

Nourishment for the Neshama

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Worlds, sefirot, utterances, plagues and commandments - a chart

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Here is a table showing the relationship between the Ten Sefirot of the Tree of Life, the Ten Sayings of Creation, the Ten Lessons (Plagues), the Ten Precepts (Commandments), and Martin Buber's Ten Rungs:

The Ten Holy Sefirot	The Ten Holy Sayings of Creation	The Ten Lessons (Plagues)	The Ten Precepts (Commandments)	The Ten Rungs (Martin Buber)
(Emanation)	(Creation)	(Formation)	(Action)	
KETER	Light	(10)	There is only one God	Redemption
Emanation	<i>"Let there be Light."</i>	Death of Firstborn		
(Crown)		Severing the connection between the body and soul (ego and Higher Self)		
HOKHMAH	Heaven	(9)	No form can represent God	Pride/ Humility
Wisdom	<i>"Let there be a firmament in the middle of the water."</i>	Darkness		
		The curtailment of the Life Force.		
BINAH	Earth & Sea	(8)	God's Name is Holy	Good/Evil
Understanding	<i>"The water shall be gathered and dry land shall be seen."</i>	Locusts		
		The destruction of the Life-Form system.		
HESED	Vegetation	(7)	The 7th Day is Holy	Love
Mercy	<i>"Let the earth send forth vegetation."</i>	Hail		
		Uncontrolled force of Mercy.		
GEVURAH	Sun, Moon, Stars	(6)	Honor Each Other	The Way
Justice	<i>"Let there be lights"</i>	Boils		

(Judgment)	<i>in the Heavens to divide day & night."</i>	Concentrated form of Justice.		
TIFERET	Sea & Sky Creatures	(5)	Honor all Life	The Teachings
Beauty		Pestilence		
(Balance; Harmony; Compassion)	<i>"Let the waters team with life and let creatures fly on the face of the sky."</i>	The separation of life and death (Animal soul and Psyche; Egypt and Israel).		
NEZAH	Land Creatures	(4)	Honor your Commitments	Service
Endurance	<i>"Let the earth bring forth living creature."</i>	Wild Beasts		
(Victory; Eternity)		The animal soul (physical endurance) self-destructs.		
HOD	Human Being	(3)	Honor the Boundaries of Others	Heaven/Earth
Distinction	<i>"Let us create a being in our image and likeness."</i>	Lice		
(Glory; Splendor)		Madness		
YESOD	Sustenance	(2)	Speak the Truth	Prayer
Formation	<i>"Behold I have given the fruit of the earth as food for all living beings."</i>	Frogs		
(Foundation)		Foundation becomes unclean.		
MALKHUT	Male/Female	(1)	Release all Attachments	God/ Humanity
Manifestation	<i>"I will make a you companion."</i>	Blood		
(Kingdom; Shekhinah)		Life-giving principle reversed.		

References

Buber, M. (1947). *Ten Rungs*. New York: Citadel Press.

Kaplan, M. A. (2003). *A Mystical Passover: A Transformational Passover Haggadah*. Pacific Grove, CA: Original Gravity. Available at: <http://www.originalgravity.com/publications/mysticalpassover.htm>

Touger, E. (1988). *The Chassidic Haggadah*. New York: Moznaim Publishing.

Lesson/Plague (Hebrew)	Lesson/Plague (English)	Represented Divine Aspects of Creation
Dom	Blood	All sustenance comes from the Divine
Tzifardeyah	Frogs	All support comes from the Divine
Keenim	Lice	All integrity comes from the Divine

Arov	Wild Beasts	All endurance comes from the Divine
Dever	Pestilence	All beauty comes from the Divine
Shicheen	Bolls	All justice comes from the Divine
Barahd	Hail	All mercy comes from the Divine
Arbeh	Locusts	All understanding comes from the Divine
Choshech	Darkness	All wisdom comes from the Divine
Makat Bichorot	Death of Firstborn	All life and death comes from the Divine