* deep in the heart of the universe, which reveals all the unseen happenings in our universe and all the unheard messages.

Nevertheless, if you are off by the tiniest bit, you get nothing but static and the feeling that you are missing something. Imagine how easy life would be without that stressful static buzzing all-around us, blocking out what is really important at every given moment of your life. Some people are much better than the rest of us at tuning into that exact frequency some call “the third eye; they do not need a special antenna or the secret schematics of how to build it. The rest of us, do. Fortunately, a blueprint of just such an antenna was found reproduced in a 2000 year old book, the *Book of Splendor*, the *Zohar*. Several cultures, ancient and modern, have tried to reproduce it in stone and steel, yet the only materials we need are in our heads.

How does it work and what does it have to do with the healing we spoke about in our previous article? There are 10 dimensions that comprise the greater universe. Each one filters



and channels the energy (Light) downward to the next level below utilizing differing mechanisms and veils. This is the Tree-of-Life. Our existence is entirely played out in the lowest of all the dimension. The next 6 *sefirot*/dimensions above our lowly level (*Malchut*) form a ladder to the purely spiritual world where neither time nor space exist in a form that we can understand. It is a realm that we cannot affect or sully, and ironically, it is known as the Realm of Understanding, *Binah*. Think of the dimension of *Binah* as a huge steady wind, like the one the Torah states separated the walls of water in the Red Sea. It is an all-encompassing wind, wider than the ocean, the solar system, our galaxy. It is as wide and broad as the entire universe. The next highest and even broader realm is *Chochma*, and the point that separates the two is the primordial *Aleph(?)*. Spinning like the outstretched arms of a giant turbine, the *Aleph(?)* funnels down and filters all the energy from the highest realms into a ceaseless and mighty wind. That wind blows through our universe and lives, cooling the fires of the earthly plane, yet it is all but imperceptible to most of us.

This is the wind of *Moshiach*. This is the wind we call Light. This is the wind that will levitate us. It is the wind that must be harnessed if we are to sail away when the time comes. Once we jettison our anchors and let go of our physical desires, our sailboats will be ready to soar into the enlightenment of the world to come, of the age to come.

None of us can go anywhere, though, unless we first hoist our sails. We have a global and individual responsibility. Just as I need to jettison *my* anchors and hoist *my* sails, so do you. *You* need to jettison *your* anchors and hoist *your* sails.

Fortunately, the antenna given to us by Rabbi Shimon Bar Yochai nearly 2000 years ago unfurls into a beautiful billowing main sail that can catch the maximum wind is just the right way. We are going to take you step by step through the basic meditation that hoists the main mast and unfurls the needed sails. First you need to understand that while the wind of *Binah* is constant it is not consistent as we explained in [25th Century Technology](#). Though wider than an ocean, it flows like a river with eddies, whirlpools and cross currents. Every thought,



word and action we put forth ripples and reverberates throughout the vastness untethered by the limitations of either time or space or the frictions of motion. Eventually it meets up with like-minded thoughts of other people and puddles up in eddies of limiting consciousness and beliefs. Like a raft spinning in an eddy, there it stays stuck. When our consciousness is in the right place, the like forces it attracts line up behind us, pushing us ever faster forward and upward, lifting us like the concentrated wind beneath the wings of a 747. Like that rising massive jet, the natural forces of *Binah* allow us to take hundreds of like-minded passengers along for the ride. When we do this meditation and meditate on healing someone, our thoughts, prayers, and positivity reach not just across the room, but echoe across the universe, across eternity. The healing we send out gets magnified thousands of times and comes back to us as we get sucked up into the winds. The same happens when we mediate properly on sending out unconditional love, or *Moshiach* consciousness into the world.

These meditations work best if you can play meditative music tuned to 432 Hz—plenty available on line. If not, you can sing or hum tuned to that frequency, or if you cannot, like me, just imagine



it—it works just fine. Your consciousness does the driving, not the radio. We are going to break down Rabbi Shimon's blueprints to their simplest form, removing the confusing language about

the *sefirot* and columns. Believe me, it will be OK—in fact more than OK. People have already risen from their hospital beds and walked outside for the first time in months from having this meditation done on them just as I am explaining it here.



