



<https://rabbishifrah.com/blog>

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

DAY 3

Tiferet b'Chesed / Balance within Loving Kindness

Sometimes we are blessed with balance.
Sometimes we can create that blessing
by pouring sorrow, regret, pain and loss
into a loving container of transformation
to then be poured back out
into our lives.

When we are hurt or angry
it can be difficult to hold others lovingly,
to see the container that can hold our love.
This may be a private matter, or communal.
Either way, courage,
and emotional alchemy, are required.

The container must be strong enough,
large enough, steady enough
to safely hold volatility.

Notice what you need.
The tone of discussion,
the physical setting, the emotional milieu,
the people supporting you,
the opening of your own heart.

Imagine pouring in all your love,
and a willing partner
pouring theirs in as well.

Let it wash over you,
carry you,
through the 3rd gate.

Copyright Shifrah Tobacman, 2012