

The Genesis Code

Special Audiobook Companion Document

Richard L Haight

Published by Shinkaikan Body, Mind, Spirit LLC

www.richardlhaight.com

Copyright © 2020 by Richard L. Haight

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embedded in critical reviews and certain other noncommercial uses permitted by copyright law.

Table of Contents

Sources 3

Appendix 4

Glossary 13

Acknowledgments 15

Book Previews 17

About the Author 24

Contact 26

Daily Training with Richard Haight 27

The Book of Genesis by James D. Tabor 28

Sources

Chapter 11 – The Serpent

<https://www.scripture4all.org/OnlineInterlinear/OTpdf/gen3.pdf>

Chapter 15 – The Holy Spirit:

<https://www.blueletterbible.org/lexicon/h7218/kjv/wlc/0-1/>

Appendix

Helpful Practices

Chapter 9 — Practicing Praise

Please take a moment to visualize the target of each praise and then read aloud the praise while feeling the vibrations of the words as they are uttered toward the intended target.

For the best effect, leave off intellectualizing for now; just visualize and feel the body as you speak the words with intention. The words without the visualization and feeling will never get us there.

1. Light — “And God sees the light, that *it is* God”
2. Land and seas — “And God sees that *it is* God”
3. Plants and trees — “And God sees that *it is* God”
4. Sun, moon, stars — “And God sees that *it is* God”
5. Water creatures and flyers — “And God sees that *it is* God”
6. Land creatures — “And God sees that *it is* God”

7. All that is — “And God sees all that is, and look!—*it is exceedingly God.*”

Look in the mirror, and while feeling your entire body, repeat and feel, “And God sees that I am God.”

Practice and a little light stretching to release tension will help resolve the unhelpful judgment and feelings of separation held within the subconscious mind.

Now, look around you. To everyone and everything you see, repeat with feeling, “And God sees that it is completely, seamlessly God.”

Chapter 10 — Caretaking

Think about your life. Is there anything that you do or did that feels like true caretaking? It would be an act of service, done lovingly, that gains you nothing at the level of ego. What we are indicating is a communion where everyone is served, including you, without a sense of self absorption or codependency regarding the service. Whatever it is that you do that fits this definition is an activity that is in alignment with your truest nature, the Infinite within you. Whatever that

activity is benefits everyone and everything in some way. You might allow yourself to do more of that.

Artistic, creative, and inspiring activities are best included in the caretaking category, for they nourish the soul. They are caretaking, so long as you partake in them innocently, joyfully, with all of your being, and share them with an open heart, unconcerned about how you might be judged. Becoming well-known or accepting money for the products of these nourishing activities is fine so long as reputation and wealth are not the primary motivating forces.

Chapter 11 — Reducing the Habit of Moral Judgment

Spend some time each day taking an account of the moments during the day when you measured or judged your fundamental value or that of another person. Notice when you felt shame, blame, guilt, or arrogance. Let go those feelings, for they are not helpful.

Instead of self-flagellating with ineffectual energies like moral judgment and perpetuating the suffering of Adam and Eve, simply consider what you would prefer in your life if you truly loved yourself and wanted to be the fullest you possible. Do you prefer to continue the behavior that you are judging

yourself and others for? If not, do less of it, and do a bit more of what takes you in a healthy direction.

By reducing moral judgment, doing less of what is unhealthy for your long-term good, and doing more of what is healthy, your example supports others to make healthy changes as well as to be free of moral judgment. With daily persistence, this practice can bring about tremendous inner clarity and liberation. And remember, there is not, nor was there ever, an original sin.

Chapter 13 — Vibrant Silence Exercise

Practicing vibrant silence in your daily life can reveal a sense of the ever-present moment that can be tremendously transformational in your life. The key is pausing to experience the vibrant presence of the moment and noticing what prevents you from fully entering that experience. If you work to correct the blockages while practicing vibrant silence, over time, the experience becomes more accessible. Eventually your life becomes the conscious embodiment of vibrant presence.

Chapter 13 — Unifying Light Exercise

Spend a few minutes per day practicing this simple visualization exercise. Make yourself comfortable and close your eyes. Imagine that beneath or behind your perception of the world a brilliant white light unifies everyone and everything in unconditional love.

Don't overthink this exercise. Make no effort to analyze or turn this practice into a philosophy or ideology. Instead, allow yourself to be innocent like a young child during this exercise. Imagine the entire Universe aglow with a warm, embracing love. Imagine your body also suffused with this light. Release all judgment against yourself, your body, others (including your enemies), and the Universe. Be with love to the extent that you can for just a few minutes each day.