Start by imagining a single point, any dot or period at the end of the sentence will do. So you know, it is not just any dot, and if you can picture it as the 10 *sefirot* (dimensions) of *Tohu* (Nothingness) shattering and collapsing into the center of the primordial *Aleph(?)*, it is even better. When these 10 were added to the 32 Paths of Wisdom of the *Aleph(?)*, together they became **42**, rolled up as One. To us, it was the beginning, the point at tip of the Big Bang from which all our physicality and spirituality unfolded. This meditation takes us and connects us to the very first few unfoldings of time, space and motion, when the light was at its most intense and physicality was at its purest, at a time and place before there were any limitations. Imagine how powerful an antenna would be made from these purest elements and what its reach would be if it was derived from the beginning of the beginning.

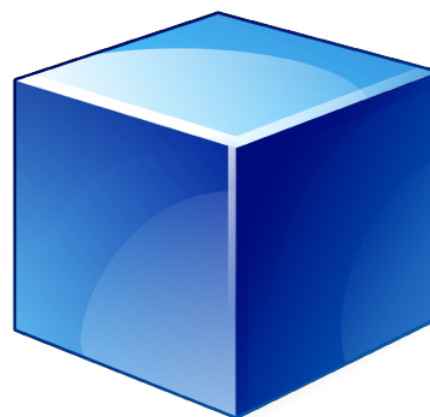
Imagine this point inside you. Bring into your core, a central place within your body that feels balanced. If you know breathing techniques use them. See this point expand



into a single vertical line, tracing through you from your crown to your feet. This is the letter *Vav* (?), the letter of connection. The point and the line work together, they comprise all the Hebrew vowels; they are the *Yud* (?) and the *Vav* (?), collectively representing *Keter*, the highest point. Given the values of the two end points of the line and line itself, the total value of the line becomes **26**, connecting us to the energetic value **26** of the Tetragrammaton (????).



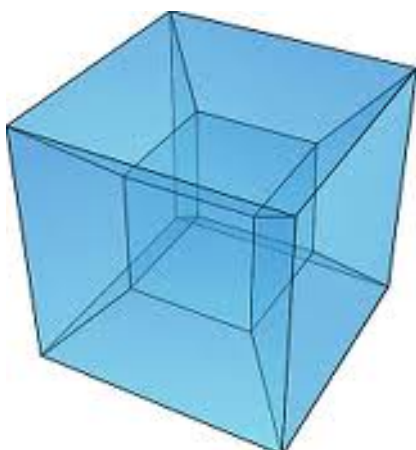
From here the line expands into a plane, a flat square drawn around you. This is represented by the *Mem sofit* (?), and together the point, the line and the square plane spell the word *Yom* ???, or day, where time began. Together they have the gematria of “*HaTorah*, the Torah.” Expand the square outward in all directions (front, back, up, down, sideways) until it becomes a stick figure cube that surrounds and encapsulates you. It is not a solid cube, but one comprised of



transparent light. This cube, like all cubes, has **26** elements (6 faces, 12 edges, and 8 vertices), connecting us again to the value **26** of the Tetragrammaton (????).



Begin your selfless meditation in earnest now. It could be a healing meditation through chanting the *EL NA RFA NA LA* (??-??-??-??-??), the prayer Moses used to heal his sister, or the by visualizing the *MemHeiShin* (??), the 5th of the 72 Names. It could a meditation of universal healing and peace, by sending out Unconditional Love, like the love you have for your children or whoever you love the most. Or It could be a meditation to send out the desire to share and spread *Moshiach* (Binah) consciousness to everyone everywhere.



Now imagine a new cube emerging from each of the faces of the original cube with their shared edges and sides joined together into a hypercube that encapsulates and forms around you.

