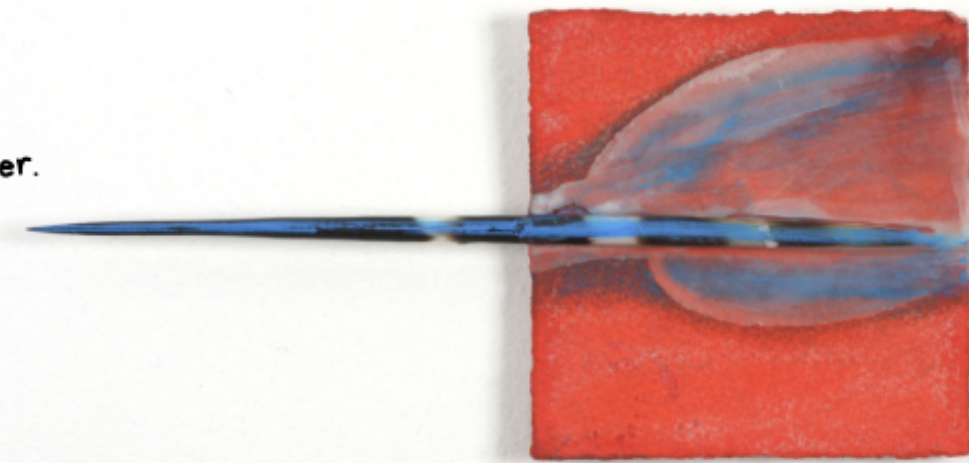


# OMER 2019

## WEEK 5: HOD (HUMILITY)

### DAY 29: HESED OF HOD

Love Within Presence  
 Sigh.  
 Soma.  
 Shhhh.  
 This day  
 is here to remind us how to remember.  
 To dwell  
 within our own cells.  
 Our own  
 synapses.  
 And once  
 we return to our own bones...  
 We can  
 finally remember how to fall deeply in love  
 With self.  
 - Rakia Skv



Art by D'vorah Horn

### DAY 30: GEVURAH OF HOD

Humility in Jewish tradition  
 is less about "humbling  
 yourself" and more about  
 balance - "taking up the  
 right amount of space."  
 This takes discipline. Take  
 the compliment - but don't  
 believe the hype.  
 - Rabbi Jacob Best Adler



### DAY 31: TIFERET OF HOD

Humility is delicate in  
 nature. If you are too  
 humble, you may diminish  
 yourself. If you are not  
 humble enough, you may  
 diminish others. True  
 humility requires  
 accessing a deep well of  
 compassion for yourself  
 and others.  
 - Shosh Lovett-Graff



### DAY 32: NETZACH OF HOD

Persist in your letting go  
 into breath, into beauty,  
 into the realness of  
 things. Hod is surrender  
 to what is, and netzach  
 is the will to stay with  
 it when things get hard.  
 You are part of all this  
 and that is what lasts.  
 - Rabbi Jill Hammer



### DAY 33: HOD OF HOD

May the Holy Blessed One  
 grant me the humility to  
 accept the things I cannot  
 change. I know I also have  
 the netzach to change the  
 things I can. But today I  
 gratefully awaken to the  
 peace of acceptance.  
 - Rabbi Micah Weiss



### DAY 34: YESOD OF HOD

When we connect with  
 one another in heartfelt  
 ways, the golden thread  
 between us channels the  
 radiance of Becoming.  
 What gratitude and awe  
 for such depth and  
 beauty!  
 - Keshira HaLev Fife



### DAY 35: MALCHUT OF HOD

Today we reach the full embodiment of  
 Divine splendor. Spend time outside,  
 touching some small slice of earth. As you  
 connect, try to dissolve the illusion that  
 our bodies are separate from the earth's  
 body. Bless the Divine emanation of glory  
 and splendor as it expresses itself  
 through the soil and water of our bodies.  
 - Rabbi Jessica Rosenberg



**ART BY DIVORAH HORN**

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