With practice you will be able to do this with your eyes open, but for many people, it is easier to begin with closed eyes. You might try it both ways each day to train the brain to be flexible with this exercise.

Chapter 14 — Breaking Free of Labels

A healthy exercise that you might actively apply throughout your day is to notice whenever you label yourself as being this or that. The most obvious such labels to notice are when you label yourself as being “good” or “bad.” But any label that you really identify with, such as your job title, your social or economic position, your worthiness, et cetera, all deserve attention. Just as importantly, you might note resistance to any labels that you strongly identify against, such as “I’m not a liar” or “I’m not stingy.” Maintaining such labels can be very limiting and prevent healthy life improvement.

You might also take note of when you lock others into labels. It’s so easy to do. When we believe others are the labels that we have psychically attached to them, it becomes very difficult for those people to break free without severing the relationship. Set them free by disbelieving the labels. In your heart, you might discount even the labels that they apply to themselves.

The aim of this exercise is to touch base with your essential, undefined nature little by little throughout your day. When you notice a label arise in your mind, take note of it and remind yourself that in essence you are *no thing* in particular. Allow

yourself a moment to feel what it is to be without any thought. Even a few seconds here and there helps.

Chapter 15 — True Words Practice

This is a basic practice that takes advantage of another meaning to Logos, which is “true words.” Much of our inner disharmony arises simply as a result of being dishonest with ourselves and others. Practicing the logos means adjusting our words and thinking so that we are more aligned and truer in our hearts.

To be fair, it seems much easier to know when we are not being true than when we are being true, because truth can be difficult to pin down. Thus, with this exercise, notice any thoughts and language you use that doesn't fit with how you would think and speak if you truly loved, trusted and supported the fullness of your being.

Here is a short list of thoughts and expressions that lead us away from the fullest expression of our true nature:

- Approval seeking
- Assuming motivations
- Attention seeking
- Avoiding responsibility

- Cowardly yeses
- Boastfulness
- Breaking your word
- Casual promises
- Certainty
- Condemnation
- Deceitfulness
- Domineering
- Emotional manipulation
- Flattery
- Gossip
- Hate
- Ineffectual complaint
- Identifying with ideology
- Minimizing responsibility
- Neglectfulness
- Rationalizing desires
- Resentment
- Self-aggrandizement
- Self-deprecation (habitual)
- Self-victimization
- Sniveling
- Snoopiness
- Social positioning

- **Spitefulness**
- **Tardiness (habitual)**
- **Told you so**
- **Unnecessary white lies**

Glossary of Terms

Eden Synonymous with the kingdom of Heaven; paradise

Elohim The plural of El, which means deity. Elohim is considered the creator of the universe, as reflected in Genesis 1. See Universal Mind.

Pure Consciousness The unchanging foundation of perception at the core of all-that-is. Relates to YHVH in this work.

Logos Greek for “true words;” also synonymous with The Holy Spirit in Christianity.

Self-absorption Being completely caught up in your own perspective, image, and life story.

Self-consciousness Anticipating and assuming you know how others view you.

The Code The map of Genesis that indicates *the principle* and the path that humans must take to return to harmony.

The Holy Spirit The vibration of the Universe.

The Infinite A general term that encompasses all aspects of what might be called God.

The kingdom of Heaven Synonymous with the garden of Eden; paradise.

the principle The guiding principle of pure consciousness; there is *no other*.

The satan The obstacle, judge, prosecutor, deceiver.

The Serpent The spirit of self-absorption within each of us.

The tree of life Spatial awareness, feeling, trust, empathy, big picture point of view.

The tree of the knowledge of good and bad

Self-consciousness, desire for certainty knowledge, myopic perspective, self-identity, moral judgment.

The Witness A general term that encompasses all aspects of what might be called God.

The Word of God Synonymous with The Holy Spirit.

Tetragrammaton The four-letter Hebrew word יהוה, usually transliterated YHWH, YHVH, or JHVH, indicating the God of Israel.

Torus A geometric shape like that of a ring or a donut with a hole.

Tori Plural for torus.

Universal Mind The aspect of the Witness that generates the hologram-like experience of the Universe. Relates to Elohim in this work. YHVH The tetragrammaton, the four-letter Hebrew word יהוה, usually indicating the God of Israel.

Acknowledgments

First, I would like to share my heartfelt appreciation to Barbara Becker and Linda LaTores for their assistance with research throughout this project.

