

SEFER YETZIRAH 3.6



משנה ו': שלוש אמות אמ"ש בנפש זכר ונקבה ראש ובטן
וגויה. ראש נברא מאש ובטן נברא ממים וגויה מרוח מכריע
בינתים:

3.6: Three Mothers AMSh in the Soul, male and female, are the head, belly, and chest. The head is created from fire, The belly is created from water and the chest, from breath, decides between them.

(Rabbi Aryeh Kaplan translation)

3:6 Three mothers aleph-mem-shin in the person, male and female. Head and abdomen and chest. Head is created from fire, and abdomen is created from water, and the chest from spirit/breath decides between them.

(Doc Benton translation)

The rule of three also applies to the physiology of the person where we have electrical *fire* in the brain, *water* and fluid in the belly, and in between we have *air* in the lungs. And since human beings are mirrors of the cosmos, we likewise have *fire* assigned to the heavens, *water* to the earth, and *air* in the atmosphere between the two.