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DAY 36

***** The Count (using the I-Count Card) *****

Please follow the "5 steps of counting the Omer" on the I-Count Card (which can be downloaded at <http://omerproject.com/assets/docs/I-Count.pdf>). When you arrive at Step #3, please use the following for the count:

Rabbinic: Ha-yom shi-sha u'sheloshim yom, shehaym chami-sha shavuot v'yom echad la-omer

Today is thirty-six days, which are five weeks and one day of the Omer

Karaite: Today is the first day of the fifth week of seven weeks. Today is the twenty-ninth day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

***** Sing *****

Ana B'Koach represents the seven sefirot and is recited in Rabbinic prayers wherever there is a symbolic ascent of Divine energy from a lower plane to a higher one, or whenever there is any movement from one reality into the next:

A·na, b'cho·ach g'du·lat y'min·cha ta·tir tz'ru·rah

(Please, with the power of Your great right hand free the bound.)

***** This Week According to Rabbinic Mystical Teachings *****

Week Six: Yesod. Bonding, Connection, Communication, Intimacy, Sexuality.

Bonding means connecting; not only feeling for another, but being attached to them. Not just a token commitment, but total devotion. It creates a channel between giver and receiver. Bonding is eternal. It develops an everlasting union that lives on forever through the perpetual fruit it bears.

Yesod is the generative foundation of the universe. Bonding is the foundation of life. The emotional spine of the human psyche. Every person needs bonding to flourish and grow. The bonding between mother and child; between husband and wife; between brothers and sisters; between close friends. Bonding is affirmation; it gives one the sense of belonging; that "I matter", "I am significant and important". It establishes trust -- trust in yourself and trust in others. It instills confidence. Without bonding and nurturing we cannot realize and be ourselves.

Joseph represents yesod during this week. He represents passing between the birth of our tribe to the birth of our nation.

***** This Day According to Rabbinic Mystical Teachings *****

This day: Chesed shebe'Yesod. Lovingkindness of Bonding, Love within Generation, and Love within Connectivity.

One thought for Chesed of Yesod: Find a new home for something you might otherwise waste.

***** This Day's Biblical Figures *****
***** with the Rabbinic Mystical Quality of the Day *****

Masculine: Boaz displays chesed, lovingkindness, throughout the Book of Ruth. He is compassionate and courteous to Ruth when he meets her, and when she comes to him on the threshing floor, he praises her rather than taking advantage. Because of his kindness, he merits becoming father of Ruth's son and ancestor of the line of David.

Feminine: Rachav: When the Israelites prepare to invade the city of Jericho. Two spies go into city and lodge with a prostitute named Rachav who lives in the wall of Jericho. The king of Jericho hears that the spies have come, and orders Rachav to produce them. Instead, she hides them, and tells the king's guards that they have left. Under cover of night, she lets the two men down the city wall by a red cord.

Rachav tells the two men that everyone in her city has heard about the miracles God has done for Israel, and everyone is afraid of the invading tribe. She says to the men: "I have shown you kindness (chesed); now you show me and my family kindness (chesed)." The men promise that if she keeps their mission secret, they will save her and her family-- all she has to do is display the red cord in her window. And when Joshua attacks the city and its walls fall, he spares Rachav and her family. One midrash says that she saved two hundred families in addition to her own.

Rachav is caught in a war between her city and a group of foreigners who need land and resources. She escapes this economy of scarcity by creating an economy of chesed-- she gives chesed to two Israelite men who are in her power, and in turn demands chesed from them. Rachav, a prostitute, deals in sexual connectivity (yesod) as a profession. She understands the power of connection, and uses a red cord to connect herself to a new people, so that she can save herself and the family she loves. We invite Rachav into our lives when we turn enemies into friends by doing acts of chesed.

***** This Day's Rabbinic Refinement of Moral Character *****

Love is the heart of bonding. You cannot bond without love. Love establishes a reliable base on which bonding can build. If you have a problem bonding, examine how much you love the one (or the experience) with which you wish to bond.

Ask yourself:

Do I try to bond without first fostering a loving attitude?

Is my bonding expressed in a loving manner?

Exercise for the day:

Demonstrate the bond you have with your child or friend through an act of love.