THE WEEKLY BREAKTHROUGH: AUTUMN SEASON

YESOD, BEING IN CONTROL PART II

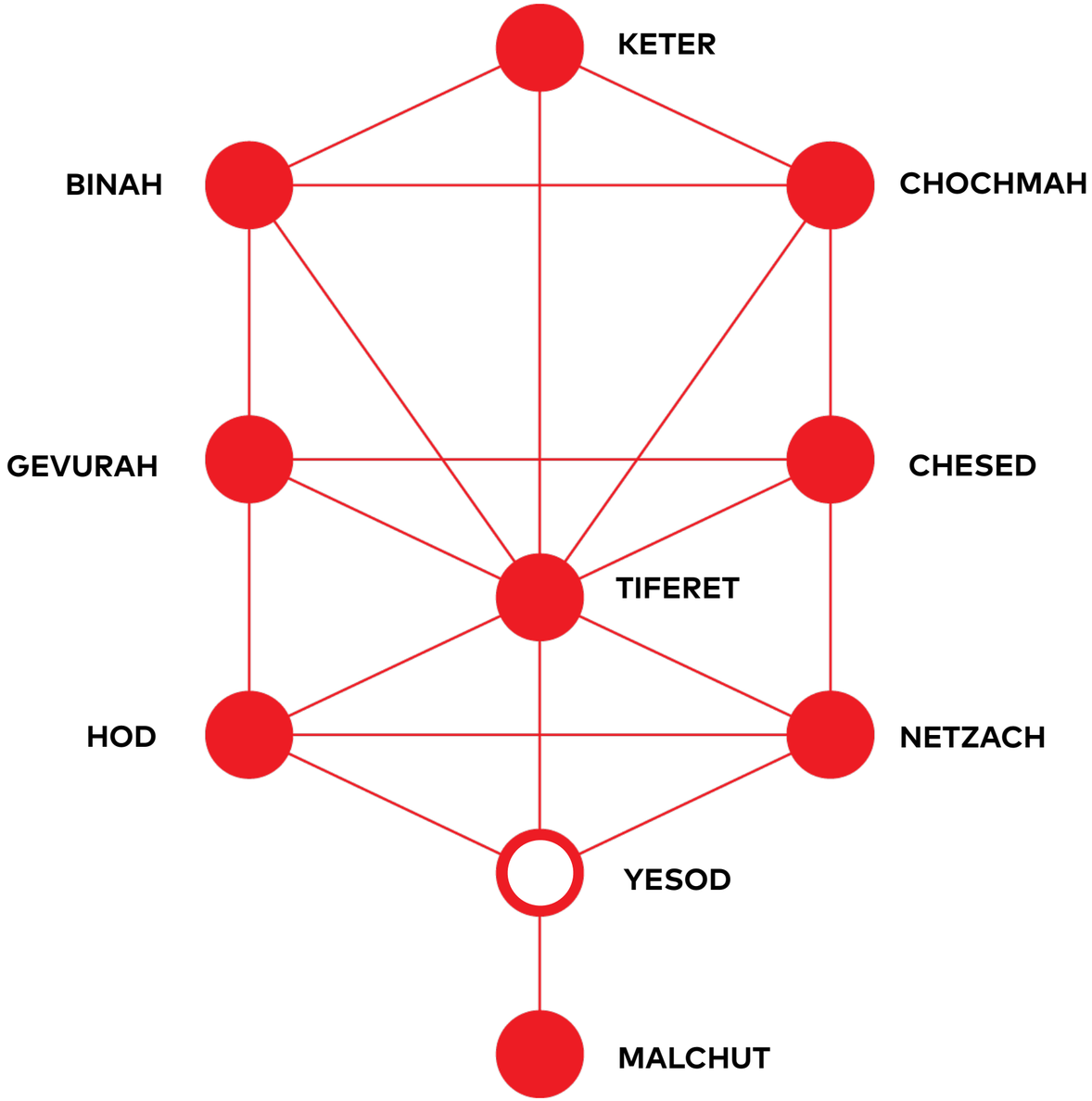
WITH YOSEF FARNOOSH

JOIN THE CLASS CHAT

YESOD

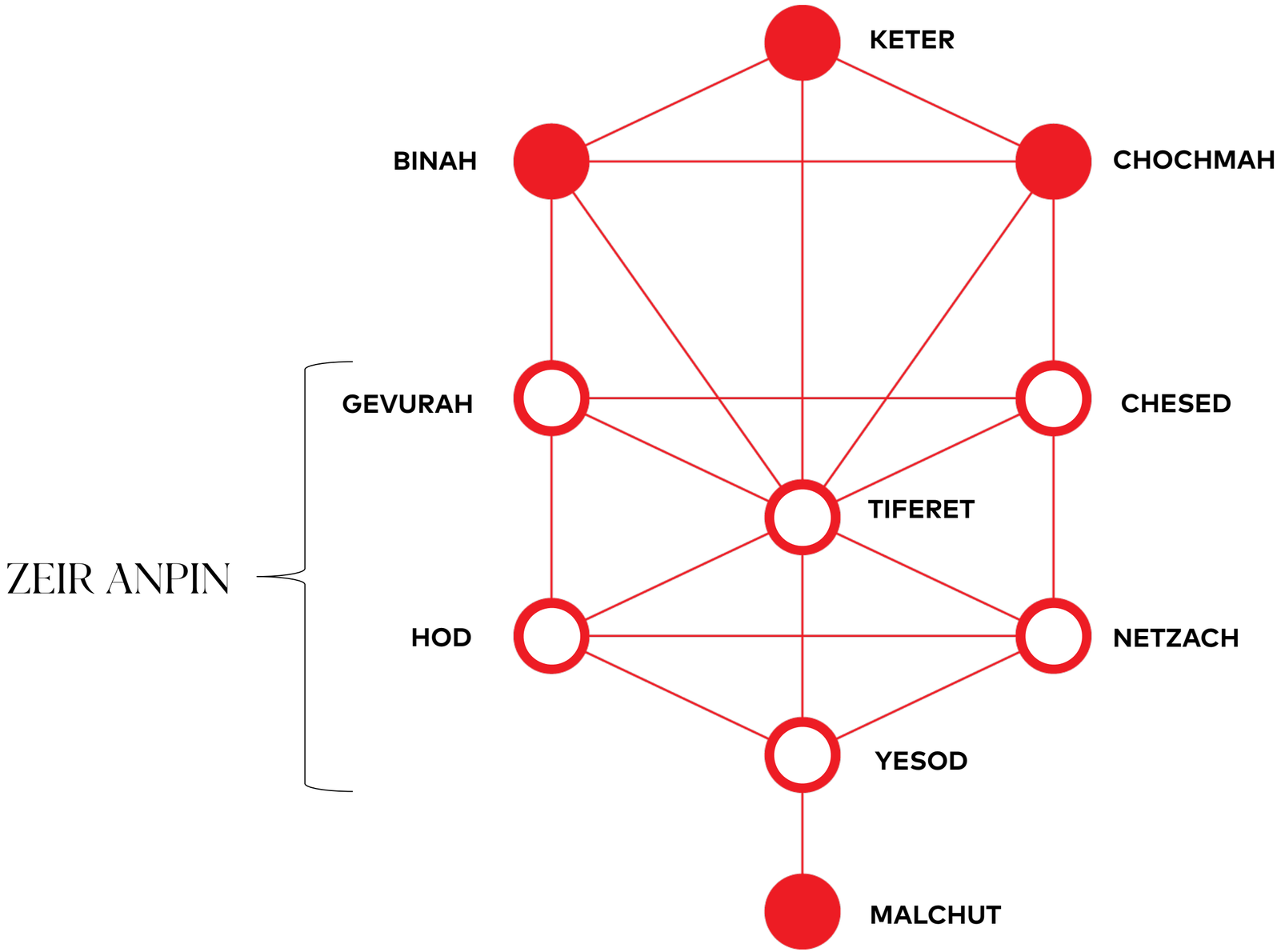