Each of the 72 edges has a different one of the 72 Names (Triplets) and each of the 42 faces has a different letter of the 42-Letter Name of G-d. Together they are your antenna and voice to *Binah*.

In case you were to have any doubts about the relationship between the **6 x 6 x 6** cube and/or the **216** letters in the **72** Names and the 42 letters in the **42** Letter Name, we have only to look at the first two words of the final portion of the 4th Book of the Torah, Numbers (*Bamidbar*). It lays out the **42** Journeys of the Israelites. *Eleh Massey* (???-????), together their value is **216** and their ordinal value is **72**. Together, they will help us collect the 288 fallen Holy sparks of *Tohu*, reunite it with the primordial *Aleph(?)* and bring about *Moshiach* (Binah) Consciousness to our world. As you know the first words of any portion are the seed level of that portion and they hold and project its secrets.

Project your voice and prayer through them, the 42-Letter Name and the 72 Names placed through the hypercube. The Arizal told us that no prayer can be elevated without the 42-Letter Name.

והו	ילי	סיט	עלם	מהשי	ללה	אכא	כהת
הזו	אלר	לאו	ההע	יול	מבה	הרי	הקם
לאו	כלי	ליו	פהל	נלך	ייו	מלה	וזהו
נתה	האא	ירת	שאה	ריי	אום	לכב	וער
יוזו	להזו	כוק	מגד	אני	וועם	רהע	יזו
ההה	מוכ	וול	ילה	סאל	ערי	עשל	מיה
והו	דני	הזשי	עמם	גנא	גית	מבה	פוי
גמם	ייל	הרוז	מוצר	ומב	יהה	עזו	מוזי
דמב	מנק	אייע	וזבו	ראה	יבמו	היי	מום

Indeed, he said “nothing can be elevated without the 42-Letter Name. You do not need to place specific Names in specific locations throughout the hypercube. Meditating on the 72 Name chart and reciting the Ana B’koach (or the 42 Letters) will serve just fine. The Letters know where to go and will find their proper place on their own. Put the graphic of the charts here

Bonus Blessing Hidden Within the 42-Letter Name



There is a bonus inherent in the design of the **42**-Letter Name: it auto-tunes to **432 HZ**. When you take the first and last letters of that Name together, they spell (??), the first and last letter of the Hebrew alphabet, the beginning and the end. Together they have an ordinal value of **23**,

the same as the first 3 letters of the Torah and they have a standard value of **401**, together that makes **401 + 23 = 424**, the energetic value of Moshiach Ben David.

Now, if you recall the first and last words of the Torah **אשר** **אשר** that gave us the 432 HZ healing frequency sandwiched in the blessings **(אשר) (אשר) (אשר)**, well the word before those two words is *Kol* (??) and the word after those two is *Bara* (??), each of whom have the ordinal value of **23**. When you couple that with the total of all the letters' values through the **23rd** letter (?) of the alphabet being **2018**, we get an idea what all the meditations are designed to bring us and when they will all come to fruition (**2018 CE, 5778 HC**). After all, it was in **2018 HC**, that G-d made a covenant with Abraham to make us endless.

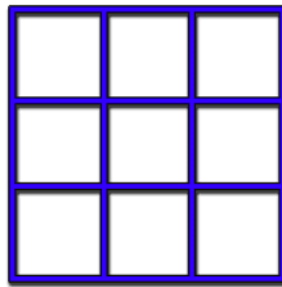
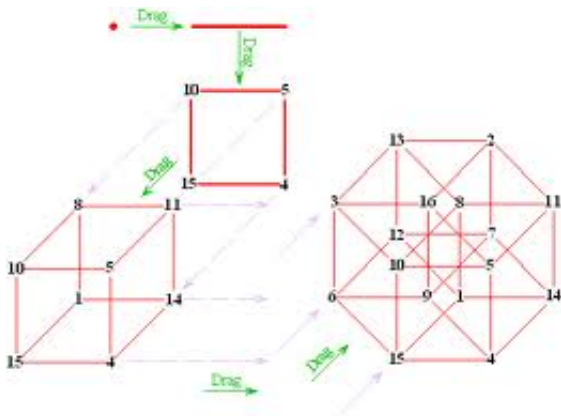
Nonetheless, the next two letters after the *Aleph* (?) and before the *Tav* (?) in the 42-Letter Name are (??) and when they are spelled out (*Beit Yud*) they represent "House of Israel" or "House of Hashem" and total $412 + 20 = 432$.

