

Week 7

MALCHUT | DIVINE PRESENCE

We arrive at the seventh week of counting the Omer, culminating with the *sephira* (sacred quality) of *Malkhut*. We are deeply grateful to have traveled alongside you over these seven weeks, journeying from Passover toward Shavuot. We hope you'll join us for our special culminating event with Rabbi Danya Ruttenberg on May 20.

Malkhut represents Divine Presence, as well as leadership and dignity. It is closely connected to the Shekhinah, the indwelling presence of the Divine. In Kabbalistic tradition, the Shekhinah reflects aspects of God's presence that we can experience in our daily lives.

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

A gentle prompt for the week:

We can perceive the Divine Presence in the world around us—through plants, trees, and animals; in the air we breathe and the gentle wind against our skin; in the water, sky, and stars. We may also begin to notice a sense of Divine guidance in our lives, leading us toward Shavuot—the moment when we remember that we all stood together at Sinai to receive the Torah.

Take a few moments to reflect on the week that's gone by, as well as your journey through the previous six weeks of the Omer. Recall a moment when you felt deeply connected, inspired, or moved by this ancient ritual. Perhaps it emerged through journaling, through one of the practices, or in a spontaneous moment of connection—an awareness of being part of something larger than yourself.

Practices for the week ahead:

- Set aside a few moments after counting the Omer to recall a time when you were struck by the beauty and majesty of creation. Close your eyes and reimagine the experience in full sensory detail—color, scent, texture, sound, and energy.
- As we move toward Shavuot, we remember the moment when we all witnessed the giving of the Torah. Some teach that each of us arrives in the world with our own Torah to share. This is a meaningful week to reflect on what your Torah might be. How might you express or share it more fully in the coming year?
- We do not yet live in a world where every human being is treated with dignity. Set aside time to journal or create visual art imagining what the world could look like if all people were truly honored.