

## **A Conversation on the Hebrew Aleph-Bet with Stephen Pope BD MA**

### **What is the true nature of the Hebrew Letter-Numbers and where do they originate from?**

The Hebrew Aleph Bet is a meditation in which we meet the mystery of the universe.

Of course, there are many other traditions where the great mystery reveals itself, but this one is particular to Judaism, Islam and Christianity. It is beyond any religious or belief system. There is no belief system in the letters: this teaching is not about believing anything or finding some ultimate truth, so that it can be pinned down.

The Letter-Numbers reveal the universe as on-going revelation - multi-dimensional and outside of time, and way beyond the thinking of the conceptual mind. I don't mean that we have to stop thinking. We simply become consciously present, truly present, as this moment now, and then our conceptual minds are hooked up to a vast consciousness that is creative, intelligent and seeking to be known.

The original mystics were able to hide these profound teachings in plain sight, within the sacred biblical texts, and they've been preserved *because* they were hidden in plain sight. There are also certain texts which have preserved the essential teachings on how to approach biblical Hebrew, chiefly the Sefhir Yetzirah and the Bahir, and - to a much lesser extent - the Zohar.

These texts are not meant to be read as books, they contain meditative ways of opening out the letters, so they can emerge as symbols of living reality, which comes alive within you.

It is essential to understand that biblical Hebrew is very different from ancient colloquial Hebrew: the meanings of the ancient spoken language are very different from the meanings of the words that appear in the biblical texts. The fact that we have reduced ancient biblical Hebrew to the level of story and literal history shows how shut down our minds are, compared to the people who first envisioned these texts. Then in 300 BCE the Hebrew texts were mis-translated into Greek, and this has been the basis of modern mis-translations, into modern languages.

It is also essential to realize that there are whole sections in the bible that contain little or no spiritual teaching - for example much of the books of Deuteronomy and Leviticus, containing lists of colloquial laws and regulations.

When we confuse the two levels, we distort our understanding of the Hebrew Letter-Numbers. These point to the non-visible and non-visualisable constellations and patterns within the Spiritual Universe: the Unified Field of undifferentiated Spirit, and beyond this to the Source: Essence of existence.

### **How did the Hebrew Letter-Numbers come about?**

The ancient Hebrew letters emerged into the minds of ancient people as symbols. They evolved out of the Phoenician alphabet some 3000 years ago, and their written forms have changed depending on which medium people used, whether scratched or carved onto stones, made in clay with a stylus, or written in ink on vellum or parchment.

Around 2600 to 2800 years ago the letters emerged as a system of preserving the spiritual teachings of the ancient Israelite seers or prophets – prophetesses. These were written down using 27 symbols: the 22 single letters of the original Aleph-Bet and the 5 additional double or final letters, making 27 symbols in all. (Link to PDF file)

These symbols emerged from the universal consciousness in deep meditation, and each of the letter-numbers symbolises an aspect of the multi-dimensional universe. How they relate to each other is how the dynamics of the universe relate.

So these ancient Hebrew symbols emerged out of deep meditation, and what they represent is the multi-dimensional, multi-layered universe. What we now see from the physical end of the spectrum, through science, as subatomic waves and particles, and the codes of DNA - these visions into the universe are present in the letters. They were seen, and they still are seen to this day, by people who are not supposed to have our “sophistication.”

Their sophistication is different. Their understanding may not be as detailed as what comes through modern science, but the Hebrew mystics could see that everything is emerging and disappearing, out of and into, the Unified Field. They were looking into the subatomic, which is possible in deep meditation, and the letter-numbers were ways of expressing these mysteries of the universe.

I can only tell you what is true for me: when I meditate with the Letter-Numbers in the texts, each time I awaken and become truly alive, I see into the universe, beneath the surface phenomena of life. The Letters and the sacred texts are really outside of time, as the linear mind understands it. They bring me into timeless Presence, the same timeless Presence in which the teachings were first written, which is always of this moment now.

### **How has this relationship with the letters transformed you personally?**

I feel the reality that these symbols represent, in my body, in my mind, and in the depths of my spirit.

And here I am saying “mine” when there is only deeply merging Spirit. Spirit simply is. It is the ocean that carries the essence of every life, and it comes through to our time-bound and limited minds in a way unique to each individual: each individual wave that enters time, so to speak, as a particle of the great sea.

