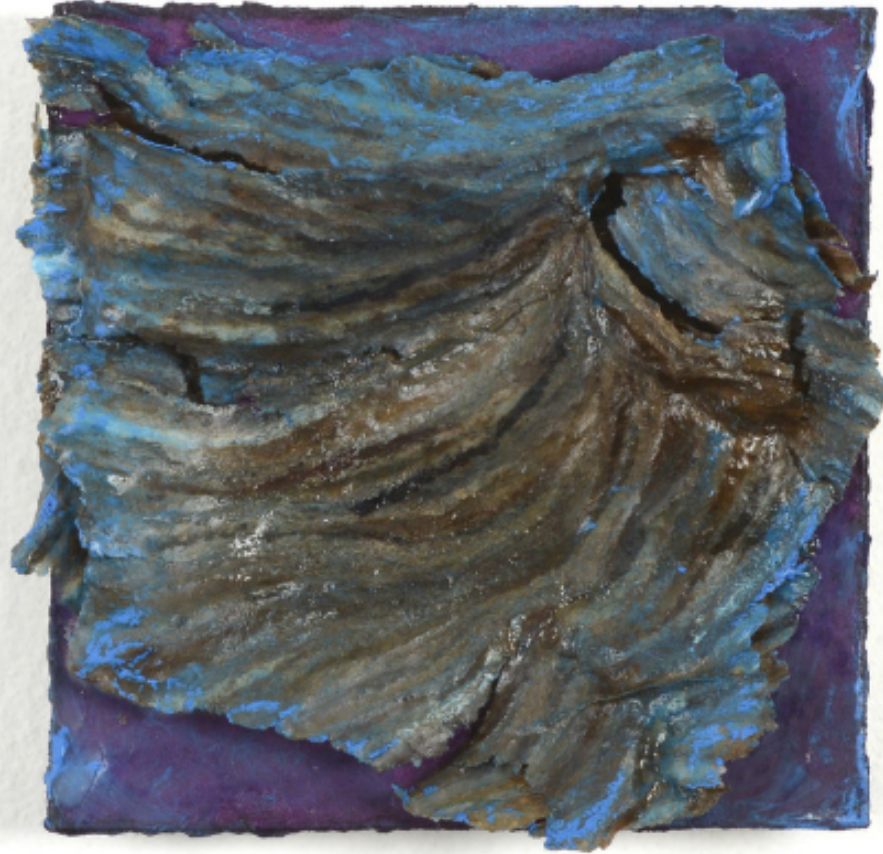


OMER 2019

WEEK 6: YESOD (COMMITMENT)



DAY 36: HESED OF YESOD

After two lives' worth of days,
absorb kindness in foundation:
Growth, water, sun.
With ear to earth,
feel ancient rhythms
beneath the hum of bees.
Dance a new dance,
re-carve your coordinates
in liquid light; enfold them
in the whirling mass of life
that clings lovingly to the soil.
- Hazzan Jessi Roemer



DAY 37: GEVURAH OF YESOD

Source of all, help me feel
rooted and strong. May I
face any challenges this day
brings grounded in the
foundational truth that I am
a holy and capable being.
- Rabbi Amber Powers



DAY 38: TIFERET OF YESOD

Tiferet, place of balance, blend,
harmony, heart, center. Yesod,
foundation, life-giving force,
gateway, genitalia. An affirmation:
I touch my heart, I access my
centrality, and draw it down
through the core of my being,
arousing my creativity.
- Kohenet Amanda Ahava Nube



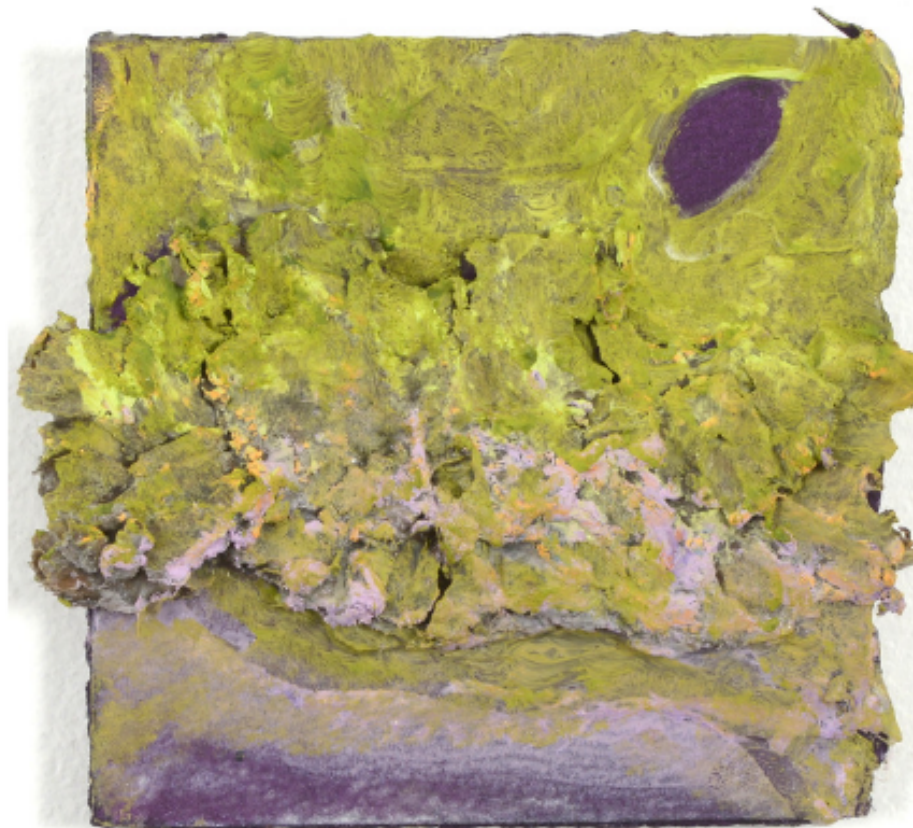
DAY 39: NETZACH OF YESOD

A parable: In the mythical village of
Chelm, where everyone is a fool, the
elders appointed an official town fool
and gave him the job of waiting at the
town gate to greet Messiah. He fulfilled
this solemn duty day after day, month
after month, year after year. People
would ask, "Don't you get terribly bored
just sitting there?" "Yes," he would
answer, "but it's steady work."
- Arthur Strimling



DAY 40: HOD OF YESOD

sometimes i feel so far from myself,
separated from what i love, what makes my
skin sing, what draws song from my spirit
like being in a darkened room, stumbling through.
heaven, like you, is a series of connected
hallways,
and sometimes, mamaleh, it is so dark and lonely
but the path was formed long before you
arrived.
Keep walking. Keep searching. you are already
here.
- Emily Rogal



DAY 41: YESOD OF YESOD

My pilates teacher tells me
it's all about my core.
The psalmist tells me: "You have
made my mountain strong."
Today I focus on my spiritual
foundation. (I also go to the gym.)
- Rabbi Nancy Fuchs Kreimer



DAY 42: MALCHUT OF YESOD

Six full weeks into an ever-spiraling
journey
Commitment enacted
Practice solidified.
Many steps toward insight and coherence
Some easy, others loaded with burdens
Some forward-moving glides, others
complicated two-steps.
Sinai is within sight.
We approach the possibility of revelation
gloriously embodied
supported in community.
- Rabbi Deborah Waxman

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