All this and all these connection play out for you. Without you having to do nothing more that recite the Ana B'koach and concentrate in the **42** letters. G-d has made it so very easy for us. The next two letters in the sequence (??) add up to 903, which is the sum of the integers from **1-42** while the following sequence (??) when spelled out also equals **42**, and the next two (??), have a complete value of **541**, that of Israel. It is a technology we do not need to understand. We just need to know that when it is engaged by our consciousness it can elevate us and our meditations to the level of *Yetzirah* (Creation) where the winds of *Binah* blow much stronger. Now picture your prayers soaring outward in all direction, filling your room, building, city, country, world, solar system, the universe-- with the radiant white light of unconditional love. Know that your thoughts are reaching the outer edges of eternity and the winds of *Binah* are filling your unfurled 4-dimensional sails. When you are ready to let go, you will soar, you will be free to do more good.

There will come a time soon enough when jettisoning those anchors and leaving the baggage behind will be easier. It will be like a flip in the poles, when momentarily the magnets to physicality will be turned off. The more practiced you are in hoisting your masts, unfurling your sails and catching the winds of *Binah*, the easier it will be for you.



Your Core – Point – Line – Cube – Hypercube – Binah

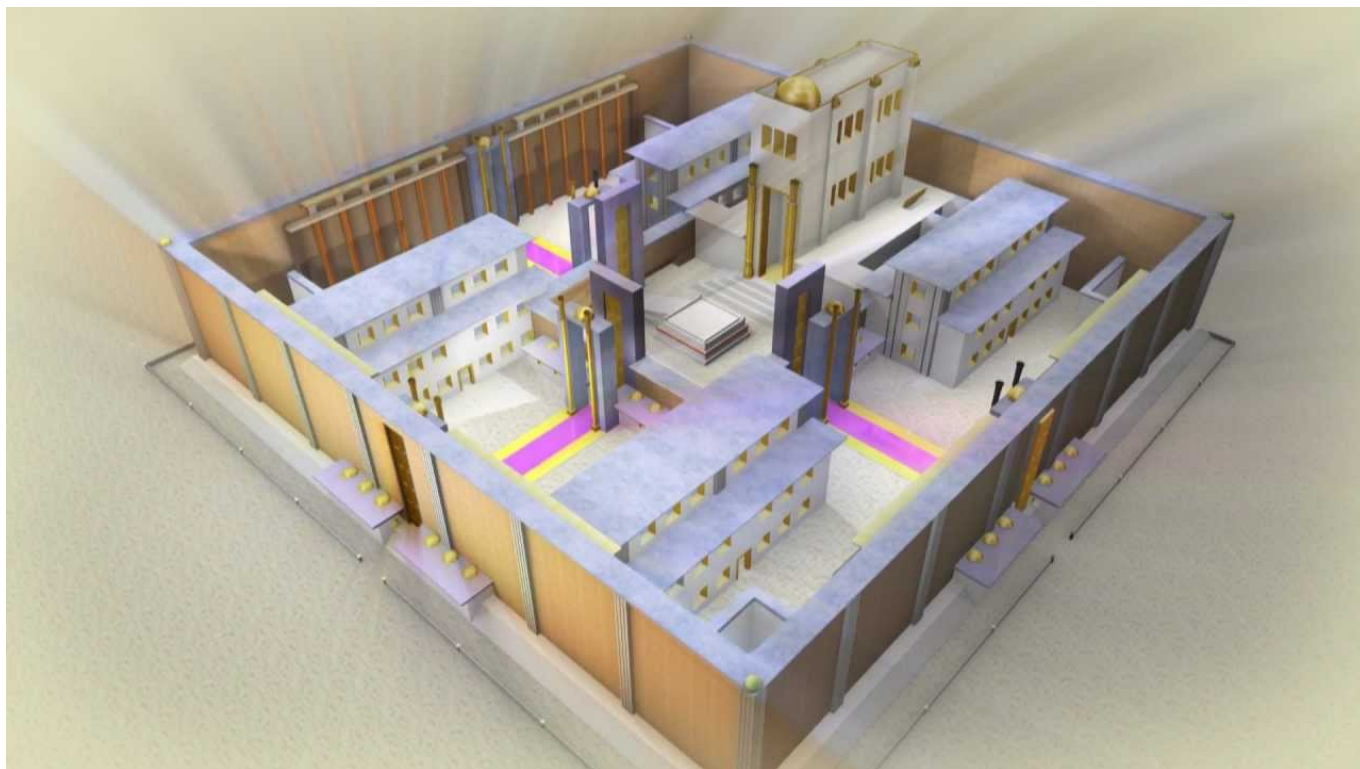


The Future Holy Temple

When we do the above meditation we are mimicking the process of the soon-to-manifest Future Holy Temple. According to the Ramchal, the Future Holy Temple is laid out as a grid of 9 squares



like a tic-tac-toe board, each exactly **100** cubits square (100^2) and in the center of this grid is the Altar of 32 cubits square (32^2). Look closely and you will see this exact pattern found in the center of the outlined hyper-cube illustrated above. Surrounding the **300 by 300** cubit grid is the **3000 by 3000** cubit Temple Mount. The edifice of the Holy of Holies Sanctuary is a perfect **100 by 100 by 100** cube located in the central Western quadrant of the grid and it is entered from the inner, central courtyard. This pattern is somewhat mimicked in our meditation of a square expanding to a cube.