I would also like to thank Mark Lyon, Irene Critchley, and Kathleen Kellaigh, along with Barbara Becker and Linda LaTores for the time and effort they invested to help improve the text. Their suggestions, questions, and their eye for grammatical faux pas greatly improved this book.

I thank Ted Noble, Jenn Coelho, Lisa Williams, Phillip Garver, and Chris Robertson for their feedback on the final draft of the manuscript.

I offer my deepest gratitude to my copy-editor Hester Lee Furey for the exacting excellence that she pours into her work.

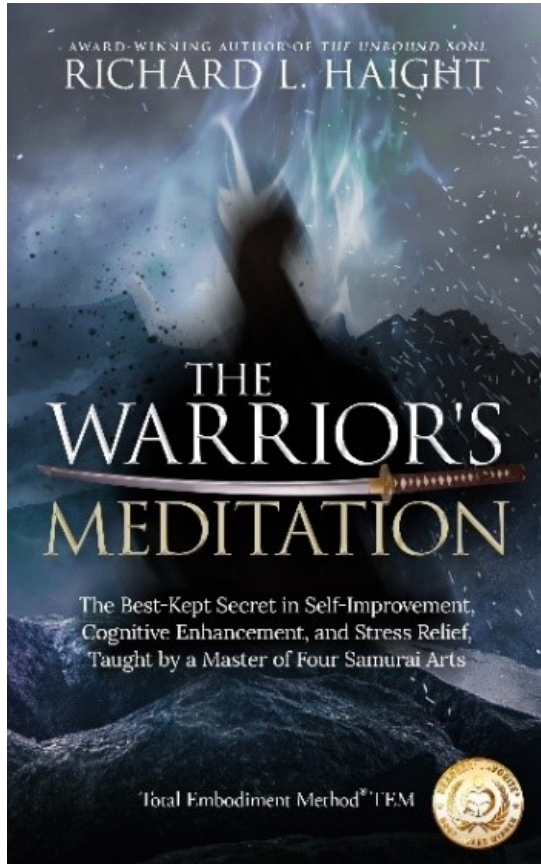
Working with Lee has been an education and an honor. And to Oriana Gatta, whose proofreading and content suggestions took the book to the next level, I share great gratitude.

I share my deep appreciation of Professor James D. Tabor for his generous support. I reached out to Dr. Tabor seeking permission to use the entirety of Chapters 1-3 of his new Transparent English Bible translation of *The Book of Genesis*, which he promptly gave. Dr. Tabor exceeded my hopes, even sending the original manuscript files so that I could copy and paste the content in its entirety, so as to keep everything in context. James D. Tabor's translation is stunning. If you are looking for a translation that catches the essence of the original Hebrew, look no further.

I offer up my appreciation to The Brothers Reed for supporting this book with their beautifully deep and soulfully touching song, "Irish Hymn". The Brother's Reed is a local band with real heart, creativity, and talent. I wish them the best with their music and their loves.

Finally, I thank those ancient unnamed individuals who, from generation to generation, strove to earnestly pass on the stories that we know of as the Book of Genesis. Were it not for their efforts, there would be no record of the path to inner freedom that they carefully protected.

The Warrior's Meditation Preview

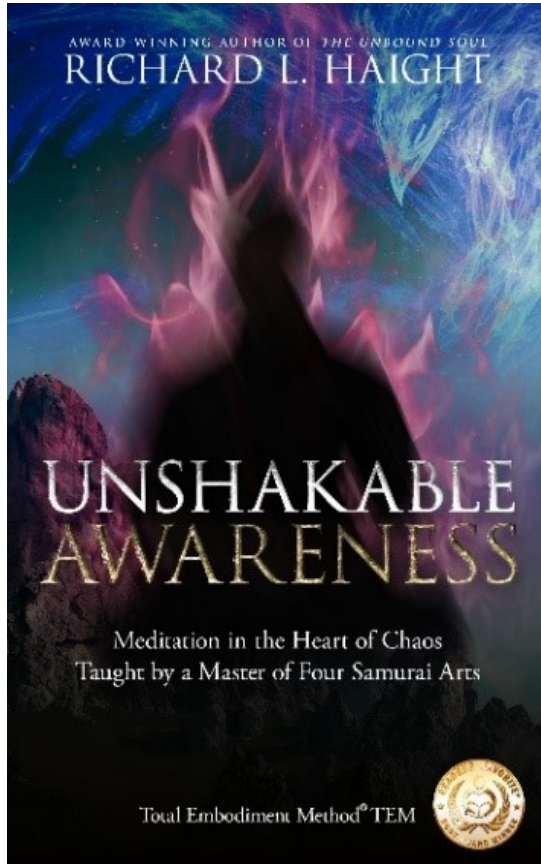


2020 Gold Winner of the Readers' Favorite Awards, *The Warrior's Meditation* teaches the original, instinctive, non-religious form of meditation that has been all but lost to the world. Richard L. Haight, instructor of four Samurai arts, shares the best-kept secret in self-improvement, cognitive development, and stress-relief in the world.