יסוד

Foundation

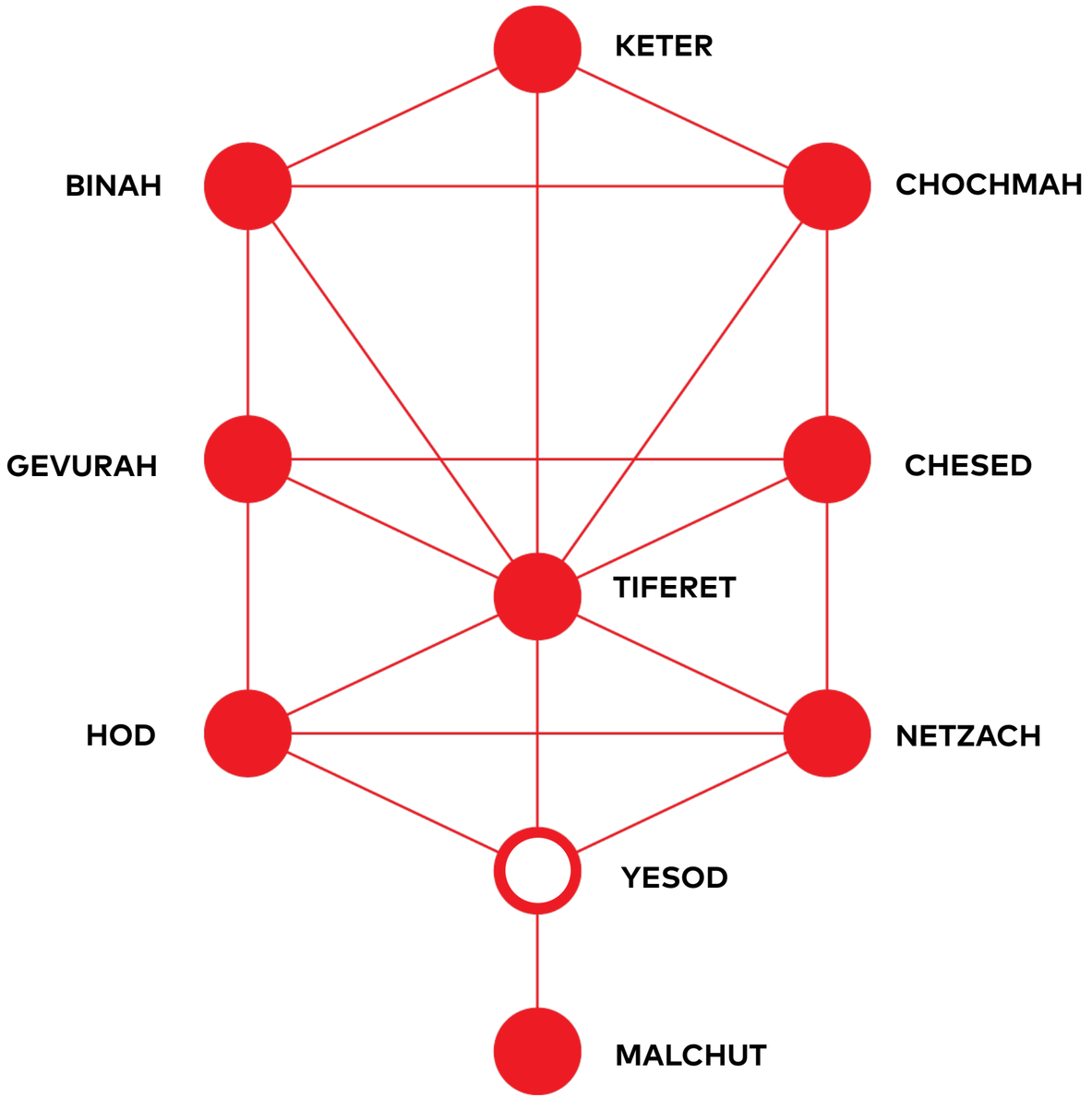


JOURNAL

Write about a time in your life when you were in a position of power or you felt in control, and it was unexpectedly taken away from you.


KETER
BINAH
CHOCHMAH
GEVURAH
CHESED
TIFERET
ZEIR ANPIN
HOD
NETZACH
YESOD
MALCHUT

אברהם ABRAHAM	Chesed
יצחק ISAAC	Gevurah
יעקב JACOB	Tiferet
משה MOSES	Netzech
אהרן AARON	Hod
דוד DAVID	Malchut



