

## Week 4

# NETZACH | ENDURANCE

We move into the fourth week of counting the Omer with the *sephira* (sacred quality) of *Netzach*. *Netzach* embodies the concept of eternity and represents the ability to endure challenges and emerge with strength. It invites us to understand victory not as defeating others or competing, but as realizing our own spiritual and emotional potential.

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

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

We might associate endurance with physical activities like exercise, but it also lives in our creative and spiritual practices—prayer, meditation, writing, and more. Committing to counting the Omer is itself an expression of *Netzach*. When we commit to our physical, emotional, and spiritual well-being, we cultivate both a sense of purpose and the discipline needed to uncover and follow it.

Take a few moments to reflect on the week that's gone by. Were there times when you found a way to endure through challenges or hardships? Or moments when you committed to a practice that felt difficult? Write about your associations with endurance. Bring your authentic self to the page, exploring both challenges and victories

### Practices for the week ahead:

- Set aside a few moments after counting the Omer for quiet reflection, looking at your life from a long-view perspective. Recall times when you felt most connected to a sense of purpose. What were you doing? Let images and memories arise. You might choose to journal or create art inspired by what surfaces.
- For some, having an accountability partner helps build endurance. If you'd like to integrate something like daily walks into your life, consider reaching out to a friend, neighbor, or co-worker to join you. Many writers, too, find discipline through shared co-working spaces—working independently, yet supported by one another's presence.
- Look for signs of endurance in the natural world as inspiration. Perhaps there's a plant you've nurtured through ups and downs that is now thriving. Or maybe you notice dandelions pushing up through city sidewalks, insisting on their right to exist.