You may wonder how the Samurai's experience bears any resemblance to your modern life. Just like the Samurai, we need a meditation that allows our actions in a high-pressure, fast-paced world to flow from a depth of awareness. The Warrior's Meditation helps you naturally access and express from that depth.

The Warrior's Meditation is flexible in application, which allows it to blend with whatever your day has in store. Through short daily sessions, the many scientifically verified cognitive and physical health benefits of daily meditation will open up to you. No longer do you need to retreat from life to meditate, for with *The Warrior's Meditation*, you can bring calm, clear awareness and vibrant life with you wherever you are. Eventually, you will fully embody meditation as a way of being, not just of doing.

Unshakable Awareness Preview



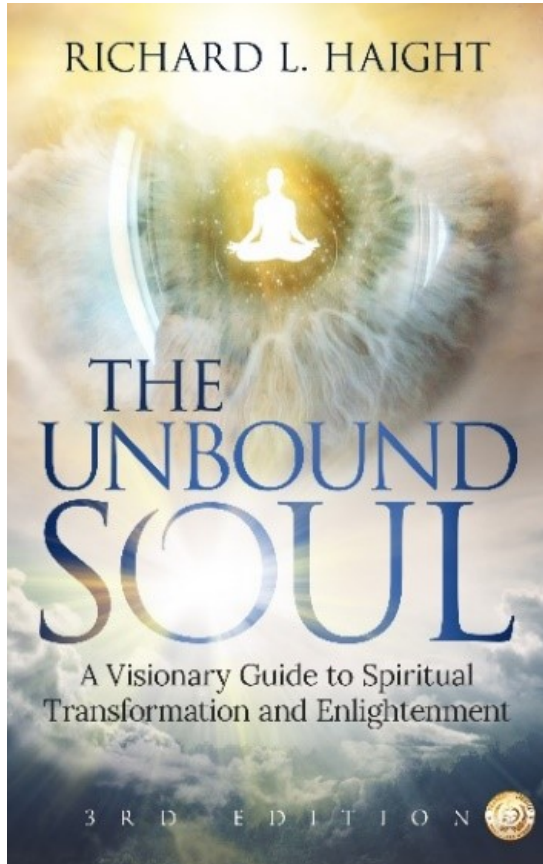
2021 Gold Winner of the Readers' Favorite Awards, *Unshakable Awareness* teaches how to stay present, clear-minded and calm when facing unpredictable life events. It offers a recipe for grounded presence when life is challenging.

Through *Unshakable Awareness* you will access meditative awareness in imperfect conditions—with your eyes open,

during your active daily life. Once you get the hang of it, your ability to tap into and sustain deep meditative clarity through activities and pressures of all sorts will vastly improve, as will the quality of your life. Regardless of your background or experience level, if you tackle the challenges with a positive attitude, you will be utterly amazed at your rapid progress.

Throughout your training, you will make use of a powerful progress assessment system born of ancient lost wisdom. You will get clear, daily feedback on your improvement, which will inspire you to take on even greater challenges and realize yet further awareness possibilities and health benefits. Included are a downloadable step-by-step workbook and training schedule to help keep you on track.

The Unbound Soul Preview



"One of the best Consciousness books of all time"

—BookAuthority

2019 Gold Winner of the Readers' Favorite Awards and bestseller in multiple spirituality, meditation, and self-help categories, *The Unbound Soul* is a fresh, highly acclaimed spiritual guide that tells of one man's struggle to free his soul

while guiding the reader to their own inner freedom.

The Unbound Soul is a memoir that tells the true story of a young boy, who in the midst of a vision, dedicates his life to spiritual awakening. As he matures, this promise leads him across the globe, gathering ancient knowledge and mastering martial, healing, and meditation arts.

But *The Unbound Soul* is so much more than a memoir. It is a powerful guide that reveals the profoundly simple yet elusive truth that illuminates your life and provides a set of powerful awareness tools to assist you on your personal path. *The Unbound Soul* is really about you and your path toward practical realization in everyday life.