I have been able to feel this intense presence, this intense multidimensional aliveness in the body, in the air that I breathe, and in the water, and sunlight, and through the animals and plants. I feel them all as living realities, multi-dimensional, rooted in Spirit, and its Essence. There isn't this hierarchy of human/plant/animal/mineral. As you awaken you begin see the mineral as foundation, and out of this foundation, which is incredibly intelligent and vibrantly alive, all plant life emerges, all the greenness, and you feel this vitality in your body at the same time.

You know that the animals are alive and conscious because you feel what they receive and transmit in Spirit in yourself. This is not theory, it's reality, and what we do to these creatures when we destroy them and their habitat is suicidal from the human perspective. We have become stuck in the narcissistic thought-forms of the human unconscious, mere ego identities, acting out greed and stupidity and all these things. These cut us off from the Spirit of Life, and turn us into parasites, murderers and destroyers.

So engaging with the letters has been a way for me to engage with the Universe at a much, much, deeper level. To know the universe as multidimensional intelligence, intensely creative and alive.

### **In a way that resonates with the scientific revelations of the quantum realities?**

Yes, the first letter **Aleph**, for example, is intense Presence, pulsating in and out of existence, everywhere and nowhere simultaneously, that cannot be pinned down.

It is Life as continual revelation, which the human intellect cannot fathom.

You need to open up the right mind to feel this, the right mind which sees Life whole, without boundaries, sees things emerging from within the Unified Field: as resonant, emergent revelations. The right mind then feeds this to the left mind, so to speak, and the revelation finds a form and a relationship that is creative: there is beauty and love here, deep love.

But when we shut down the right mind, and come only from a dominant left mind, this love and communion are lost. True connectivity is lost and our relationships are based on acquisition and power over the “other” – an illusory other, that we seek to control as an image within our own fragmented ego.

The ego seeks to convince people that there is no spiritual dimension, that we live in a flat physical universe, which is all chance, in which everything has arranged itself by chance. Or that we are surrounded by evil and must believe in the hierarchical and patriarchal narrative in order to be saved, and enter a spiritual dimension that remains far off, in some inaccessible future.

The spiritual wisdom within the Hebrew letters of the text will dissolve these illusions if you can hold it within your heart. This means to become conscious and stay conscious of the games played by the egocentric mind. First, see these habitual thought forms within yourself, see them as they arise, then you will see the beginning of their end. This is your path to freedom and it starts within you.

### **The letter Vav: you say that this is the awakening to the spine. Can you tell me more?**

When you study biblical Hebrew in the scholarly fashion, the letter Vav is seen as the conjunction - *And*. Vav can also mean nail, or hook, or tent peg.

Underneath this level of colloquial Hebrew is the inner meaning: Vav denotes that which connects things together. It is also associated with the phallus, because of its visual aspect, and more importantly, because it means to penetrate space.

It is also the number six, so beyond the phallus, it is the whole spine.

We can understand Vav better if we see it in relation to its “companion” letters.

Samek is the number 60, which looks like the Vav curled into a circle. So there you have the relationship between Vav as the active, and Samek, as the receptive and cyclical dynamic of feminine sexuality - six to sixty.

But what we are talking about here is beyond gender, because Vav and Samek exist within both women and men. With Vav we all have this ability to penetrate space and see clearly through the physical, into the psychological, and beyond the psychological, into formless Spirit.

So when I meditate on Vav, it becomes clearer and clearer to me that it represents the awakened spine: I can feel it. Samek is the feminine companion, the circular movement, holding, gestating, vivifying through the 6 directions: from the number 6 to the number 60. And this relates directly to the final Mem, which has the value of 600: the mother waters, the great, multi-dimensional Ocean of the Cosmos.

So Vav connects all the way through: it connects the individual with the cosmos and the cosmos with the individual.

When the spine comes alive, you become acutely aware of the Earth: of holding the gravitational field of Earth through the spine, the feet, legs coccyx, genitals, all of which are energy centres on the spine. There is the opening of the solar plexus and the heart, coming into the throat, to the skull. And at the top of the Vav, there is this little centre, which is your pineal gland.

Even speaking now - I feel this upright alertness, standing and looking out through the physical, through the depths of space and I feel the stars, as I am moving my fingers. And from the stars, back through the planetary, into this moment now, as a physical body.

This vibrant aliveness seeks to be known, it seeks to be heard and seen: the stars are resonating with the molecules of this physical form, which is connected to everything in the universe.