



## Psalm 131:2

אִם לְאוֹיֵיטִי וּדְוַמְנִי נִפְשִׁי.

I have calmed and quieted my soul.

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## INTRODUCTION — EMOTIONAL REGULATION IN KABBALAH

In Kabbalah, emotional regulation is not emotional suppression.  
It is **emotional harmony**.

Healthy emotional regulation occurs when **Chesed (flow)** and **Gevurah (containment)** are balanced through **Tiferet (integration)**.

When this balance is disrupted, emotions may become:

- overwhelming
- chaotic
- shut down
- unpredictable
- delayed and explosive
- difficult to name or process

The Zohar teaches:

**“When the measures are balanced, the soul rests.”**

Emotional regulation allows feelings to **move through the soul without taking over the self**.

This prayer supports the soul in restoring inner balance so emotions can be felt, expressed, and released safely.

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## SIGNS EMOTIONAL REGULATION IS COMPROMISED

- Emotional swings
- Difficulty calming after activation
- Suppressing emotions until they erupt
- Feeling flooded by feelings
- Reactivity disproportionate to situations
- Emotional shutdown after intensity
- Difficulty naming emotions
- Feeling controlled by mood
- Trouble staying present during strong feelings
- Guilt or shame after emotional expression

Emotional dysregulation is not weakness.  
It is often the residue of **overload, trauma, or prolonged stress.**

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## PSALMS FOR EMOTIONAL BALANCE & STABILITY

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### 1. Psalm 131:2 — Calming the Inner World

**Hebrew:**

אִם-לֹא שָׁנִיתִי וְדוֹמַמְתִּי נַפְשִׁי

**Transliteration:**

*Im lo shiviti v'domamti nafshi.*

**English:**

“I have calmed and quieted my soul.”

This psalm stabilizes emotional intensity and restores internal order.

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### 2. Psalm 62:2 — Emotional Stillness

**Hebrew:**

אֶךְ אֶל־אֱלֹהִים דּוּמְיָה נַפְשִׁי

**Transliteration:**

*Ach el Elohim dumiyah nafshi.*

**English:**

“My soul finds rest in God alone.”

Used to restore emotional anchoring during turbulence.

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**3. Psalm 37:7 — Allowing Time & Space****Hebrew:**

דּוֹם לִיהוָה וְהִתְחַזְּקֵל לֵו

**Transliteration:**

*Dom la'Adonai v'hitcholel lo.*

**English:**

“Be still before the Divine and wait.”

This psalm teaches patience with emotional processes.

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## DIVINE NAMES FOR EMOTIONAL REGULATION

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**1. לִי־וָו (Lamed–Vav–Vav)**

**Hebrew:** לוֹו

**Transliteration:** *LeVav*

Healing qualities:

- Harmonizes emotional extremes
  - Restores inner rhythm
  - Integrates feeling and restraint
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**2. סִי־אֵל (Samech–Aleph–Lamed)**

**Hebrew:** סאל

**Transliteration:** SaEL

Healing qualities:

- Stabilizes emotional states
  - Grounds emotional energy
  - Supports containment
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### 3. מִתֵּי־ק (Mem–Tav–Kuf)

**Hebrew:** מתק

**Transliteration:** MaTaK

Healing qualities:

- Sweetens emotional intensity
  - Softens sharp reactions
  - Brings gentleness to experience
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## ✦ ANA B'KOACH FOR BALANCE — LINE 6

**Hebrew:**

בָּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד

**Transliteration:**

*Baruch shem kevod malchuto l'olam va'ed.*

**English:**

“Blessed is the Name of the glory of His kingdom forever.”

This line anchors emotional energy into stable embodiment (*Malchut*).

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## KABBALISTIC COMMENTARY — FEELING WITHOUT FLOODING

The Zohar teaches:

**“Emotion without form overwhelms; form without emotion suffocates.”**

Healthy regulation allows:

- feelings to rise
- awareness to remain present
- expression to be proportionate
- release to occur naturally
- the nervous system to reset

Dysregulation often comes from early environments where:

- emotions were unsafe
- expression was punished
- overwhelm was unmanaged
- support was absent

Regulation is learned — and it can be **relearned**.

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## USAGE IN SESSION — EMOTIONAL REGULATION PRACTICE

1. Ask the client to sit with feet grounded and spine upright.
2. Guide slow breathing with a longer exhale.
3. Recite **Psalm 131:2** to calm emotional noise.
4. Speak the Divine Name לוי (**LeVav**) three times to restore balance.
5. Recite **Psalm 62:2** to anchor inner stillness.
6. Use **Ana B’Koach Line 6** to ground emotions into the body.
7. Invite the affirmation:  
**“I can feel without being overwhelmed.”**
8. Close with grounding and gentle awareness.