The **7** giant gates of the Holy Temple each measure **50** cubits in height and 10 in width for a surface area of $50 \times 10 = \mathbf{500}$, representing the final *Caf* (?), the 23rd letter in the Hebrew alphabet, which has a numerical value **500**. This is the 23rd letter in the Alphabet and the sum of all the letters preceding and including the final *Caf* (?) plus the *kolel* for the 23 letters is **2018**. The height of **50** cubits connects each gate to the level of *Binah* as in the “**50** Gates of *Binah*” and the **7** Gates mimic the **7** cubes of the hypercube in our meditation (1 original and 6 expanded ones).

According to the Arizal, “there is an angel of prayer, who elevates our prayers from the earth to heaven this being a journey of **500** years.” Each of those **7** gates are built into walls that are **6**

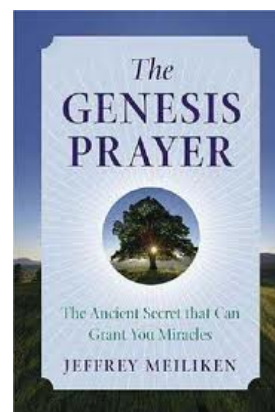


cubits wide, just like the structure of the **42**-Letter Name matrix (**7** lines of **6** letters each). In total, the **7** gates represent taking **42** steps (or journeys) until we enter the Holy Sanctuary. Each [ancient Holy cubit is 27.5 inches](#) and our modern step (or stride) is 26.019 inches on average, coinciding with the value (**26**) of the Tetragrammaton (????). If the 7 Gates were linked together physically they would form a tunnel **42** cubits in length and each step would cross another plane of increasing enlightenment, a separate journey of your soul. If you want to expand your mediation above, you can slowly picture each face of the **42** faces of the hypercube with the **42**-Letters in sequence and picture yourself and your soul’s journey moving

forward with each one. As you expand your enlightenment, keep in mind the global purpose that you are helping to manifest the Holy Temple on earth, you are opening up the 7 Gates for everyone.

