

OMER 2019

WEEK 3: TIFERET (COMPASSION)



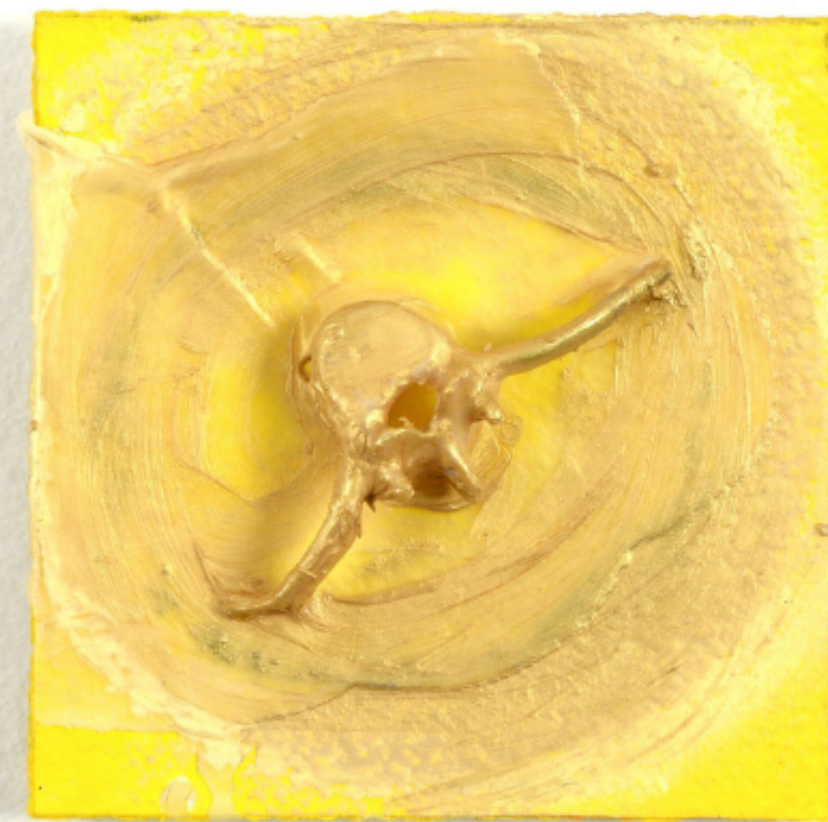
DAY 15: HESED OF TIFERET

I close my eyes and lovingly take you into my heart. You are beautiful, and you, and you. You are splendor.
- Rabbi Jacob Staub



DAY 16: GEVURAH OF TIFERET

Beauty manifests as radiant energy bounded by structures. The energy pulses, the borders define. The formless energy follows the secret path of an encoded design within. The shape may change.
- Rabbi Maurice Harris



DAY 17: TIFERET OF TIFERET

The spiral of compassion has no beginning or end. Begin where you are. Use breath to bring softness into yourself and release it into the world. Empathy in each moment, for each moment.
- Claudia Hill



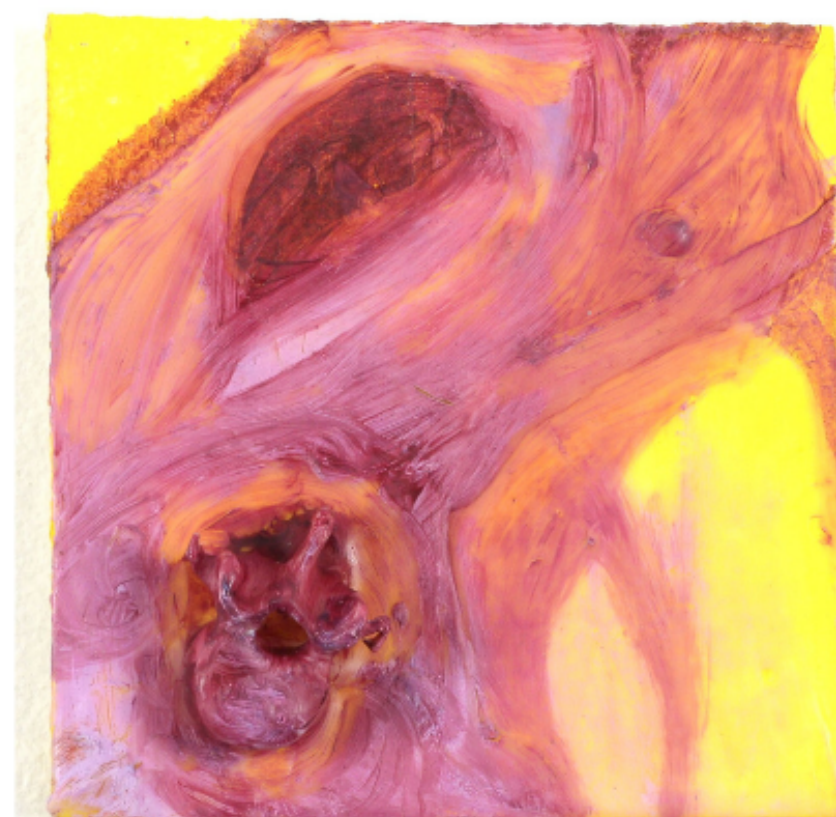
DAY 18: NETZACH OF TIFERET

Expressing compassion requires presence of mind, body and soul. Sustaining compassion takes balance, courage and strength. May we nurture these qualities to allow compassion to endure.
- Rabbi Roni Handler



DAY 19: HOD OF TIFERET

Hod is defined as both splendor and humility/submission; tiferet is beauty or compassion. Sometimes beauty is bold, taking up space. But true beauty holds space for the other through compassion.
- Hila Ratzabi



DAY 20: YESOD OF TIFERET

Yesod of Tiferet is the day in which potency to act is in full flower. May it be Your Will that the peak of Yesod of Tiferet be an ever-present goal, and that we merit to see its fruition actualized.
- Rabbi Joel Hecker



DAY 21: MALCHUT OF TIFERET

The neshama will not rest Only through Building

Lift with your Heart

- Rabbi James Stone Goodman

ART BY D'IVORAH HORN