

SEFER YETZIRAH 4.11



משנה י"א: (בבא ד') המליך אות כ' בחיים וקשר לו כתר
וצרפן זה בזה וצר בהם נוגה בעולם יום רביעי בשנה ועין שמאל
בנפש זכר ונקבה:

4.11: He made the letter Kaf king over Life And He bound a crown to it And He combined one with another And with them He formed Venus in the Universe Wednesday in the Year The left eye in the Soul, male and female.

(Rabbi Aryeh Kaplan translation)

4:11 IT made ruler the letter kaf in life and connected to it a surrounding circle and combined this with this and formed with them Venus in the world, day four (Wednesday) in the year, and left tunnel of the nose in the person, male and female.

(Doc Benton translation)

In our modern world, *Wednesday* is known as “*hump day*” since once it is gone, we are over the “*hump*” of the work week. Hence, it is also treated as a brief day of rest, a time to get our breath and recollect ourselves, and this behavior is in line with the astrological meanings of *Venus*. The planet *Venus* is all about reducing stress and tension. And this in turn brings more *life* and *mercy* and *kindness* into our lives. Thus, on *Wednesday* I try to take it a little easier and enjoy myself and others a bit more.