Each plane is a supplication. The Arizal explained that Moses used the word *vaetchanan* (??????), meaning “I supplicate,” to describe his prayers with which to enter the promised land and thusly bringing about the Final Redemption (*Geulah*). The value of *vaetchanan* is **515** or the 500 years journey plus the *Yud* (?) and the *Hei* (?) that got him there. Since Moses already knew the entire Bible story and our story by then, he knew the outcome of those prayers yet made them anyway to empower us as we go through the process and the Gates. Each gate represents the 500 square cubit plane, the *Yud* (?) width (**10**) times the *Hei* (?) of *Binah* height (**5**), **515** in total. When we add the *Vav* (?) depth of the wall (**6**), we find that each gate is defined by the ??? just like the meditations of the shaking of the *Lulav* on Sukkot, in which the Arizal instructs us to connect the **6** permutations (??? ??? ??? ??? ??? ???) of the (???) with the **6** dimensions of a cube. The final *Hei* (?) to complete the Tetragrammaton (????) is found in the **5** (?) similarly designed Gates of the Temple Mount’s outer wall.

If we were to add the **6** cubit depth to the **500** square cubit plane of each Gate, they would each equal **506**. This is explained in [The Genesis Prayer](#). It is the value of the first line (??????) of the



42-Letter Name, and of its last 4 letters (????) and also the 4 letters before those (????). **506** is also the numerical value of “unconditional love” and is the complete value of “Moshiach Ben David,” the two most important elements of our consciousness we have to have in mind when doing the above meditations. Furthermore, the **42**-Letter Name when divided into the 14 triplets are collectively found **506** times in the Torah.



The **7** Gates, each 6 cubits in depth obviously correspond with the **7** levels of the **42**-Letter Name matrix, and the shape of these Gates, 50 cubits high by 10 wide is not coincidentally reminiscent of an elevator shaft because that is what they are. They elevate us up to *Binah* of each of the **7** levels from *Malchut*, *Yesod*, *Hod*, *Netzach*, *Tiferet*, *Gevurah* and *Chesed* of *Zeir*

Anpin, just like the 7 Clouds of Glory we connect with on Sukkot.

