

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

DAY 45

Tiferet b'Malkhut / Balance within Divine Presence

Musical harmony
is a sharing of breath
channeled consciously.

Sometimes sharing breath
can be risky, other times,
done safely, aaahhhhh...
Beauty and Balance arise.

We find harmony with each other
in the mutual awareness that we
and everything around us
are interdependent.

Buddhist tonglen practitioners
breathe in pain and suffering,
breathe out compassion.
Pain and suffering are transformed
as they travel through the body
through the self.

We can do this in concentric circles,
moving outward, starting with ourselves
and loved ones, then considering
the pain and suffering of others
whom we may not love so much
or know so well, then all those suffering in the world,
and all the suffering animals,
and the suffering of the planet itself.

Breathe in pain and suffering,
breathe out compassion.

This conscious breath is a prayer
for *Tiferet*, for Balance and Harmony
within the Divine World, the Divine Universe.

Inspiration, respiration, re-inspiration.
This is the 45th gate.