

Morning Mindfulness & Gratitude: *Yesod*

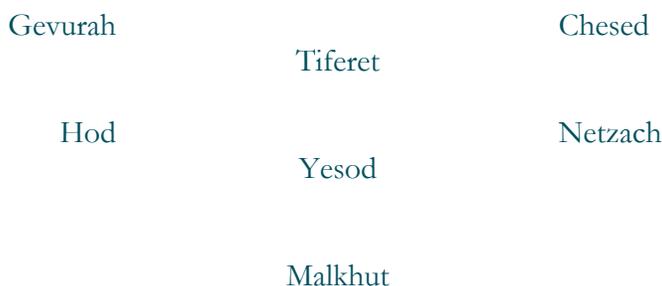
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I Chronicles 29:11

לְךָ יְהוָה הַגְּדֹלָה וְהַגְּבוּרָה וְהַתְּפָאֶרֶת וְהַנְּצַחַח וְהַיְהוּד כִּי-כָל בְּשָׁמַיִם וּבְאָרֶץ לְךָ יְהוָה הַמַּמְלָכָה וְהַמְתַּנְשָׂא לְכָל לְרֹאשׁ:

Yours, Adonai, are greatness (*gedulah*), might (*gevurah*), splendor (*tiferet*), triumph (*netzach*), and majesty (*hod*) - yes, all that is in heaven and on earth (*yesod*); to You, Adonai, belong kingship (*malkhut*) and preeminence above all.

The Lower Seven Sefirot (Emanations of God / Soul-Traits)



Rav Eliyahu Dessler, *Michtav Me-Eliyahu on Vayeshev*

The quality of *yesod*, which is also the quality of righteousness and just behavior, includes everything within its scope, for justice is the foundation of everything. Righteousness and justice have their source in truth. The *sefira* of *yesod* is a continuation of *tiferet*. It represents the active element which brings truth to bear on the affairs of everyday.

Sefer Yetzirah 1:3 (ca. 200 BCE – ca. 200 CE)

Ten Sephirot of Nothingness, in the number of ten fingers, five opposite five, with a singular covenant precisely in the middle, in the circumcision of the tongue and in the circumcision of the *membrum*. (Trans. *Arjeh Kaplan*)

Rabbi Jonathan Slater, *A Partner in Holiness Vol 2: Deepening Mindfulness, Practicing Compassion and Enriching Our Lives through the Wisdom of R. Levi Yitzhak of Berdichev...*

This teaching draws a connection between the covenant of circumcision – which signifies sexual awareness and direction of sexual forces in proper ways – and the circumcision of the lips (cf. Exod. 6:12), which signifies the proper use of speech. We are bound to serve God through awareness. **Our most profound methods of connecting with other people (and so with God) are through speech and through the intimacy of sexual relations.** Each of these is bound by covenantal obligations, making them paths to holiness.

It seems reasonable to believe —
 and I do believe —
 that the more clearly
 we can focus our attention
 on the wonders and realities of the universe about us
 the less taste we shall have for the destruction of our race.
 Wonder and humility are wholesome emotions,
 and they do not exist side by side with a lust for destruction.

Rachel Carson, Acceptance Speech for John Burroughs Medal (1952)

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וצדיק יסוד עולם <i>v'Tzadik</i> <i>Yesod</i> <i>Olam</i>	And the Rabbis say: The earth stands on twelve pillars, as it is stated: "God set the borders of the nations according to the number of the children of Israel" (Deuteronomy 32:8)... Rabbi Elazar ben Shammua says: The earth rests on one pillar and a righteous person is its name, as it is stated: "But a righteous person is the foundation of the world" (Proverbs 10:25). Babylonian Talmud <i>Chagigah 12b</i>
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Center of all existence,
 help me find the way
 to that sacred sanctuary
 within myself,
 to that precious center of my existence.
 Help me discover
 my place in the world –
 that space where I truly belong,
 that space which belongs unconditionally to me.
 Dear God,
 I've wandered for so very long.
 Help me find my way
 Home.

Rebbe Nachman of Bratslav, *Likutei Moharan* 1:188