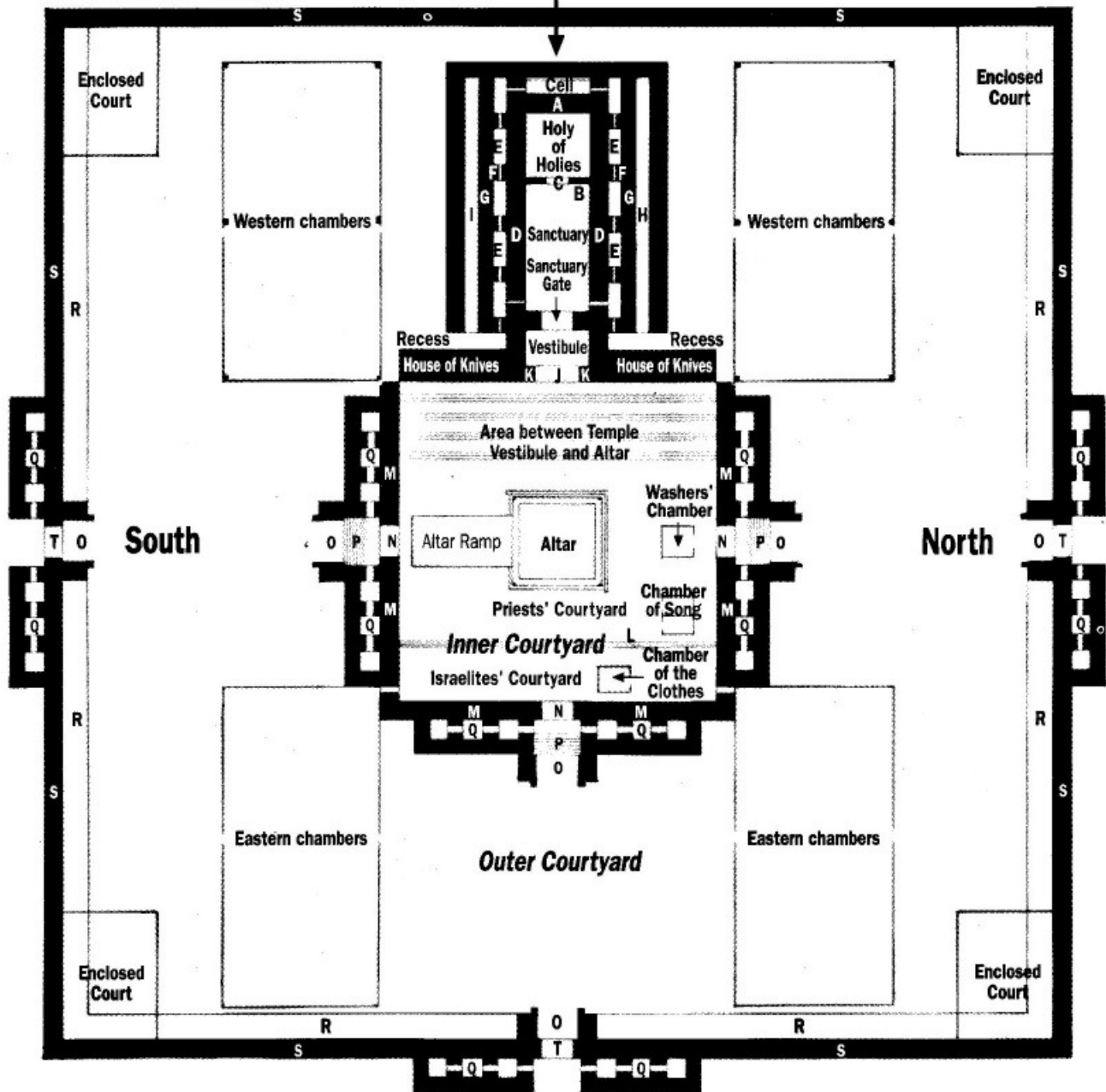
As it happens, each Gate has a volume of $10 \times 50 \times 6$ or **3000**, not only mimicking the Temple Mounts **3000 cubit x 3000 cubit** design, but the total of the 7 Gates is thus $7 \times 3000 = 21,000$ cubits³, or ??? once again.

By the way, 21,000 times the length of the cubit, 27.5 inches is 577,500 inches and while 5778 is purposely 3 years shy of 5778 HC, 5775 inches is the exact height of the Great Pyramid (Joseph's Pyramid) whose base perimeter is about 3000 feet. This is not a coincidence, but an article for another day.

Plan of the Third Temple

West

Main Temple Building



East

Key:

- | | |
|--|--------------------------------|
| A: Back wall of Holy of Holies | K: Vestibule Wall |
| B: Wall of Holy of Holies | L: Platform and Duchan |
| C: Entrance to Holy of Holie | M: Inner Courtyard Wall |
| D: Sanctuary wall | N: Inner Courtyard Gate |
| E: Cells at the sides of the Sanctuary | O: Vestibule of the Gate |
| F: Cell wall | P: Eight steps |
| G: Exterior wall of cells | Q: Cells by the gate |
| H: Winding staircase | R: Elevated paved gallery |
| I: Rainwater spout | S: Wall of the Outer Courtyard |
| J: Vestibule Entrance | T: Gate of the Outer Courtyard |

Only the priests could actually enter the Sanctuary. However, once we metaphysically enter, it is **42** cubits (steps) to the gate of the Holy of Holies. This Gate, the Gate of **42**, is **6** cubits by **7** cubits in dimensions. The High Priest would have to pass through the Gate or plane of **42** to actually enter the Holy of Holies. This is a pattern for us, for we have to surround ourselves with the **42** faces of the hypercube to harness *Binah*. When the 5 Gates of the Temple Mount are added to the 7 internal ones, we have 12 Gates, corresponding to the 12 tribes. Given that each Gate represents a journey of 500 years, collectively they are the 6000 years from the *Aleph* (?) to *Moshiach* and the final redemption. Summing the dimensions for the full Temple Mount we have **3000** for the Temple Mount, **300** for the Courtyards, **32** for the Altar and **6** representing the width of all the walls for a total or **3338**, whose square root is **57.78**. The sum value of **3338 is also the year the First Holy Temple was destroyed, 3338 HC.**