About the Author



Richard L. Haight is the three-time award-winning author of *The Warrior's Meditation*, *Unshakable Awareness*, and *The Unbound Soul*, and he is an advanced instructor of martial, meditation and healing arts. Richard began formal martial arts training at age 12 and moved to Japan at the age of 24 to advance his training with masters of the sword, staff, and aiki-jujutsu.

Haight lived and trained in Japan for 15 years while teaching middle-school English as a foreign language. There he married his wife Teruko, and received instructional licenses in four Samurai arts and one therapy art called Sotai-ho.

Through his flexible, highly practical teachings, Richard Haight is helping to ignite a worldwide movement for personal transformation that is free of all constraints and open to anyone of any level. Richard Haight now lives and teaches in southern Oregon, U.S.A.

Contact

Here are some ways to connect with Richard Haight's teachings:

- Email: contact@richardlhaight.com
Website: <https://richardlhaight.com>
- One-Month Trial Meditation Class
<https://richardlhaight.com/services>
- Publishing Notifications:
<https://richardlhaight.com/notifications>
- YouTube: [Tools of Spiritual Awakening with Richard L Haight](#)
- Facebook: <https://facebook.com/richardlhaightauthor>
- The Genesis Code Readers' Group:
<https://www.facebook.com/groups/thegenesiscode>

Daily Guided Meditation Training with Richard Haight

There are many practices included in The Genesis Code to aid in the process of consciously reentering the metaphorical Eden. Daily application is the key. As a part of my own path, I share a form of meditation that aids in the embodiment of *the principle*. I call this practice Total Embodiment Meditation (TEM). We practice for 15 minutes each day, and it makes a huge difference.

If you would like join me in the practice of this meditation, you can get a 30-day trial of my TEM daily guided meditation. Thousands of people are doing it every day. I hope to see you there!



Visit: <https://richardlhaight.com/services>

THE BOOK OF GENESIS

**A NEW TRANSLATION FROM THE
TRANSPARENT ENGLISH BIBLE**

JAMES D. TABOR

GENESIS 2000 PRESS

Amazon link for print or Kindle:

<https://www.amazon.com/dp/B08GGB8X84>

Copyright © 2020 by James D. Tabor

All rights reserved. Genesis 2000 Press

No part of this book may be reproduced in any form or by any electronic or mechanical means, including information storage and retrieval systems, without written permission from the author, except for the use of brief quotations in a book review.

The Tabor Translation Reader's Guide

Italic Type indicates words **not** in the Hebrew but supplied for smoother English style

Names or terms for God such as ELOHIM, YHVH, or ADONAI are indicated in all CAPS

Explanatory footnotes are at the bottom of the page and indicated by a superscript number²

Masculine^m Feminine^f
Singular Plural
Causitive^c and the
Definite^d article are indicated by these tiny superscript letters

Chapter 3:14 And YHVH ELOHIM said to the Nachash, "Because you have done this, cursed *are* you above every animal, and above every living thing of the field; upon your belly you will walk, and dust you will eat, all the days of your life. **15** And hatred I will place between you and between the woman, and between your seed and between her seed;¹ *he* will strike² you—*on the* head, and *you* will strike him—*on the* heel." **16** To the woman he said, "Causing to be many—I will *surely* cause to be many!—your distress³ and your pregnancy; in distress you will bring forth sons, and toward your man⁴ *will be* your craving, and *he* will rule with⁵ you." **17** And to Adam⁶ he said, "Because you hearkened to⁷ the voice of your woman, and you ate from the tree that I charged you saying, 'You shall not eat from it,' cursed *is* the soil on account of you. In distress⁸ you will eat *of* it all the days of your life; **18** and thorn and thistle it will sprout for you, and you will eat the plant of the field. **19** In the sweat of your two nostrils you will eat bread, until you return to the soil, for from it you were taken; for dust you *are*, and to dust you will return."

Words in ***bold italics*** indicate special emphasis in the Hebrew

These special "white spaces" are in the original Hebrew manuscripts, indicating a break in thought or an emphasis of a section of text

¹ Or "offspring." Heb zera normally refers to male "seed," but can refer to female reproduction (Gen 16:10; Lev 12:2).

² Or "bruise."

³ Or "sorrow," same word as v. 17b.

⁴ Heb ish.

⁵ I.e., with regard to.

⁶ Heb 'adam, soil-man, without the article, probably here the proper name.

