

## **The Psalm Project**

*Discovering the Spiritual World through the Psalms*

Psalm

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**The Goal of this project:**

This research project will examine the 150 psalms for the spiritual awareness each Psalm offers. Each Psalm will be examined by its language and the commentary of the Sages. The spiritual awareness analysis will be done in alignment with Ari's definition of the Tree of life, the Book of Creation, and the Zohar. Each verse of the Psalm will be rewritten using the intent of the language and spiritual commentary to convey its spiritual lesson.

**The Main Resources:**

The Zohar

The Book of Creation

Ari's writing on the Tree of Life and the Ten Sefirot

The Theological Wordbook of the Old Testament

Samson Hirsch's commentary on the Psalms

Tehillim – Psalms – A new translation with a commentary anthologized from the Talmudic and rabbinic sources

Accordance Bible Software

Psalm 55

New American Standard 1995	Hebrew
<p><b>Psa. 55:1</b> "Give ear to my prayer, O God;</p>	<p>Psa. 55:1 לְמַנְצַחַת בְּנִגְיֹנֹת</p>
<p>And <sup>b</sup>do not hide Yourself from my supplication.</p>	<p>מִשְׁכִּיל לְדָרוֹד : 2 הַאֲזִינָה</p>
<p><sup>2</sup> Give <sup>a</sup>heed to me and answer me; I am restless in my <sup>b</sup>complaint and</p>	<p>אֶל־הַיָּהוָה תִּפְלְתִי וְאֶל־</p>
<p><sup>1c</sup>am surely distracted,</p>	<p>תִּתֵּן עֲלַי מִתְחַנְּתִי : 3</p>
<p><sup>3</sup> Because of the voice of the enemy, Because of the <sup>a</sup>pressure of the wicked;</p>	<p>הַקְּשִׁיבָה לִי וְעֲנֵנִי אָרִיד</p>
<p>For they <sup>b</sup>bring down <sup>1</sup>trouble upon me</p>	<p>בְּשִׁיתִי וְאֶהְיָמָה : 4 מִקְּוֹל</p>
<p>And in anger they <sup>a</sup>bear a grudge against me.</p>	<p>אוֹיֵב מִפְּנֵי עֲקַת רָשָׁע כִּי־</p>
<p><b>Psa. 55:4</b> My <sup>a</sup>heart is in anguish within me,</p>	<p>יָמִיטוּ עָלַי אֲוֹן וּבְאֵר</p>
<p>And the terrors of <sup>b</sup>death have fallen upon me.</p>	<p>יִשְׁטְמוּנִי : 5 לְבִי יִחַיֵּל</p>
<p><sup>5</sup> Fear and <sup>a</sup>trembling come upon me,</p>	<p>בְּקָרְבִי וְאִי־מוֹת מְוֹת נָפְלוּ</p>
<p>And <sup>1b</sup>horror has overwhelmed me.</p>	<p>עָלַי : 6 יִרְאָה וְרָעַד יָבֹא בִי</p>
<p><sup>6</sup> I said, "Oh, that I had wings like a dove!</p>	<p>וְתִכְסֵּנִי פִלְצוֹת : 7 וְאֹמַר</p>
<p>I would fly away and <sup>1a</sup>be at rest.</p>	<p>מִי־יִתֵּן־לִי אַבְּר כַּיּוֹנָה</p>
<p><sup>7</sup> "Behold, I would wander far away, I would <sup>a</sup>lodge in the wilderness. <sup>1</sup>Selah.</p>	<p>אֶעֱוֹפָה וְאֶשְׁכְּנָה : 8 הֲיִנָּה</p>
<p><sup>8</sup> "I would hasten to my place of refuge</p>	<p>אֲרַחֲקִיק נָדָד אֶלֶּיִן בְּמִדְבָּר</p>
<p>From the <sup>a</sup>stormy wind <i>and</i> tempest."</p>	<p>סֵלָה : 9 אֶתְחַשֵּׂה מִכְּלַט לִי</p>
<p><b>Psa. 55:9</b> <sup>1</sup>Confuse, O Lord, <sup>a</sup>divide their tongues,</p>	<p>מִרוּחַ סַעָה מִסָּעֵר : 10 בְּלַע</p>
<p></p>	<p>אֶדְנִי פִלְג לְשׁוֹנָם כִּי־רָאִיתִי</p>

For I have seen <sup>b</sup>violence and strife  
in the city.

<sup>10</sup> Day and night they go around her  
upon her walls,

And iniquity and mischief are in  
her midst.

