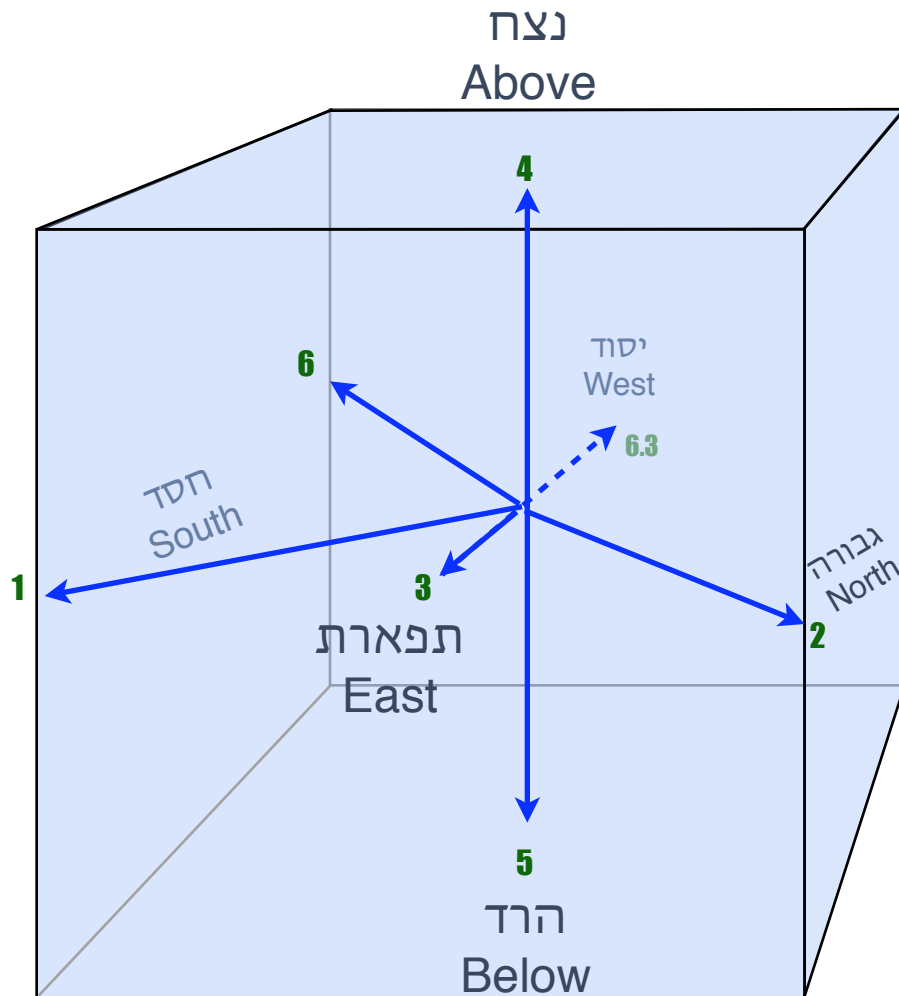


# The Lulav Meditation

*-meditation in movement-*



Emotion	Outer	Inner	Direction
Chessed	Giving/Kindness	Love	South
Gevurah	Withholding/Strength	Fear/Judgment	North
Tiferet	Beauty	Compassion	East
Netzach	Competing	Winning/Victory	Up
Hod	Surrender	Nothingness	Down
Yesod	Foundation	Connection	West
Malchut	Dominion	Receiving	Center/Space