

49 Poetic Meditations for Counting the Omer or Turning toward a New Year

DAY 10

Tiferet b'Gevurah / Balance and Beauty within Strength and Discipline

The young martial artist stands perfectly still,
one leg bent high in front of him,
arms up like wings
in the pose of a crane, perched upon a post
with the ocean before him
the sound of waves that could be distracting
without discipline, but which instead
pose infinite possibilities.

How did he get to this place?

Practice, devotion, the love
of a thoughtful mentor.

Imagine climbing a stairway.
At the top there's a door.
You knock and are greeted
by someone wise: your own Inner Sage,
a perfectly balanced version
of your most fulfilled self.

Take in the being before you,
and the surroundings
in which you find yourself.

Ask a question.
Wait for an answer.
Say thank you.

Walk back down the stairs
and through the 10th gate
committed to your own inner beauty.