<sup>11</sup> <sup>a</sup>Destruction is in her midst;

<sup>b</sup>Oppression and deceit do not  
depart from her <sup>1</sup>streets.

**Psa. 55:12** For it is <sup>a</sup>not an enemy who  
reproaches me,

Then I could bear *it*;

Nor is it one who hates me who  
<sup>b</sup>has exalted himself against me,

Then I could hide myself from  
him.

<sup>13</sup> But it is you, a man <sup>1</sup>my equal,

My <sup>a</sup>companion and my <sup>2b</sup>familiar  
friend;

<sup>14</sup> We who had sweet <sup>1</sup>fellowship  
together

<sup>a</sup>Walked in the house of God in the  
throng.

<sup>15</sup> Let <sup>1</sup>death come <sup>a</sup>deceitfully upon  
them;

Let them <sup>b</sup>go down alive to <sup>2</sup>Sheol,  
For evil is in their dwelling, in their  
midst.

**Psa. 55:16** As for me, I shall <sup>a</sup>call upon  
God,

And the LORD will save me.

<sup>17</sup> <sup>a</sup>Evening and <sup>b</sup>morning and at  
<sup>a</sup>noon, I will complain and murmur,

And He will hear my voice.

<sup>18</sup> He will <sup>a</sup>redeem my soul in peace  
<sup>1</sup>from the battle *which is* against me,

For they are <sup>b</sup>many *who strive* with  
me.

בְּקִרְבָּהּ וְלֹא־יִמֵּשׁ מִרְחֹבָהּ

תָּדַד וּמִרְמָה : <sup>13</sup> כִּי לֹא־אוֹיֵב

יִחַרְפְּנִי וְאִשָּׁא לֹא־מִשְׁנְאֵי

עָלַי הִגְדִּיל וְאֶסְתֵּר מִמֶּנּוּ :

<sup>14</sup> וְאַתָּה אֲנֹשׁ כְּעֶרְכִּי

אֶלּוּפִי וּמִיִּדְעִי : <sup>15</sup> אֲשֶׁר

יִחַדּוּ נִמְתִּיק סוּד בְּבֵית

אֱלֹהִים נִתְלַךְ בְּרִגְשׁ : <sup>16</sup>

יִשְׁימֹת [יִשְׁי] [מָוֶת ]

עָלֵימוּ יִרְדּוּ שְׂאוּל תַּיִם כִּי־

רָעוֹת בְּמִגְוָרָם בְּקִרְבָּם : <sup>17</sup>

אֲנִי אֶל־אֱלֹהִים אֶקְרָא

וַיְהִינֵהּ יוֹשִׁיעֵנִי : <sup>18</sup> עֶרֶב

וּבֹקֵר וּצְהָרִים אֲשִׁיחָהּ

וְאַהֲמָה וַיִּשְׁמַע קוֹלִי : <sup>19</sup>

פָּדָה בְּשָׁלוֹם גַּבְשִׁי מִקִּרְב־

לִי כִי־בְרָכִים הָיוּ עִמָּדִי : <sup>20</sup>

יִשְׁמַע אֵל אוֹיְעָנִם וַיֵּשֶׁב

קָדָם סִלָּה אֲשֶׁר אֵין תְּלִיפּוֹת

לָמוּ וְלֹא יִרְאוּ אֱלֹהִים : <sup>21</sup>

שָׁלַח יָדָיו בְּשִׁלְמוֹ תִלְל

בְּרִיתוֹ : <sup>22</sup> תְּלַקֵּן אִמְחַמָּאת

פִּיו וְקִרְב־לִבּוֹ רַכּוֹ דְּבִרְיוֹ

<sup>19</sup> God will <sup>a</sup>hear and <sup>1</sup>answer them  
—

Even the one <sup>b</sup>who <sup>2</sup>sits enthroned  
from of old — Selah.

With whom there <sup>3</sup>is no change,  
And who <sup>c</sup>do not fear God.

<sup>20</sup> He has put forth his hands against  
<sup>a</sup>those who were at peace with him;

He has <sup>1b</sup>violated his covenant.

<sup>21</sup> His <sup>1</sup>speech was <sup>a</sup>smoother than  
butter,

But his heart was war;

His words were <sup>a</sup>softer than oil,

Yet they were drawn <sup>b</sup>swords.

**Psa. 55:22** <sup>a</sup>Cast <sup>1</sup>your burden  
upon the LORD and He will sustain you;

<sup>b</sup>He will never allow the righteous  
to <sup>2a</sup>be shaken.

