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## DAY 43

\*\*\*\*\* 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 sh'losha v'arbaim yom, shehaym shi-sha shavuot v'yom e-chad la-omer.

Today is forty-three days, which are six weeks and one day of the Omer.

Karaite: Today is the second day of the sixth week of seven weeks. Today is the thirty-seventh day of the counting of fifty days from the day of the waving of the Omer on the morrow after the Sabbath.

\*\*\*\*\* 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 Seven: Malchut / Shechina. Majesty, Divine Presence, Grounding, Nobility, Sovereignty, Leadership.

Malchut is a sense of belonging. Knowing that you matter and that you make a difference. That you have the ability to be a proficient leader in your own right. It gives you independence and confidence. A feeling of certainty and authority. When a mother lovingly cradles her child in her arms and the child's eyes meet the mother's affectionate eyes, the child receives the message: "I am wanted and needed in this world. I have a comfortable place where I will always be loved. I have nothing to fear. I feel like royalty in my heart."

David represents kingdom, or sovereignty during this week.

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

This day: Chesed shebe'Malchut. Love within Majesty, Love within Groundedness, and Lovingkindness in Nobility.

One thought for Chesed of Malchut: Address someone else's suffering while maintaining your own calm.

\*\*\*\*\* This Day's Biblical Figure \*\*\*\*\*  
\*\*\*\*\* with the Rabbinic Mystical Quality of the Day \*\*\*\*\*

When Naomi's sons and husband die, Naomi decides to go home to Bethlehem. She wants to leave her daughter-in-law behind, but Ruth refuses. She pleads with Naomi to let Ruth join her. Naomi relents and they go together.

This act of chesed from one woman to another is followed by many more acts of chesed. Ruth gleans the barley that the harvesters have dropped, so that Naomi will have food. Naomi conceives the plan that Ruth and Boaz, a kinsman, should marry. Naomi tells Ruth to lie on the floor where Boaz sleeps. When Boaz awakes, Ruth asks him to perform a levirate marriage with her. Boaz obtains permission from the town elders to marry. The people bless Ruth, and in time she gives birth to a son, Oved, who is the grandfather of King David.

Ruth is a powerful force for chesed, first in her relationship with Naomi and later in her connection to Boaz. The story of King David and of the Messiah must begin with an act of kindness. Ruth is chesed shebe'malkhut—the love inside the kingdom, the love of the Divine, the love that flows through the whole world. We are most like Ruth when we do acts of lovingkindness for the sake of increasing G-d's presence in the world.

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

Healthy sovereignty is always kind and loving. An effective leader needs to be warm and considerate.

Ask yourself:

Does my sovereignty make me more loving?

Do I exercise my authority and leadership in a caring manner?

Do I impose my authority on others?

Exercise for the day:

Do something kind for your subordinates.