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

### DAY 14

#### *Malkhut b'Gevurah* / Divine Presence within Strength and Discipline

Today could be a day  
to pray with your legs.

What are you doing today?

What blessing would you like  
for today's activities?

Whether you are doing something  
small or large,  
private or public,  
alone or with others,  
what do you need  
to be fully present in this moment  
to the life you are living  
and the world in which you live?

Offer yourself a blessing  
and step through the 14th gate.

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