

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

DAY 48

Yesod b'Malkhut / Connection within Divine Presence

Whether you have never put on *tefillin*,
the leather straps many Jews
place on their arms
to make morning prayers,
or whether you have,
consider its intimacy.

We wrap the leather arm strap
attentively seven times,
once for each day of creation, and then
wind it around our middle finger, and say

v'erastich li l'olam,
I betroth you to me forever,

v'erastich li betzedek u-v'mishpat,
I betroth you to me
In righteousness and justice,

u'v'chesed, u'v'rachamim,
and loving-kindness and compassion

v'erastich li b'emunah, v'yada-at et Yah,
I betroth you to me with faithfulness
and in union with these essential qualities
you will know Y-H-V-H,
the Unfolding of Being.

How do we be,
and how do we create,
holy beloveds?

How can we remember
the holiness in difficult times,
the love we know is possible?

Walk through the 48th gate
and notice any answers
that arise throughout the day.