<sup>23</sup> But You, O God, will bring them  
down to the <sup>1a</sup>pit of destruction;

<sup>b</sup>Men of bloodshed and deceit will  
<sup>c</sup>not live out half their days.

But I will <sup>a</sup>trust in You.

מִשְׁמֵן וְהִתְמָה פְּתָחוֹת : <sup>23</sup>

הַשִּׁלָּךְ עַל־יְהוָה אֵי־יִתְבָּרַךְ

וְהוּא יִכְלֹךְ לֹא־יִתֵּן

לְעוֹלָם מוֹט לְצַדִּיק : <sup>24</sup>

וְאַתָּה אֱלֹהִים הַתּוֹרִים |

לְבָאֵר נִשְׁחַת אַנְשֵׁי דָמִים

וּמְרָמָה לֹא־יִחַצּוּ יְמֵיהֶם

וְאַנִּי אֶבְטַח־בְּךָ :

## References

### **Psalm 55:0**

Possibly *Contemplative*, or *Didactic*, or *Skillful Psalm*

### **Psalm 55:1**

<sup>a</sup>Ps 54:2; 61:1; 86:6

<sup>b</sup>Ps 27:9

### **Psalm 55:2**

<sup>1</sup>Or *I must moan*

<sup>a</sup>Ps 66:19; 86:6, 7

<sup>b1</sup> Sam 1:16; Job 9:27; Ps 64:1; 77:3; 142:2

<sup>c</sup>Is 38:14; 59:11; Ezek 7:16

### **Psalm 55:3**

<sup>1</sup>Or *wickedness*

<sup>a</sup>Ps 17:9

<sup>b2</sup> Sam 16:7, 8

<sup>c</sup>Ps 71:11; 143:3

### **Psalm 55:4**

<sup>a</sup>Ps 38:8

<sup>b</sup>Ps 18:4, 5; 116:3

### **Psalm 55:5**

<sup>1</sup>Lit *shuddering*

<sup>a</sup>Ps 119:120

<sup>b</sup>Job 21:6; Is 21:4; Ezek 7:18

### **Psalm 55:6**

<sup>1</sup>Lit *settle down*

<sup>a</sup>Job 3:13

### **Psalm 55:7**

<sup>1</sup>*Selah* may mean: *Pause*, *Crescendo* or *Musical interlude*

<sup>a1</sup> Sam 23:14

### **Psalm 55:8**

<sup>a</sup>Is 4:6; 25:4; 29:6

### **Psalm 55:9**

<sup>1</sup>Lit *Swallow up*  
<sup>a</sup>Gen 11:9  
<sup>b</sup>Ps 11:5; Jer 6:7

**Psalm 55:11**

<sup>1</sup>Or *plaza*  
<sup>a</sup>Ps 5:9  
<sup>b</sup>Ps 10:7; 17:9

**Psalm 55:12**

<sup>a</sup>Ps 41:9  
<sup>b</sup>Ps 35:26

**Psalm 55:13**

<sup>1</sup>Lit *according to my valuation*  
<sup>2</sup>Or *acquaintance*  
<sup>a</sup>2 Sam 15:12  
<sup>b</sup>Job 19:14; Ps 41:9

**Psalm 55:14**

<sup>1</sup>Lit *counsel*; or *intimacy*  
<sup>a</sup>Ps 42:4

**Psalm 55:15**

<sup>1</sup>Another reading is *desolations be upon them*  
<sup>2</sup>I.e. the nether world  
<sup>a</sup>Ps 64:7; Prov 6:15; Is 47:11; 1 Thess 5:3  
<sup>b</sup>Num 16:30, 33

**Psalm 55:16**

<sup>a</sup>Ps 57:2, 3

**Psalm 55:17**

<sup>a</sup>Ps 141:2; Dan 6:10; Acts 3:1; 10:3, 30  
<sup>b</sup>Ps 5:3; 88:13; 92:2  
<sup>c</sup>Acts 10:9

**Psalm 55:18**

<sup>1</sup>Or *so that none may approach me*  
<sup>a</sup>Ps 103:4  
<sup>b</sup>Ps 56:2

