



And when Abraham looked, saw,
understood, probed, engraved and carved,
He bound the 22 letters of Torah
He drew them in Water; He flamed them with Fire
He agitated them with Breath
Three Mothers, Alef Mem Shin
In the soul, male and female,
are the head, belly, and chest.
The head is created from fire,
the belly is created from water
and the chest, from breath,
decides between them.

Sefer Yetzirah