

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

DAY 30

***Gevurah b'Hod* / Strength and Discipline within Humility and Splendor**

What does *gevurah* mean
when powerful human acts
leave us speechless not from trauma
but from the shock of the sheer unbridled beauty
of pathways created in their wake?

Start with your own breath.

Notice each breath as it comes in and out,
gently set aside other thoughts that arise,
let these thoughts know
you will attend to them later.

Become aware of the power of your breath,
how it is given to you as a gift from the air
and given back by you in a constant exchange.

Imagine a most awe-filled place,
then imagine your own breath carrying you to it,
as if you were riding atop the wings of the Shekhina,
carried along by the Divine Presence herself,
so at the end of the journey you are exhilarated
but not spent,
and are left exalting in the wonder of it all.

Create your own definitions
of power and awe,
and ride through the 30th gate