

## Kavanot of Amidah Beyn HaMetzarim

**Avot:** At the end of the first blessing intend טדה"ד

**Gevurot:** At the end of the second blessing intend כוז"ו

**Kadosh:** At the end of the third blessing intend מצפ"ץ

**Ritzei:** Intend at the beginning that צרה will be changed to רצה in the secret of "It is a time of trouble for Yaakov, but he will be saved from it."

רצה is gematria אלף למד הה יוד "מם" and with the Name

אדנ"י totals שין (360), which totals

טדה"ד כוז"ו מצפ"ץ (360)

And intend that the three first Names sweeten *Elokim* and *Adnut*, and that this will turn the letters of *TzaRaH* troubles into *Rahamim* and *Ritzei*.

**Sim Shalom:** intend that the initial letters of *Sim Shalom* are the 2 שין<sub>s</sub> (360)

מצפ"ץ כוז"ו טדה"ד Sweetens אלף למד הה יוד "מם" אדנ"י

This helps to create peace.

Also meditate that *Sim Shalom* (with kollel) is gematria

טדה"ד כוז"ו מצפ"ץ אדנ"י אלף למד הה יוד "מם"

And the 6 extra hints to the following 6 names:

יהו"ה, טדה"ד כוז"ו מצפ"ץ אדנ"י אלה"ם