

Week 1

HESED | LOVINGKINDNESS

We begin this first week of counting the Omer with the *sephira* (sacred quality) of *Hesed*, often translated as lovingkindness. What a powerful way to begin—rooted in love, compassion, and openness of heart.

[Watch the video:
Finding Purpose Through Lovingkindness](#)

A gentle prompt for the week:

Hesed can live in our relationships—with friends, family, and community—as well as in the often tender practice of offering compassion to ourselves. You might also imagine *Hesed* as love flowing from a Divine source, a current you can both receive and extend.

Take a few moments to remember a time when the *Hesed* you offered—to yourself or to another—shifted something difficult. What was unfolding? How did *Hesed*, in that moment, change the experience? You might write, reflect, or simply sit with what arises.

Practices for the week ahead:

- Set aside a few moments each day to count the Omer and pause for reflection. What felt most purposeful today? Where did you make an impact, however small?
- Reach out to someone—a teacher, friend, or loved one—who has helped guide you toward your sense of purpose. Let them know what their care has meant to you.
- Create something tangible—a collage, drawing, poem, or word map—exploring Hesed. Place it somewhere you'll see it often, as a gentle reminder to return to lovingkindness.