

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

DAY 12

Hod b'Gevurah / Splendor and Humility within Strength and Discipline

Transformation can be breathtaking
and yet its unfolding go unnoticed.

A caterpillar winds its cocoon,
blending with its environment
while the mysterious process of re-creation
unfurls itself within.

It waits for months,
and when its old parts are no longer needed
and its wings are fully formed
it patiently pokes its way back
through the very container
it created for protection, and flies away.

But that isn't the end of its journey.
It might use its new mode of transport
to carry its small body thousands of miles
on the skyway of its forebears
a path imprinted in its being
like the bold colors of its wings.

Transformation, in the end, is breathtaking.

Once it has occurred,
the change may be used to connect to those
who have come before us,
those around us now,
and those who will follow.

Consider a change you are making
or wish to make.
What people or circumstances
or internal discipline do you need?

How can you hold yourself tenderly
as you wait for the "aha"
of flying away on new wings?

Wait a while at the 12th Gate
and behold the splendor
that awaits you.