⁷ Lit "heard to."

⁸ Or "sorrow," same word as v. 16.

The Transparent English Version of the Book of Genesis

(Bere'sheet)

Chapter 1:1 At *the* first^{f1} of ELOHIM² creating the skies and the land—2 and the land was desolation and emptiness; and darkness *was over the* face^p of *the* deep, and the spirit of ELOHIM was hovering over the face^p of the waters—3 and ELOHIM said, “Let there be light”; and it was light. 4 And ELOHIM saw the light, that *it was* good; and ELOHIM separated between the light and between the darkness. 5 And ELOHIM called to the light “day,” and to the darkness

¹ Lit “At *the* head of,” Heb *Bere'sheet* in this grammatical construction is a temporal phrase meaning, “When at first . . .,” see Jer 26:1 where the same form occurs. It presents the “state of things” when the creative activity begins.

² ELOHIM is a plural noun, but often functions as a collective singular, taking a singular verb. It is related to the Hebrew terms: *'eloah* and *'el*, meaning God, god, power, or mighty one, and can refer to judges and leaders, heavenly beings, the gods of the nations, or the one God of Israel.

he called "night." And it was evening and it was morning—day one.

6 And ELOHIM said, "Let there be an expanse in the middle of the waters, and let there be a separating between waters to waters." 7 And ELOHIM made the expanse, and he separated between the waters that *were* from under the expanse, and between the waters that *were* from upon the expanse. And it was thus. 8 And ELOHIM called to the expanse "skies." And it was evening and it was morning, a second day. 9 And ELOHIM said, "Let the waters under the skies be gathered toward one place, and let the dry *land* be seen." And it was thus. 10 And ELOHIM called to the dry *land* "land," and to the collection of the waters he called "seas." And ELOHIM saw that *it was good*. 11 And ELOHIM said, "Let the land sprout^c *the* sprout, a plant seeding seed, a fruit tree making fruit, according to its type, its seed, within it, upon the land." And it was thus. 12 And the land made *the* sprout go out^c, a plant seeding seed according to its type, and a tree making fruit, its seed, within it, according to its type. And ELOHIM saw that *it was good*. 13 And it was evening and it was morning, a third day.

14 And ELOHIM said, "Let there be lights in the expanse of the skies, to separate between the day

and between the night; and they will be for signs, and for appointed times, and for days and years, 15 and they will be for lights in the expanse of the skies, to make light^c upon the land.” And it was thus. 16 And ELOHIM made the two large lights—the large light for rule of the day, and the small light for rule of the night—and the stars. 17 And ELOHIM gave them in the expanse of the skies, to make light^c upon the land, 18 and to rule in the day and in the night, and to separate between the light and between the darkness. And ELOHIM saw that *it was good*. 19 And it was evening and it was morning, a fourth day.

20 And ELOHIM said, “Let the waters swarm a swarm of living life-breathers^s, and let *the* flyer fly upon the land, upon the face^p of the expanse of the skies.”

21 And ELOHIM created the large *water*-beasts, and every living^d life-breather that moves about, *with* which the waters swarm, according to their type, and every winged flyer, according to its type. And ELOHIM saw that *it was good*. 22 And ELOHIM blessed them saying, “Bear fruit and be abundant and fill the waters in the seas, and let the flyer be abundant in the land.” 23 And it was evening and it was morning, a fifth day.

24 And ELOHIM said, “Let the land make a living life-breather go out^c according to its type: animal, and

moving thing, and living thing of land according to its type.” And it was thus. 25 And ELOHIM made the living thing of the land, according to its type, and the animal according to its type, and every moving thing of the soil according to its type. And ELOHIM saw that *it was good*. 26 And ELOHIM said, “Let us make soil-creature in our image, according to our likeness, and let them govern in the fish of the sea, and with the flyer of the skies, and in the animals^s, and in all the land, and in every moving thing that moves about upon the land.” 27 And ELOHIM created the soil-creature in his image: in the image of ELOHIM he created him, a male and a female he created them. 28 And ELOHIM blessed them and ELOHIM said to them, “Bear fruit and be abundant and fill the land; and subdue, and govern in the fish of the sea, and in the flyer of the skies, and in every living thing that moves about upon the land.” 29 And ELOHIM said, “Look!—I have given to you^p every plant seeding seed that *is* upon the face^p of all the land, and every tree^d, in which *there is* fruit of a tree, seeding seed; to you^p it will be for an eatable *thing*. 30 And to every living thing of the land, and to every flyer of the skies, and to every moving about thing on the land, that in it *is* living

life-breath—every green plant *is* for an eatable *thing.*” And it was thus. 31 And ELOHIM saw all that he had made, and look!—*it was* exceedingly good. And it was evening and it was morning, the sixth day.