**Psalm 55:19**

<sup>1</sup>Or *afflict*

<sup>2</sup>Or *abides from*

<sup>3</sup>Lit *are no changes*

<sup>a</sup>Ps 78:59

<sup>b</sup>Deut 33:27; Ps 90:2; 93:2

<sup>c</sup>Ps 36:1

**Psalm 55:20**

<sup>1</sup>Lit *profaned*

<sup>a</sup>Ps 7:4; 120:7

<sup>b</sup>Num 30:2; Ps 89:34

**Psalm 55:21**

<sup>1</sup>Lit *mouth*

<sup>a</sup>Ps 12:2; 28:3; Prov 5:3, 4

<sup>b</sup>Ps 57:4; 59:7

**Psalm 55:22**

<sup>1</sup>Or *what He has given you*

<sup>2</sup>Or *totter*

<sup>a</sup>Ps 37:5; 1 Pet 5:7

<sup>b</sup>Ps 37:24

<sup>c</sup>Ps 15:5; 112:6

**Psalm 55:23**

<sup>1</sup>Or *lowest pit*

<sup>a</sup>Ps 73:18; Is 38:17; Ezek 28:8

<sup>b</sup>Ps 5:6

<sup>c</sup>Job 15:32; Prov 10:27

<sup>d</sup>Ps 25:2; 56:3



## Targum

**Psa. 55:1** For praise, with the words of a hymn; good teaching composed by David. <sup>2</sup> Hear, O God, my prayer, and do not hide yourself from my prayer. <sup>3</sup> Hear my utterance, and accept it from me; I will roar out in my words and be agitated. <sup>4</sup> From the voice of the enemy, from the trouble of the wicked, for they extend lies against me, and in anger they will hold a grudge towards me. <sup>5</sup> My heart will tremble within me, and the terrors of death have fallen upon me. <sup>6</sup> Fear and trembling come to me, and disaster has covered me. <sup>7</sup> And I said, "Who will give to me wings like a dove, [that] I may fly and come to rest?" <sup>8</sup> Behold, I would go to a far place to wander, I would lodge in the wilderness forever. <sup>9</sup> I would make hasten to me rescue from the tempest, shelter from the storm. <sup>10</sup> Destroy, O LORD, their counsel, divide their tongue, for I have seen violence and strife in the city. <sup>11</sup> Day and night they encircle it, around her walls, and misery and lies are in her midst. <sup>12</sup> Tumult is in her midst, and lies and deceit do not depart from her squares. <sup>13</sup> For an enemy will not belittle me, else I would bear it; my foe has not vaunted himself against me, else I would hide from his presence. <sup>14</sup> But you, O Achitophel, a man who is like me; a leader who taught me, and who tells me wisdom. <sup>15</sup> For together we will explain mysteries in the sanctuary of God, we will walk in haste. <sup>16</sup> He will condemn them to the judgement of death, and he will decree for them evil things, for Doeg and Achitophel; they will descend to Sheol while alive, for evil things are in their dwellings, in their bodies. <sup>17</sup> I will pray in the presence of God, and the word of the LORD will redeem me. <sup>18</sup> In the evening, and in the morning, and at noon I will pray, and I will tremble; and he heard my voice. <sup>19</sup> He redeemed my soul in peace, so that no evil came near to me, for his word was my help in many troubles. <sup>20</sup> God will hear and receive from them [their prayer], and the one who dwells in heaven from of old forever; but the wicked who are not from of old, who do not change their ways, are evil, and are not afraid in the presence of God. <sup>21</sup> He stretched out his hands against the men of his peace; he desecrated his covenant. <sup>22</sup> Smoother than oil of curds are the words of his mouth; and like weapons of war his heart. Softer are his words than tallow, but they are deadly lances. <sup>23</sup> Cast your confidence on the LORD, and he will feed you; he will never allow privation to the righteous. <sup>24</sup> But you, O God, by your word will bring them down to deep Gehenna; murderous and deceitful men will not see half of their days; but I will trust in your word.

## Spiritual Awareness

**The spiritual rewrite for the verses is in bold.**

### Introduction

The setting for this Psalm is Absalom's rebellion against his father, King David. David was puzzled that Achotifel became Absalom's primary supporter. Achotifel was a friend and advisor of David. David's most intimate companion, whom he revered as a teacher, had turned against him.

### Superscript

**To the Sefirah Netzach who grants victory through the power of music,  
an instruction by David.**

### Verse one

David turned to the LORD as he strived for clarity of thought. He was trying to understand why Achotifel turned against him.

**Hear, O God, my prayer, and please do not leave me.**

### Verse two

David said that he was agitated about the circumstances he found himself in.

**Attend me and answer me, for I am sad in my meditation, and my anger  
grows.**

Verses three, four, five

מִקְוֵה (meekol) – literally means “to waver.” Since it is in its noun form, it denotes “a suspended device for carrying.” A stretcher would be such a device.

