

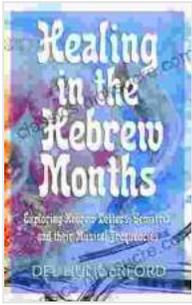
# Exploring Hebrew Letters Gematria And Their Musical Frequencies

Partial Number	Note Name	Hz in A=432 using Pythagorean ratios	Hebrew Gematria	Small Number Hebrew Gematria	Hz for Gematria in A=432
1	C	C = 1	1 = Aleph א	1	C = 1
2	C	C = 2	2 = Beth ב	2	C = 2
3	G	G = 3	3 = Gimel ג	3	G = 3
4	C	C = 4	4 = Daleth ד	4	C = 4
5	E	E = 5.06	5 = Heh ה	5	E = 5.06
6	G	G = 6	6 = Vav ו	6	G = 6
7	Bb	Bb = 7.21	7 = Zayin ז	7	Bb = 7.21
8	C	C = 8	8 = Cheth ח	8	C = 8
9	D	D = 9	9 = Tet ט	9	D = 9
10 (1)	E	E = 10, 125	10 = Yod י	1	E = 10, 125
11	F#	F# = 11.38			
12	G	G = 12			
13	Ab	Ab = 12.81			
14	Bb	Bb = 14.42			
15	B	B = 15.19			
16	C	C = 16			
17	C#	C# = 17.01			
18	D	D = 18			
19	D#	D# = 19.22			

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Hebrew letters have a rich and ancient history, and they are much more than just a way to write down words. Each letter has its own unique meaning, and they can be combined to create powerful words and phrases. In addition, each letter has a numerical value, and these values can be used to calculate the gematria of a word or phrase. Gematria is a form of numerology that can be used to uncover hidden meanings in texts.



## Healing in the Hebrew Months: Exploring Hebrew Letters, Gematria, and their Musical Frequencies

by Del Hungerford

★★★★☆ 4.6 out of 5

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In this article, we will explore the gematria of Hebrew letters and their musical frequencies. We will see how the gematria of a word or phrase can be used to create music, and we will also explore the potential therapeutic benefits of listening to music based on Hebrew letters.

### The Gematria of Hebrew Letters

The gematria of a Hebrew letter is the numerical value of that letter. The following table shows the gematria of the 22 Hebrew letters:

Letter	Gematria
Aleph	1
Bet	2
Gimel	3

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Dalet	4
He	5
Vav	6
Zayin	7
Het	8
Tet	9
Yod	10
Kaf	20
Lamed	30
Mem	40
Nun	50
Samekh	60
Ayin	70
Pe	80
Tsadi	90
Qof	100
Resh	200

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Shin	300
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Tav	400
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The gematria of a word or phrase is calculated by adding up the gematria of each of the letters in that word or phrase. For example, the gematria of the word "love" is 73, because the gematria of the letter "l" is 30, the gematria of the letter "o" is 15, and the gematria of the letter "v" is 22.

### **The Musical Frequencies of Hebrew Letters**

Each Hebrew letter also has a corresponding musical frequency. These frequencies were discovered by the Israeli musician and researcher, Jonathan Goldman. Goldman used a variety of techniques to determine the musical frequencies of the Hebrew letters, including cymatics, which is the study of sound vibrations and their effects on matter.

The following table shows the musical frequencies of the 22 Hebrew letters:

<b>Letter</b>	<b>Musical Frequency (Hz)</b>
Aleph	136.1
Bet	141.3
Gimel	146.6
Dalet	151.9
He	157.3

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Vav	162.7
Zayin	168.1
Het	173.5
Tet	179.0
Yod	184.5
Kaf	190.0
Lamed	195.6
Mem	201.2
Nun	206.9
Samekh	212.6
Ayin	218.4
Pe	224.3
Tsadi	230.2
Qof	236.2
Resh	242.3
Shin	248.5
Tav	254.7

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It is important to note that these frequencies are not absolute. The actual frequency of a Hebrew letter may vary depending on the context in which it is used. However, the frequencies listed in the table above provide a good starting point for exploring the musical frequencies of Hebrew letters.

## **Creating Music with Hebrew Letters**

The gematria and musical frequencies of Hebrew letters can be used to create music. One way to do this is to assign each letter to a specific note on a musical scale. For example, you could assign the letter Aleph to the note C, the letter Bet to the note D, and so on.

Once you have assigned each letter to a note, you can use the gematria of a word or phrase to create a melody. For example, the gematria of the word "love" is 73. You could use this gematria to create a melody by playing the notes C, D, E, F, G, and A.

Another way to create music with Hebrew letters is to use the musical frequencies of the letters. You can do this by using a synthesizer or other electronic instrument to generate the frequencies of the letters. You can then use these frequencies to create melodies, harmonies, and rhythms.

## **The Therapeutic Benefits of Hebrew Letter Music**

Listening to music based on Hebrew letters has a number of potential therapeutic benefits. These benefits include:

- **Reduced stress and anxiety**
- **Improved sleep**
- **Enhanced creativity**

- **Increased spiritual awareness**
- **Promoted healing and well-being**

There is a growing body of research that supports the therapeutic benefits of Hebrew letter music. For example, one study found that listening to Hebrew letter music helped to reduce stress and anxiety in people with generalized anxiety disorder. Another study found that listening to Hebrew letter music improved sleep quality in people with insomnia.

If you are interested in exploring the therapeutic benefits of Hebrew letter music, there are a number of resources available online. You can find CDs and MP3s of Hebrew letter music for sale, and you can also find free online resources that provide information on how to create your own Hebrew letter music.

Hebrew letters are a rich and powerful source of wisdom and inspiration. Their gematria and musical frequencies can be used to create music that has a number of potential therapeutic benefits. If you are looking for a new way to connect with your spiritual side and improve your overall well-being, I encourage you to explore the world of Hebrew letter music.

## **Additional Resources**

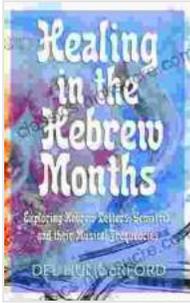
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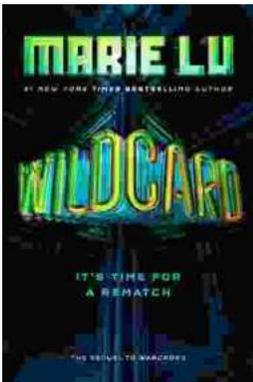
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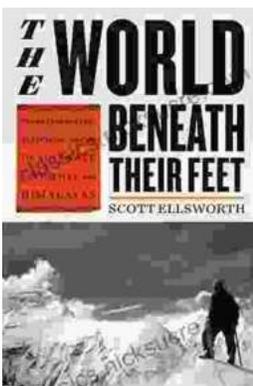


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