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## DAY 29

\*\*\*\*\* The Count (using the I-Count Card) \*\*\*\*\*

Please follow the "5 steps of counting the Omer" on the I-Count Card (which can be downloaded at <http://omerproject.com/assets/docs/I-Count.pdf>). When you arrive at Step #3, please use the following for the count:

Rabbinic: **Ha-yom tisha v'esrim yom, shehaym arba-a shavuot v'yom e-chad la-omer**  
**Today is twenty-nine days, which are four weeks and one day of the Omer**

Karaite: Today is the second day of the fourth week of seven weeks. Today is the twenty-third day of the counting of fifty days from the day of the waving of the Omer on the morrow after Shabbat.

\*\*\*\*\* Sing \*\*\*\*\*

Ana B'Koach represents the seven sefirot and is recited in Rabbinic prayers wherever there is a symbolic ascent of Divine energy from a lower plane to a higher one, or whenever there is any movement from one reality into the next:

**A·na, b'cho·ach g'du·lat y'min·cha ta·tir tz'ru·rah**

(Please, with the power of Your great right hand free the bound.)

\*\*\*\*\* This Week According to Rabbinic Mystical Teachings \*\*\*\*\*

Week Five: Hod is Glory, Splendor, Containment, Humility, Presence, Gratitude, Receptivity, Yielding, Grace, Surrender, Openness.

As Netzach is the artist, Hod is the scientist, the logician, the math whiz, and the certified public accountant in the brown tweed suit. This week is all about humility and remembering that everything we have was given to us by the Creator for a greater purpose. Focus on making yourself small this week so you can truly discover your greatness.

Aaron represents hod - in his splendor and thankfulness - during this week.

\*\*\*\*\* This Day According to Rabbinic Mystical Teachings \*\*\*\*\*

This day: Chesed shebe'Hod. Love within Gratitude, Grace within Order, and Love within Humility.

Two thoughts for Chesed of Hod:

- 1) Reflect on the many ways that others treat you kindly and justly.
- 2) Today, as tough as it seems, see the blessing you have been given. Now share it.

\*\*\*\*\* This Day's Biblical Figures \*\*\*\*\*

\*\*\*\*\* with the Rabbinic Mystical Quality of the Day \*\*\*\*\*

A man named Manoach's wife, Hatzlelponit, is barren. An angel appears to her and says she will have a son. She must drink no wine during her pregnancy. This child must, for his whole life, be a nazir (one who, as a religious act, vows to renounce wine, leave their hair long, and stay away from the dead.)

Hatzlelponit tells her husband. He prays that the angel appear. The angel only appears to Hatzlelponit. She again gets her husband, but when he comes into the angel's presence, the angel says: "The woman must take

care about all that I told her.” The angel disappears, and Manoah fears he will die, but Hatzelponit says: "Had G-d desired to kill us... he would not have shown us all these things." The child is Samson, who becomes a judge in Israel.

It is because Hatzelponit has the gift of humility, acceptance and readiness (hod) that she is able to understand G-d's love (chesed) when she receives it. Unlike her husband, she is comfortable with the appearance of angels. She knows that the prophecy she has received is one of love.

We are most like Hatzelponit when we are able to take in the unexpected miracles of our lives with joy and gratitude, and without fear.

\*\*\*\*\* This Day's Rabbinic Refinement of Moral Character \*\*\*\*\*

Examine the love in your humility. Healthy humility is not demoralizing; it brings love and joy not fear. Humility that lacks love has to be reexamined for its authenticity. Sometimes humility can be confused with low self-esteem, which would cause it to be unloving. Humility brings love because it gives you the ability to rise above yourself and love another.

Ask yourself:

Does my humility cause me to be more loving and giving?

More expansive?

Or does it inhibit and constrain me?

Exercise for the day:

Before praying with humility and acknowledgment of G-d, give some charity. It will enhance your prayers.