

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

**DAY 24**

***Tiferet b'Netzach* / Balance within Endurance**

An acrobat, lithe and muscular  
winds her body about a rope  
tied to a swing, many feet up in the air.

We watch spellbound from the seats below  
awed as she balances from the swing  
by the back of her slender, well-toned neck.

But you don't have to be an acrobat  
to consider the relationship  
of balance and coordination,  
strength and flexibility.

Most of us are satisfied with simpler feats  
of winding our way through the obstacle course  
of our days, of bringing our slender  
or robust selves, with grace or clumsiness  
to the next event, panting,  
unsure if we'll make it,  
surprised when we do.

Stop to breathe.

What does balance mean to you?  
What sort of strength do you need  
to endure the life before you  
with a sense of equilibrium,  
or to be inspired  
by your own tenacity?

Sit with this thought  
and consider your next step,  
then pass through the 24th Gate.