**Because of the raging of the foe, because of the oppression of the lawless; for they charge me with the misuse of my power, and with outward show anger they hate me bitterly in their innards.**

**Therefore my heart writhes within me, and the terrors of death have fallen upon me.**

**Fear and trembling overpower me as horror overcomes me.**

Verses six, seven, eight

In these verses, David exclaims that he wished he could have fled from Absalom.

**And I said, I that I had wings like the dove! Then I would fly away and find a place of rest.**

**Behold then, I would wander far off and dwell in the wilderness. Meditate on this verse.**

**I would quickly devise deliverance for myself from the stormy wind that draws nigh and from the tempest.**

Verses nine, ten, eleven

These verses explain why David had to endure so many troubles in his life. The verses develop an indictment against a specific enemy.

**Subdue, O God, and divide their tongue, for I have seen only violence and strife in the city.**

**Day and night, they go about it upon its walls, and iniquity and disaster are in the midst of it.**

**Plots are hatched within it, and malice and deceit depart not from its open spaces.**

Verse twelve

David's despair is shown in this verse. The widespread corruption in his administration was unbearable. His main despair was how Achitofel, a man of high esteem, could turn on David and spread lies. Achitofel became disloyal to David. He agonized over this for the rest of his life.

**For it is not an enemy that reviles me, else I could have borne it; neither was it, the usual adversary that magnified himself against me, else I would have hidden from him.**

Verse thirteen

David entrusted Achitofel with his inner secrets and feelings. Achitofel was never guilty of arrogance. However, he had turned on David.

**But it was you, a mortal, my equal, my guide, and my familiar friend.**

Verse fourteen

David describes the relationship between Achitofel and himself.

**Together we kept the sweet secret; we walk into the House of God when there is turmoil outside.**

Verse fifteen

God appoints death to collect the debt from the rebels. It was pretty sudden.

**He appoints death to collect the debt they owe; they go down alive to the grave, for they bear the evil within themselves in their temporal dwelling place.**

Verse sixteen

Achitofel taught David to always trust the LORD.

**As for me, I will call upon God, and because He is the LORD, he will save me.**

Verse seventeen

Despite the inner turmoil that David was feeling, he needed to muster the strength for prayer.

**When I pray in the evening and morning and noonday, and I am restless, He has already heard my voice.**

Verse eighteen

David acknowledged that every peaceful and happy day he ever felt was a gift from the LORD.

**Even in times of peace, it was He alone Who redeemed my soul from impending struggle, even when there were many that stood at my side.**

Verse nineteen

David believed that the LORD intervened in human events against the godless and those who refuted their exaggerated claims. Since the LORD does not seem to reveal His might by direct intervention in the course of human destinies, they believe there can be no change in their fortunes. These persons forget to revere the LORD. If the LORD intervened, then David must have wondered why the struggle against the rebellion was not halted by the LORD.

**God will hear them and will give them their answer, though, as in days long past, He may sit upon His throne so that they neither believe in change nor fear God.**

Verse twenty

The words and utterances by Achitofel are being used by him. He did a violence that he protested against.

**And how he has put forth his hands against his own protestations of peace; he has profaned his own covenant.**

Verse Twenty-one

**מַחְמַאוֹת** (mach'maot) – means “butter.” The phrase smooth as butter refers to anything that is smooth and soft.

**Smooth as butter were the words of his mouth, but he bore war within his heart. Softer than oil were his words, and yet they were drawn swords.**

Verse Twenty-two, twenty-three

David knew that the followers of Achitofel would bring their own destruction.

**Cast upon God what has been placed upon you; He will provide for you.  
He will never allow the righteous to waver.**

**But you, O God, will throw them into the well of destruction; men of bloodguilt and deceit shall not live out half their days; but as for me, I shall trust in You.**

## Complete Psalm Rewrite Emphasizing Spiritual Awareness

To the Sefirah Netzach who grants victory through the power of music, an instruction by David.

Hear, O God, my prayer, and please do not leave me.

Attend me and answer me, for I am sad in my meditation, and my anger grows.

Because of the raging of the foe, because of the oppression of the lawless; for they charge me with the misuse of my power, and with outward show anger they hate me bitterly in their innards.

Therefore my heart writhes within me, and the terrors of death have fallen upon me.

Fear and trembling overpower me as horror overcomes me.

And I said, I that I had wings like the dove! Then I would fly away and find a place of rest.

Behold then, I would wander far off and dwell in the wilderness. Meditate on this verse.

I would quickly devise deliverance for myself from the stormy wind that draws nigh and from the tempest.

