

## Week 5

# HOD | SPLENDOR

We move into the fifth week of counting the Omer with the sephira (sacred quality) of *Hod*. *Hod* holds the energy of both humility and splendor, inviting us to become more aware of the Divine presence in the world—and the sense of awe that can arise when we recognize it. You might feel *Hod* in moments when you witness a breathtaking sunset or encounter another aspect of nature that leaves you speechless.

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

### **A gentle prompt for the week:**

Humility helps us maintain perspective, reminding us that we are not only individuals, but part of a greater whole. It's natural to become absorbed in our own stories and miss the beauty and connection that surround us. Gratitude is also central to *Hod*, encouraging us to pause and appreciate the splendor we experience.

Take a few moments to reflect on the week that's gone by. Recall a time when you paused and noticed something beautiful in the natural world. Where were you? What did you witness? What emotions or energy did it evoke? Describe the experience in rich sensory detail. Include any sense of perspective, gratitude, or awareness that emerged.

### Practices for the week ahead:

- Set aside a few moments after counting the Omer to pause and offer gratitude. Try making a list of things you're grateful for equal to the day of the Omer. For example, on the 29th day, see if you can name 29 things. This may feel challenging at first—get specific. Instead of “I'm thankful for a healthy body,” you might write, “I'm thankful for my vision,” or “I'm thankful for my beating heart.”
- We often notice the world's splendor more easily when we're traveling somewhere new. This week, try moving through your own neighborhood or city with the eyes of a visitor. Seek out a new place in nature, or simply look more closely at what's already around you. Take photos or journal about what you discover.
- Our sense of humility also grows when we truly listen to others. Often, we focus on what we want to say next, or hold tightly to the idea that we have the right answer. For the week ahead, experiment with deepening your listening—with friends and family, colleagues, in online spaces, and even with strangers you encounter.