

Week 6

YESOD | FOUNDATION

We move into the sixth week of counting the Omer with the *sephira* (sacred quality) of *Yesod*. While *Yesod* is defined as "foundation," it also embodies the concept of connection—linking heaven and earth, humanity with the Divine, and the bonds we share with one another. The week of *Yesod* is a time to integrate the qualities we've experienced through the weeks of counting the Omer so far.

[Watch the video:
Finding Purpose Through Connection](#)

A gentle prompt for the week:

Yesod encourages us to reflect on how loving connections form the foundation of our lives. Our relationships can become pathways to something greater than ourselves. It reminds us to recognize the Divine image in every person we encounter—and within ourselves as well.

Take a few moments to reflect on the week that's gone by. Recall a time when you felt a genuine connection—with a loved one, colleague, animal companion, community member, or even someone you met in a random encounter. What did that connection feel like? What allowed you to feel open and trusting enough to meet each other in that way?

Practices for the week ahead:

- Set aside a few moments after counting the Omer to reflect on the people you encountered throughout the day, whether in person or online. Offer a quiet sense of gratitude for each connection. You might also choose to reach out—with a call or a message—to express your appreciation.
- Consider the creative or spiritual practices that help you feel connected to the Divine. How often do you make space for them? As you look ahead to the coming week, you might choose to intentionally schedule time for your spiritual practices.
- The foundations of our lives are often shaped by the love and wisdom of those who came before us—family members, mentors, or artists who have inspired us. Set aside time to journal or create visual art in honor of the ancestors and influences that have been formative in your life.