

The Magic of IHVH-ADNI

LESSON ONE: Pronunciation, Tonality and Rhythm © 2002 By Rawn Clark

Hello. This is Rawn Clark. You are listening to Lesson One in the Magic of IHVH-ADNI.

I learned the Magic of IHVH-ADNI several years ago. I find it to be a very potent discipline, one that has greatly forwarded my own evolution. And so, I make it my gift to you in hope that it will forward *your* personal evolution as well.

One problem with the printed version is that many readers are in the dark as to the proper pronunciation. But with this recording, that problem is now overcome.

Since the question of how to pronounce the canticle properly is the most frequent question, that is where I will begin.

Ani, IHVH-ADNI, Ribonno Shel Olam, Amen.

That is the proper pronunciation, tonality and rhythm.

Let's break it down into the five component breaths.

The first breath is **Ani**. This Hebrew word, spelled Aleph-Nun-Yod, means "I am".

The speaking begins with your lowest natural note and rises smoothly to end with your highest natural note. **Ani**. You should hold the final "Yod" until your breath is fully spent.

The second breath is **IHVH**. This is the so-called, unspeakable Name of G-d in the Jewish Tradition. Thus we speak it as four separate letters, subsumed by a single breath. Each letter should take up about one quarter of your exhale and each is spoken at your highest natural note. In other words, the same note you ended your first breath with. Thus: **Ani, IHVH**.

The third breath is **ADNI**. This Hebrew word, spelled Aleph-Daleth-Nun-Yod, translates into English as "Lord". and is the spoken substitute for the unspeakable Name, IHVH. However, in Kabbala, ADNI is a specific title and is not just a substitute for IHVH. Often, it modifies the IHVH and we arrive at IHVH-ADNI, or even see the two combined into IAHDVNHI.

ADNI is given the same tonality as the Ani. **Ani. ADNI**. Both begin at your lowest natural tone and rise to your highest. ADNI however, has three syllables instead of Ani's

two, so the "don" of ADNI is spoken very briefly and the Yod is extended. The Aleph is what rises upward along the scale and both the "don" and the Yod are spoken at the highest note. Thus: **ADNI**.

The fourth breath is the phrase **Ribonno Shel Olam**. This Hebrew phrase translates into English as "Master Unto the Ages" or alternately, "Master of the Universe". The "universe" in this case is the entire temporal realm, so I prefer "unto the ages" over "of the universe".

The first word of this phrase, "Ribonno", means master, but not in the slave-driver sense. You will not that it shares the same Hebrew root as the word "Rabbi" and this is the sort of mastery implied here. "Ribonno" is said at your highest note, which is where you left off in the third breath at the end of **ADNI**. **Ribonno**. Speaking "Ribonno" should expend one quarter of your fourth breath.

The second word in this phrase is **Shel**. It also expends one quarter of your breath. "Shel" means "unto" or "of the" and is spoken at your lowest natural tone. Thus: **ADNI, Ribonno Shel**.

The third and final word in this phrase is **Olam**. It consumes the final half of your fourth breath and is spoken at a middle-range tone. It is the only word in the entire canticle spoken at this tone. Thus: **Ribonno Shel Olam**.

The fifth and final spoken breath is the word **Amen**. This is a common ending for prayer in the Judeo-Christian traditions. Its meaning and the philosophy behind it however, are very complex. Its simplest translation into English is "Truth", but it also means "Faith". It's composed of the letters Aleph-Mem-Nun and has two syllables. Therefore, it is spoken exactly the same as the opening **Ani**, with each syllable receiving equal breath. Thus: **Amen**.

So, let's put it all back together:

Ani -- inhale -- **IHVH** -- inhale -- **ADNI** -- inhale -- **Ribonno Shel Olam** -- inhale -- **Amen**.

Let's try it together. Speak with me:

Ani, IHVH, ADNI, Ribonno Shel Olam, Amen.

And again:

Ani, IHVH, ADNI, Ribonno Shel Olam, Amen.

And one final time:

Ani, IHVH, ADNI, Ribonno Shel Olam, Amen.

Very well!

This ends Lesson One. I suggest that you practice pronouncing until it comes easily -- until you achieve the proper pronunciation, tone and rhythm *automatically*. Only then should you move on to Lesson Two and begin learning the three-part magical speaking of the canticle.

This has been Rawn Clark. My best to you!