

Week 3

TIFERET | BEAUTY

We move into the third week of counting the Omer with the *sephira* (sacred quality) of *Tiferet*. *Tiferet* embodies beauty, harmony, and balance. It invites us to appreciate the elegance and equilibrium found in the natural world, as well as to acknowledge the beauty and harmony present in our relationships—with others, within ourselves, and with the Divine Life Force that transcends our individual existence.

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

A gentle prompt for the week:

Tiferet invites us into balance—the meeting point between *Hesed* (love and kindness) and *Gevurah* (boundaries and resilience). It reminds us that even within the natural imperfection of being human, harmony is possible. When life feels off-balance, we can take small steps to re-center.

Take a few moments to reflect on the past few days. When did you feel a sense of balance? When did it feel harder to access? Write about what balance and harmony feel like in your body, mind, and spirit.

Practices for the week ahead:

- Set aside a few moments after counting the Omer for a somatic practice that helps calm your nervous system. This might be a few minutes of deep, quiet breathing, a short yoga flow, gentle movement, or any practice that helps release stress and restore a sense of ease.
- Finding balance—and tuning into our purpose—can be especially challenging when our attention is constantly pulled by notifications. Just for this week, experiment with taking a few hours each day away from your phone or tablet. Be intentional about responding to non-urgent messages, and notice whether this shift changes your sense of harmony.
- Look for beauty. *Tiferet* reminds us that when we feel more balanced, we can open ourselves to the beauty around us—in nature, in others, in art, and within ourselves. Keep a daily journal and write down 5–7 beautiful things you notice. Add a sentence or two to describe each one.