Like we discovered with *Eleh Massey* and like the structure of the meditation above, we find that within the Future Holy Temple the faces/planes/gates are guided by the **42**-Letter Name and the surrounding edges/borders/walls by the **72** Names in that the area of the walls of the Outer Courtyard is **7200** cubits and that of the Temple Mount walls are **72,000** cubits while the **10** corner cubes of **6³** each have a total cubic volume of **2160**.

Astonishingly the total volume of the walls of the Outer Courtyard and of the Temple Mount walls respectively are **43200** and **432,000**, resonating to the frequency of *Binah*, **432 Hz**.

Let's go back to where we started our meditation, at the central point formed from the **10** collapsed *sefirot* of *Tohu*, represented by the *Yud* (?) and rolled up with the 32 Paths of Wisdom found in the primordial *Aleph* (?). They too are at the heart and core of the Future Holy Temple. So are the **10** *sefirot* and **32** Paths of Wisdom of the Tree-of-life that form our world of *Tikkune*. The **10** cubit tall central altar is a truncated **32** cubit square pyramid formed around a **10 x 10 x 10** core cubit cube or *Yud* (?)³. The pattern is clear: **32** Paths incorporating and forming around the **10** *sefirot*. Because **10³ = 1000**, it also represents the primordial *Aleph* (???) or *eleph* (???) meaning **1000**. It also connects to and for similar reasons the *Shema* prayer which has exactly **1000** letters.

Once again, our meditation provided by R' Shimon Bar Yochai mimics the Future Holy



Temple in that our central point is the central point (Altar) of the Future Holy Temple. This point extends in a straight line along the path of **42**, whereby we take **42** steps (cubits) from entering the Sanctuary until expanding along the plane of **42** as we enter the Holy of Holies. Further, the point expands **1000-fold** from the 10³ cubits of the Altar, which equals 1000 cubits³, to the 100³ cubits Temple building itself, which equals 1 million cubits³. Then the expansion is **1000-fold** again to the hypercube, represented by the entire Future Holy Temple complex

whose 300^2 grid (90,000 cubits²) divided into nine 100^2 sections of the Inner and Outer Courtyards. This expands to the 3000^2 Temple Mount (9,000,000 cubits²). In a similar manor the 32 square cubit Altar expands to the 3000 square cubit Temple Mount.

Thus as we expand our meditation from a compact central point to a cube, our powers to help and heal expand **1000-fold**. When we expand it again to a hypercube they again expand another **1000-fold** (!). The capacity to contain and affect enormous amounts of targets speaks of a Divinely engineered process. This is why at the beginning of the book of *Devarim*, Moses blesses us with a **1000-fold** expansion. He was blessing us that we would one day be able to meditate properly to achieve *Binah* consciousness and manifest the Future Holy Temple.

If we do the meditation above with the proper consciousness then you will help manifest the Future Holy Temple at the central point on Earth, the Temple Mount in Jerusalem. The implication of this may be more than we can fathom at this time. However, HaShem is opening us up. If your consciousness is tuning into radio Binah, you are being called upon to do your part and help. We must all do what we are called to do, we must do whatever we can. Time is growing short and drawing near. Through the proper meditations and consciousness you signal your readiness and willingness. You amplify your powers to help. If HaShem is fine-tuning your consciousness, it is for a reason. Join in and engage it. HaShem needs for you to do your part. He needs for each of us to do our parts. This is why you were chosen. Do not question it; He does not make mistakes. Everyone today understands the power of a network—accept your invitation to join His.

Shabbat Shalom,
Ezra