## SACRED INTEGRATION — RESTORING EMOTIONAL BALANCE

Emotions are not obstacles in Kabbalistic wisdom. They are currents of life-force moving through the vessel of the soul. When these currents move in proportion, they nourish the

inner world. When they surge without containment or become restricted without expression, imbalance arises.

Emotional dysregulation is not a moral failing. It is often the result of energetic overload. The soul carries impressions — from childhood experiences, relational wounds, chronic stress, or environments where emotions were either punished or ignored. Over time, the inner balance between Chesed (expansion) and Gevurah (containment) becomes distorted.

Tiferet — the sephirah of integration — is the harmonizing center. It does not eliminate emotion. It organizes it.

Psalm 131:2 offers a profound image: the soul like a weaned child resting with its mother. This is not dependency. It is regulated attachment. The child no longer cries from urgent need. It rests from trust. The nervous system has softened.

When working with this prayer, imagine your emotional world settling into rhythm.

As you recite:

“I have calmed and quieted my soul,”  
do not force calmness.

Instead:

- Allow the breath to lengthen.
- Let the body feel supported by gravity.
- Notice where intensity resides.
- Permit sensation without interpretation.

The Divine Names (ליו, סאל, מתק) function symbolically as balancing frequencies. They do not suppress emotion; they refine its edges. Over time, emotional reactions become responses.

Signs of integration may include:

- Shorter recovery time after activation
- Reduced reactivity
- Greater clarity when naming feelings
- Less shame after emotional expression
- A sense of internal steadiness

Regulation is not the absence of feeling.  
It is the presence of stability while feeling.

This prayer may be used daily for seven days, especially during periods of emotional overwhelm. Repetition builds familiarity, and familiarity builds safety.

You are not silencing emotion.  
You are strengthening the vessel that holds it.

## GUIDED RECITATION SCRIPT — EMOTIONAL STABILITY

(For future audio recording. You may read this slowly in a calm tone.)

Begin by sitting upright with both feet resting on the floor.  
Allow your hands to rest comfortably.

Take a slow breath in through the nose.  
Exhale gently through the mouth.  
Lengthen the exhale slightly.

Again, inhale.  
And exhale.

Notice the surface of your breath without trying to change it.

Bring awareness to your chest and solar plexus — the areas where emotion often gathers.

Now gently recite:

אם-לא שויתי וְדוּמַמְתִּי נִפְשִׁי  
Im lo shiviti v'domamti nafshi.  
“I have calmed and quieted my soul.”

As you say the words, imagine the inner waters becoming still.

Visualize the image of a weaned child resting peacefully.  
No urgency.  
No grasping.  
Simply resting presence.

Now softly speak the Divine Name לוו (LeVav) three times.

Recite:

אָן אֶל־אֱלֹהִים דּוּמְיָה נִפְשִׁי  
“My soul finds rest in the Divine.”

Let your shoulders soften.

Now anchor the practice with:

Baruch shem kevod malchuto l'olam va'ed.  
“Blessed is the Name of the glory of His kingdom forever.”

Feel your body grounded.

Silently affirm:

“I can feel without being overwhelmed.”  
“My emotions move through me safely.”  
“I remain steady while I feel.”

Take one final breath.

When ready, open your eyes gently.

Carry this steadiness with you.

## **? FREQUENTLY ASKED QUESTIONS — EMOTIONAL REGULATION IN KABBALAH**

### **Is emotional dysregulation a spiritual weakness?**

No. Kabbalah views emotional imbalance as a temporary energetic distortion, not a flaw. The soul remains whole even when its expression is turbulent.

### **How often should this prayer be used?**

It may be used daily during periods of instability or before situations known to trigger emotional reactivity.

### **Do I need knowledge of Kabbalah to benefit?**

No. While rooted in mystical structure, the Psalms operate through intention and presence. The practice remains accessible.

### **What if I feel more emotion while reciting?**

Sometimes regulation begins with awareness. Increased feeling does not mean failure. Continue breathing and allow sensation to move without judgment.

### **Can this replace therapy?**

No. Spiritual practice complements but does not replace psychological or medical care when needed.

### **Why use Divine Names?**

In Kabbalistic understanding, Hebrew letters carry symbolic energetic meaning. Even when approached contemplatively, they serve as focal points for integration.

### **How will I know it is working?**

You may notice:

- Faster calming after activation
- More proportional reactions
- Less emotional shame
- Improved clarity

Progress is gradual.

### **Is emotional intensity wrong?**

No. Intensity becomes harmful only when uncontained or chronically suppressed. Healthy regulation allows full experience without loss of center.