

34th Day of the Omer (Monday, 3 May)

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Major sefirah: Hod/Thanks-giving; minor sefirah: Yesod/Foundation

I've realized that there are certain central components that determine the quality of many, if not all, of the things I do. If I let a certain appetite get in control, then I can rationalize just about any behavior or belief that allows that appetite to feed. The "foundation" of my overall behavior will be shaky. All my doings are more likely to collapse.

My tongue, too, can be fruitful and multiply an abundance of beautiful words, "children" that can add to the peace and harmony of the world, bring praise and honor to God. Or my tongue can father bastards without number, illegitimate offspring that will cause friction and worse, for who knows how long. Would such a tongue's praise be readily accepted? I don't think so.

And for sure, I can use both my tongue to speak nicely to my spouse. With one "shot" both foundations are improved! Charity begins at home? *Peace* begins at home!

When I say the Shemonah Esrei blessing *Sim Shalom* (*Place Peace* #19) I will regret not having acknowledged that my prosperity depends (also) on God, rather than my efforts (alone). This has prevented from being satisfied with what I have. The lack of satisfaction has led me to getting into conflicts about money and property.