

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

DAY 29

Chesed b'Hod / Loving Kindness within Humility and Splendor

Each Hebrew letter has a life of its own.

In the letters that form the word *Hod*,
the first letter is "Hey" (ה)
pronounced like an English "H".

H-H-H-H-H...

The *hey* breathes out through the broad and surprising "Oh!"
created by the vowel sound in the middle.

"HO!"

Then the breath comes out
through the end letter, *Dalet* (ד)

Dalet, meaning "doorway",
pronounced like an English "D".

HOD!

Then the *Hey*, the compassionate breath,
says to the surprised and surprising *Dalet*,
"How can I be of service today?"

Chesed is friendly loving-kindness,
like the "Hey",
breathing naturally through open spaces
to the heart of the matter,
surprised into service in awesome ways.

Breathe in the friendliness of the 29th gate
so it becomes a part of you,
and breathe your awesome, awe-filled self
out through the rounded opening.