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

### DAY 15

#### *Chesed b'Tiferet* / Loving Kindness within Balance and Beauty

Loving-kindness perfectly balanced,  
*Chesed* wrapped in *Tiferet*.

Notice your own gifts.  
Wrap them beautifully  
and give them to yourself.

Be gentle with your self.  
Commit random acts of loving-kindness  
on your behalf.

Hold yourself tenderly  
in your own sweet thoughts  
under the perfectly balanced archway  
of the 15th gate.

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