Chapter 2:1 And the skies and the land and all their company were finished. 2 And ELOHIM finished on the seventh day his work that he did, and he ceased on the seventh day from all his work that he did.

3 And ELOHIM blessed the seventh day, and he set it apart, because on it he ceased from all his work that ELOHIM created to do.

4 These *are* the bringings-forth of the skies and the land³ in their being created.

4 These *are* the bringings-forth of the skies and the land in their being created. In *the* day of the making of YHVH⁴ ELOHIM, land and skies, 5 and no shrub of the field was before *that* on the land, and no plant of the field had before *that* sprouted—for YHVH ELOHIM

³ Genesis has ten divisions, each beginning with the phrase “These *are* the bringings-forth of . . .” and these are indicated in this translation by bold type.

⁴ Name of the God of Israel יהוה (Tetragrammaton), traditionally Yahveh, or Yehovah; translated LORD in most English versions but here left as four letters without vowels.

had not made rain^c on the land, and there *was* no soil-creature to service the soil; 6 and a flow would go up from the land, and it made drink^c all the face^p of the soil—7 and YHVH ELOHIM shaped the soil-creature—dust from the soil, and he blew into his two nostrils breath of life^p; and the soil-creature became a living life-breather. 8 And YHVH ELOHIM planted a garden in Eden,⁵ at the east; and there he placed the soil-creature whom he shaped. 9 And YHVH ELOHIM made sprout^c from the soil every tree desired for sight and good for an eatable *thing*; and the tree of life^p in the middle of the garden, and the tree of the knowledge of good and bad. 10 And a river goes out from Eden to make drink^c the garden, and from there it is separated and it becomes four heads. 11 The name of the one *is* Pishon; it goes around all the land of the Havilah, where there *is* gold^d, 12 and the gold of that land *is* good; there *are* bdellium and the onyx stone. 13 And the name of the second river *is* Gihon; it goes around all the land of Cush. 14 And the name of the third river *is* Hiddekel; it *is* the one walking east of Assyria. And the fourth river—it *is* Euphrates. 15 And YHVH ELOHIM took the soil-creature and made him rest^c in

⁵ Name of a place or region, meaning “pleasure” or “bliss.”

the garden of Eden, to service it and to guard it.
16 And YHVH ELOHIM *laid* charge upon the soil-creature, saying, "From every tree of the garden, eating—you will *surely* eat!"⁶ 17 And from the tree of the knowledge of good and bad, you will not eat from it; for on *the* day you eat from it, dying—you will *surely* die!"⁷ 18 And YHVH ELOHIM said, "Not good—the soil-creature being by himself, I will make for him a help, as his *one* before." 19 And YHVH ELOHIM shaped from the soil every living thing of the field, and every flyer of the skies, and he made come^c toward the soil-creature to see what he would call to it; and whatever the soil-creature would call to it—*each* living life-breather—that *was* its name. 20 And the soil-creature called names to every animal, and to the flyer of the skies, and to every living thing of the field; and to *Soil-creature* he did not find a help, as his *one* before. 21 And YHVH ELOHIM made a deep sleep fall^c upon the soil-creature, and he slept; and he took one from his sides, and he closed flesh under it. 22 And YHVH ELOHIM built the side that he took from the soil-creature into a woman, and he made her come^c toward the soil-creature. 23 And the soil-

⁶ Double use of the verb indicates emphasis.

⁷ Double use of the verb indicates emphasis.

creature said, "This one this time—bone of my bones, and flesh of my flesh! To this one will be called "woman," because from a man this one was taken."
24 Therefore a man will leave his father and his mother, and join with his woman, and they become one flesh. 25 And the *two* of them were nude,—the soil-creature and his woman—and they were not ashamed.

Chapter 3:1 And the Nachash⁸ was shrewd⁹—from every living thing of the field that YHVH ELOHIM made. And he said toward the woman, "Did ELOHIM indeed say, 'You^p may not eat from any tree of the garden'?" 2 And the woman said toward the Nachash, "From the fruit of the trees of the garden we may eat; 3 and from the fruit of the tree that is in the middle of the garden, ELOHIM said, 'You^p will not eat from it, and you will not touch it, lest you die.'" 4 And the Nachash said toward the woman, "Dying—you^p will not *surely* die!¹⁰ 5 For ELOHIM knows that

⁸ Heb *nachash*, usually a snake, but it can also refer to a sea creature (Amos 9:3; Isa 27:1), the root meaning "shine" (like brass) or "hiss" as in enchantment.