Subdue, O God, and divide their tongue, for I have seen only violence and strife in the city.

Day and night, they go about it upon its walls, and iniquity and disaster are in the midst of it.

Plots are hatched within it, and malice and deceit depart not from its open spaces.



For it is not an enemy that reviles me, else I could have borne it; neither was it, the usual adversary that magnified himself against me, else I would have hidden from him.

But it was you, a mortal, my equal, my guide, and my familiar friend.

Together we kept the sweet secret; we walk into the House of God when there is turmoil outside.

He appoints death to collect the debt they owe; they go down alive to the grave, for they bear the evil within themselves in their temporal dwelling place.

As for me, I will call upon God, and because He is the LORD, he will save me.

When I pray in the evening and morning and noonday, and I am restless, He has already heard my voice.

Even in times of peace, it was He alone Who redeemed my soul from impending struggle, even when there were many that stood at my side.

God will hear them and will give them their answer, though, as in days long past, He may sit upon His throne so that they neither believe in change nor fear God.

And how he has put forth his hands against his own protestations of peace; he has profaned his own covenant.

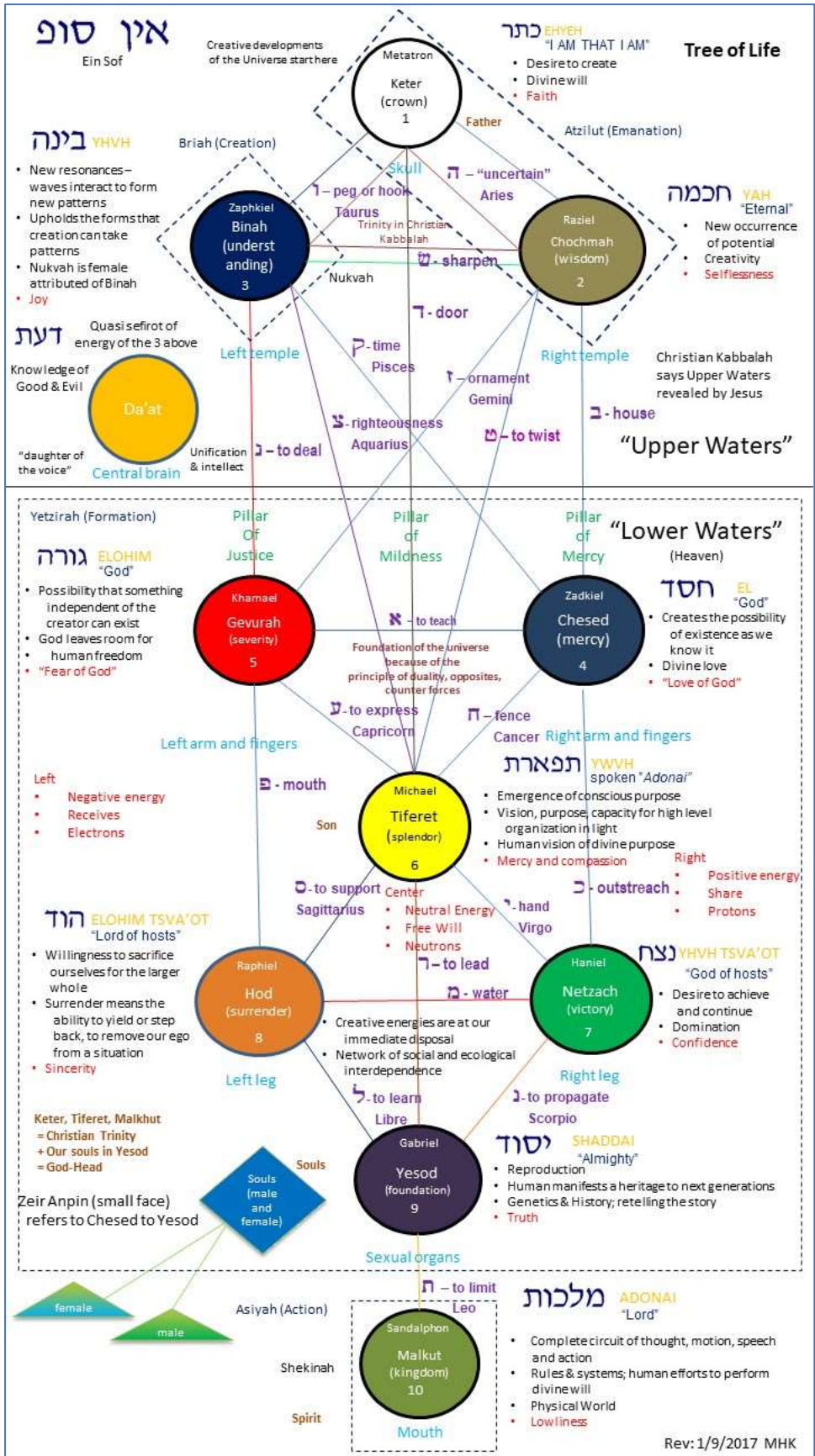
Smooth as butter were the words of his mouth, but he bore war within his heart. Softer than oil were his words, and yet they were drawn swords.

