

SEFER YETZIRAH 4.14



משנה י"ד: (בבא ז') המליך אות ת' בחן וקשר לו כתר
וצרפן זה בזה וצר בהם צדק בעולם יום שבת בשנה ופה בנפש זכר
ונקבה:

4.14: He made the letter Tav king over Grace And He bound a crown to it And He combined one with another And with them He formed Jupiter in the Universe The Sabbath in the Year The mouth in the Soul, male and female.

(Rabbi Aryeh Kaplan translation)

4:14 IT made ruler the letter tav in grace and connected to it a surrounding circle and combined this with this and formed with them Saturn in the world, day seven (Saturday) in the year, and mouth in the person, male and female.

(Doc Benton translation)

In astrology, *Saturn* represents *discipline* and *control*, and when done properly it leads to *freedom* in the same way that the disciplined moves of a dancer or athlete give them a freedom beyond what the average person may possess. Furthermore, it says in the *Talmud* that when one studies Torah, a thread of *grace* is extended to that person (*B. Avodah Zarah 3b*). Thus, on *Saturdays*, in particular, I like to take on the *yoke of Torah* and the *discipline* of higher conduct and study either by myself or with a good group.