



<https://rabbishifrah.com/blog>

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

### DAY 38

#### *Tiferet b'Yesod / Balance within Connection*

Take two opposites,  
dark and light,  
full and empty,  
war and peace.

Set them on the ground and ask,  
“where is the middle?”

If you find the middle on the ground  
the answer may be murky or unsatisfying –  
gray, half full, a temporary ceasefire.

But if you make these seeming polarities  
the base of a triangle that is pointed upward,  
the answers are much different,  
a rainbow of colors,  
a delicious sip of possibilities,  
a mutual recognition of shared and unshared needs  
held at a height from which vision can emerge.

What in yourself is at odds?  
What in your world would you like the vision to see clearly?

Climb the hill of potential  
from whatever side you are on,  
look out from there knowing  
you can't reach your vision  
without climbing down in a new direction.

This is the trail to the 38th gate.

Copyright Shifrah Tobacman, 2012