Cast upon God what has been placed upon you; He will provide for you. He will never allow the righteous to waver.

But you, O God, will throw them into the well of destruction; men of bloodguilt and deceit shall not live out half their days; but as for me, I shall trust in You.

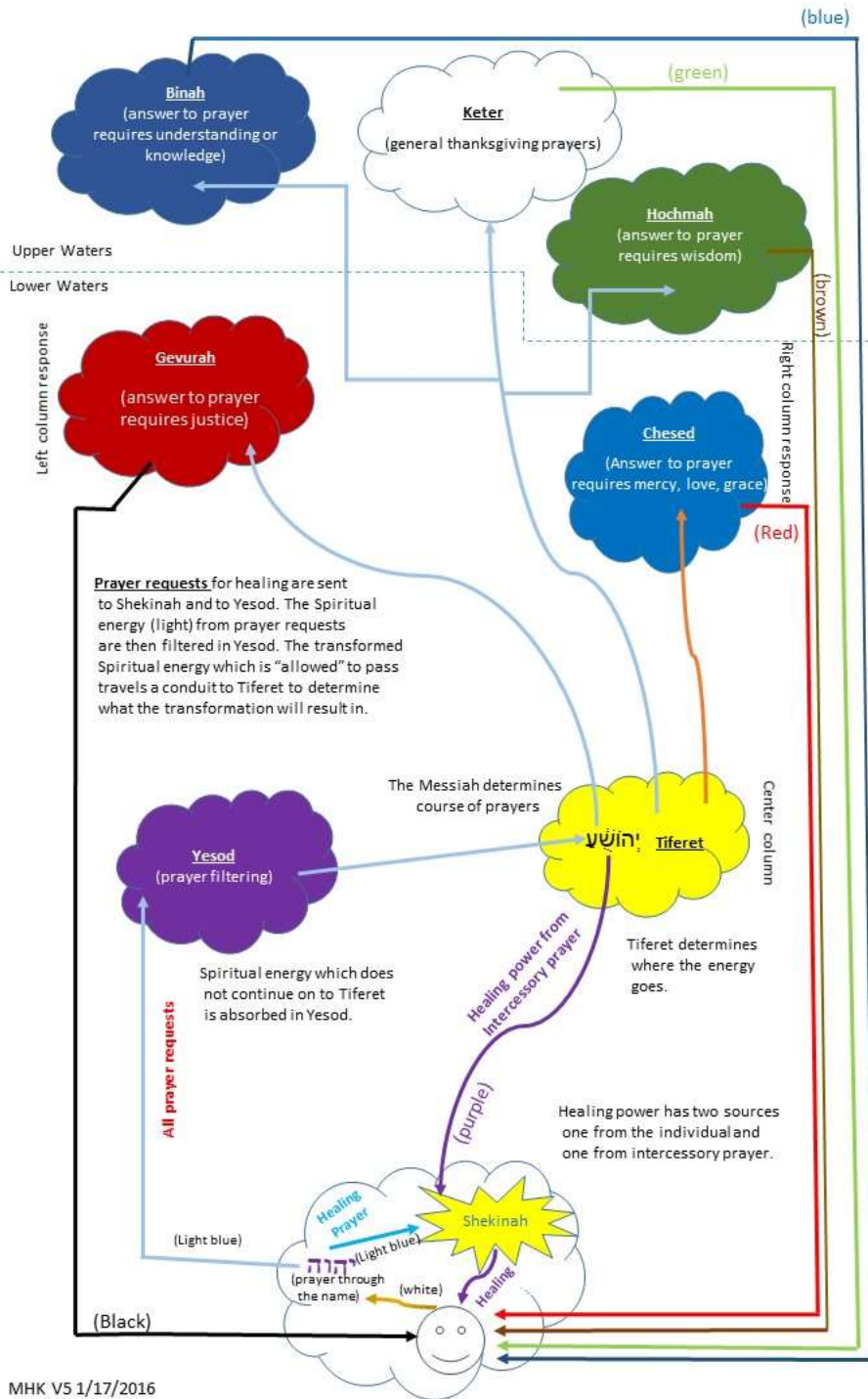


## Appendix



# Mystical Methodology to Prayer

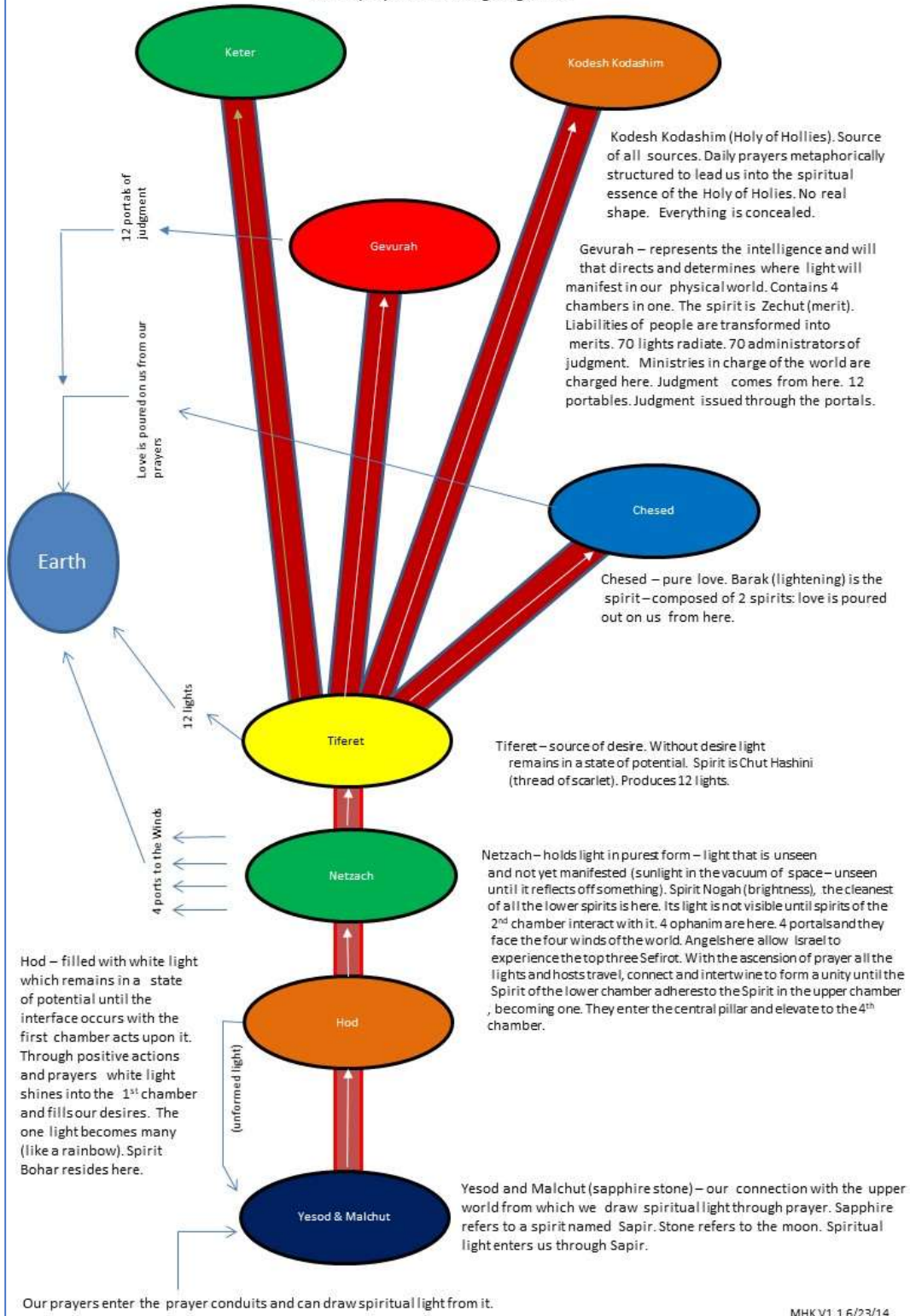
All prayers result in spiritual energy which rises through the conduits that connect Sefirot realms. The "answer" to prayers is the transformation of spiritual energy from its original frequency to an appropriate frequency which will give the necessary results.



MHK V5 1/17/2016

# Chambers of Aba and Ima of Briyah

Keter: prayers of thanksgiving come



MHK V1.1 6/23/14