YESOD

יסוד

Influence

YESOD

יסוד

The Light is in Control

YESOD

יסוד

Forgiveness

THE ZOHAR, PORTION MIKETZ, VERSE 186

רׄ אַבָּא הֲוָה יָתִיב אֲתַרְעָא דְאַבְּבָא דְלוֹד, וְחָמָא וַזְד בַּר נָשׁ דַּהֲוָה אָתֵי וְיָתִיב
בְּוַזְד קוּלְטָא דְתָלָא דְאַרְעָא וַהֲוָה לָאֵי מֵאָרְוָא, וְיָתִיב וְנָאֵים תַּמָּן אַדְהָכֵי וְחָמֵי
וַזְד וְזִיָא, דַּהֲוָה אָתֵי לְגַבֵּיהּ נָפַק קוּסְטָפָא דְגוּרְדְנָא וְקָטֵיל לֵיהּ לְוִוְיָא. כַּד
אִתְעַר הַהוּא בַּר נָשׁ וְחָמָא הַהוּא וִוְיָא לְקִבְלֵיהּ דַּהֲוָה מִית, אִזְדַּקַּף הַהוּא בַּר נָשׁ
וְנָפַל הַהוּא קוּלְטָא לְעוּמְקָא דְתְוֹוֹתוֹי וְאִשְׁתֵּזִיב.

Rabbi Aba sat at the gate of the city Lod. He saw a man sitting on a ledge protruding **from a mountainside. He was weary from the road, so he sat down and slept. While he was sleeping, he saw a snake coming toward him. A reptile emerged and killed the snake. When the man woke, he saw the dead snake. He stood up and the ledge,** which had been torn from the mountain, **fell to the valley below. Thus, he was saved,** for had he risen a moment later, he would have fallen together with the ledge into the valley and been killed.

THE ZOHAR, PORTION MIKETZ, VERSE 186

אָמַר לוֹ הַהוּא בַּר נָשׁ כָּל יוֹמַאי לָא אַשְׁלִים לִי בַּר נָשׁ בִּישָׁא בְּעַלְמָא דְּלָא אִתְפַּיַּיסְנָא בַּהֲדֵיהּ וּמָוֹזִילְנָא לֵיהּ. וְתוּ אִי לָא יָכִילְנָא לְאִתְפַּיְּיסָא בַּהֲדֵיהּ לָא סָלִיקְנָא לְעַרְסִי עַד דְּמָוֹזִילְנָא לֵיהּ, וּלְכָל אִינּוּן דְּמְצַעֲרוּ לִי וְלָא וַזְיִישְׁנָא כָּל יוֹמָא לְהַהוּא בִּישָׁא דְּאַשְׁלִים לִי. וְלָאו דִּי לִי דָּא אֶלָּא דְּמֵהַהוּא יוֹמָא וּלְהָלְאָה אִשְׁתַּדַּלְנָא לְמֶעְבַּד עִמֵּהוֹן טָבָא.

The man said, In all my days, I forgave and made peace with any man who did evil by me. If I could not make peace with him, I did not sleep on my bed before forgiving him and all those who grieved me. Thus, I did not harbor hatred all that day for the harm he did me. Moreover, from that day on, I tried to do kindness by them.

וְאַתֶּם חֲשַׁבְתֶּם עָלַי רָעָה אֱלֹהִים חֲשָׁבָהּ לְטֹבָה
לְמַעַן עֲשֹׂה כַּיּוֹם הַזֶּה לְהַחֲיֹת עַם רָב׃

But you intended evil against me; God intended it for good, in order to accomplish what is now being done, to keep many people alive.

Genesis 50:20

YESOD

יסוד

Tzadik

(Righteous)

כמו שאמרו חז״ל איזהו צדיק, זה שמצדיק את קונו, היינו שאומר שהקב״ה מנהיג את העולם בדרך של צדקות.

Who is a Tzadik? One who justifies his Creator — meaning, one who says that Hashem governs the world with righteousness.

Rav Ashlag

YESOD

יסוד

Sexual Energy and Words

YESOD

יסוד

No Waste

YESOD ATTRIBUTES

- **Influence**
- **The Light is in Control**
- **Forgiveness**

YESOD ATTRIBUTES

- **Tzadik**
- **Sexual Energy and Words**
- **No Waste**

YESOD ATTRIBUTES

- **Influence**
- **The Light is in Control**
- **Forgiveness**
- **Tzadik**
- **Sexual Energy and Words**
- **No Waste**

JOURNAL

Where in your life can you apply the attributes of Yesod?

What is your actionable commitment for Yesod energy?

THE WEEKLY BREAKTHROUGH: AUTUMN SEASON

NEXT WEEK

DECODING CHANUKAH
WITH YOSEF FARNOOSH