

The TZitzit as an Amulet for Healing

Using the Hebrew Wisdom of needing to have something in your face to remind you of your Divine connection this TZitzit or twisted thread or fringes was created with blessings just for you. The Hebrew word TZitzit is found in the Torah two times; Numbers 15:37-41 and Deuteronomy, 22:12. We are asked to wear TZitzit on the four corners of our garments so as not to stray from our holiness and commitment to our Self and our G!D. In the New Testament, Mathew 9: 20 -22, a woman reaches out to touch the TZitzit of Jesus to help heal her. In the Talmud a woman converts to Judaism after seeing the power of the TZitzit that kept her lover on the path.

The colors traditionally are blue and white; the blue color has several meaning such as acknowledging the sorrow of the world or being held tenderly by the heavens' blue sky.

Each Hebrew letter has a number associated with it. The word TZitzit equals 600 plus the eight threads and five double knots adds up to 613, the ways to honor your relationship to the Creator of All Life and your Self; holding the fringe or seeing them may evoke a thought or emotion or a breath that is honoring the Mystery.

The blue thread is wrapped around the other threads a particular number of times depending on the tradition. This TZitzit uses the numbers 7, 8, 11 and 13. The Unspeakable Name of the Hebrew G!D, YKVK, = 26. $7 + 8 + 11 = 26$. The last set of wraps of the blue thread, 13, aligns with the Hebrew word Echad that means one and also Ahavah that means love. Also the 13 attributes of G!D found in Exodus, 34:6 - 7 when spoken in Hebrew has healing energy. While holding the TZitzit you might consider that G!D is One or G!D is Love.

We each have our unique path to healing and holiness. There are many thoughts to remind yourself that may help you connect with your G!D and find a sense of comfort where ever you find yourself. The Hebrew word Yisrael translates to G!D wrestler. Perhaps you may be reminded to say the traditional prayer "SH'ma, Listen, you G!D Wrestler-putting in your name, you are one with the Creator of All Life, your G!D.'

The intention is to remember your Divine connection of hope and of healing and the potential of restoring or the welcoming of your self back into your heart. We each have the healing energy within us.

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