1. ***KETER*-CROWN**

LETTER : א - *ALEF*
SOUL: The deepest human desires, such as the will to live
BODY: The skull – Crown

2. ***CHOCHMAH*-WISDOM**

LETTER: י - *YUD*
SOUL: Intuition, faith, knowing before understanding
BODY: The brain

3. ***BINAH*-UNDERSTANDING**

LETTER: ה - *HEH*
SOUL: Developing concepts until they are complete
BODY: The Heart

4. ***CHESSED*-KINDNESS**

LETTER: ו - *VOV*
SOUL: The impulse to give, irrespective of the receiver
BODY: The Right Arm

5. ***GEVURAH*-STRENGTH**

LETTER: ו - *VOV*
SOUL: The capacity to set boundaries
BODY: The left arm

6. ***TIFERET*-BEAUTY**

LETTER: ו - *VOV*
SOUL: Harmony between giving and boundaries
BODY: The Torso

7. ***NETZACH*-VICTORY**

LETTER: ו - *VOV*
SOUL: Using obstacles to fuel growth
BODY: The right thigh

8. ***HOD*-SPLENDOR**

LETTER: ו - *VOV*
SOUL: Surrendering to a greater cause
BODY: The left thigh

9. ***YESOD*-FOUNATION**

LETTER: ו - *VOV*
SOUL: The capacity to connect with others
BODY: The reproductive organs

10. ***MALCHUT*-ROYALTY**

LETTER: ה - *HEH*
SOUL: The powers of speech, thought, and action
BODY: The mouth