⁹ Heb *'arum*, see previous verse; "nude" comes from the same root, meaning "smooth" or "slick."

¹⁰ Double use of the verb indicates emphasis.

in *the* day you^P eat from it that your eyes will be opened and you^P will be as ELOHIM knowing^P good and bad." 6 And the woman saw that the tree *was* good for an eatable *thing*, and that it *was* a longing to the eyes, and the tree *was* desirable for causing insight^C, and she took from its fruit and she ate; and she gave also to her man with her, and he ate. 7 And the eyes of the two of them were opened, and they knew that they *were* nude; and they sewed leaves^S of a fig tree and they made for themselves loin-cloths. 8 And they heard the voice¹¹ of YHVH ELOHIM walking about in the garden in the wind of the day, and the soil-creature made himself hidden^C—and his woman—from the face^P of YHVH ELOHIM in the middle of the trees^S of the garden. 9 And YHVH ELOHIM called toward the *soil-creature*, and he said to him, "Where *are* you?" 10 And he said, "Your voice I heard in the garden, and I feared, for I *was* nude; and I was hidden." 11 And he said, "Who told to you that you *were* nude? From the tree that I charged you 'so as not to eat from it,' have you eaten?" 12 And the soil-creature said, "The woman, that—you gave her *to be* with me—*she* gave to me from the

¹¹ I.e., sound; in Hebrew "voice" is used as a metaphor for all kinds of sounds.

tree, and I ate.” 13 And YHVH ELOHIM said to the woman, “What *is* this you have done?” And the woman said, “The Nachash, he deceived me, and I ate.” 14 And YHVH ELOHIM said toward the Nachash, “Because you have done this, cursed *are* you above every animal, and above every living thing of the field; upon your belly you will walk, and dust you will eat, all the days of your life^p. 15 And hostility I will set between you and between the woman, and between your seed and between her seed;¹² *he* will strike you—*on the* head, and *you* will strike him—*on the* heel.” 16 Toward the woman he said, “Making abundant^c—I will *surely* make abundant^{c!}¹³—your distress¹⁴ and your pregnancy; in distress you will bring forth sons, and toward your man *will be* your craving, and *he* will rule in you.”¹⁵ 17 And to *Soil-creature* he said, “Because you hearkened to¹⁶ the voice of your woman, and you ate from the tree that

¹² Or “offspring,” Heb *zera'* normally refers to male “seed,” but can refer to female reproduction as well (Gen 16:10; Lev 12:2).

¹³ Double use of the verb indicates emphasis.

¹⁴ Or “sorrow,” same word as v. 17b.

¹⁵ I.e., with regard to; cf. Gen 4:7, same expression used.

¹⁶ Lit “heard to.”

**I charged you saying, 'You will not eat from it,'
cursed *is* the soil on account of you. In distress¹⁷ you
will eat it all the days of your life^p; 18 and thorn and
thistle it will sprout for you, and you will eat the
plant of the field. 19 In the sweat of your two nostrils
you will eat bread, until you return toward the soil,
for from it you were taken; for dust you *are*, and
toward dust you will return." 20 And the soil-creature
called the name of his woman Eve,¹⁸ for *she* was
mother of all living. 21 And YHVH ELOHIM made for
Soil-creature and his woman, robes of skin, and he
dressed them. 22 And YHVH ELOHIM said, "Look!—
the soil-creature has become like one from us, to
know good and bad; and now, lest he send forth his
hand and take also from the tree of life^p, and eat, and
live for an age . . . !"¹⁹—23 And YHVH ELOHIM sent
him from the garden of Eden, to service the soil from
which he was taken. 24 And he drove out the soil-
creature, and he made dwell^c at the east of the
garden of Eden, the cherubim, and the flame of the**

¹⁷ Or "sorrow," "hardship," same word as v. 16.

¹⁸ Heb *chavah*, meaning "living."

¹⁹ I.e., continually; Heb idiom referring to an undetermined time into the future or in the past. The sentence is incomplete and breaks off without finishing the thought.

sword that was revolving, to guard the way of the tree of life^p.

The Book of Genesis Amazon link for print or Kindle:

<https://www.amazon.com/dp/B08GGB8X84>