

OMER 5772

The week of **HESED**-- compassion, kindness, flowing love. We focus on the middah of **TZEDEK** -- "**righteousness.**"

"What is hateful to you, do not do to your fellow human being." R.Mendel of Satanov associates tzedek with lovingkindness.

DAY ONE -- 4/8 HESED of **HESED** -- Act kindly where kindness is especially needed.

DAY TWO -- 4/9 GEVURAH of **HESED** -- Be clear about where you should extend yourself and where you should not.

DAY THREE -- 4/10 TIFERET of **HESED** -- Speak the truth to someone in a balanced way.

DAY FOUR -- 4/11 NETZACH of **HESED** -- Do an act of compassion where you would prefer not to.

DAY FIVE -- 4/12 HOD of **HESED** -- Do an anonymous act of kindness

DAY SIX -- 4/13 YESOD of **HESED** -- Make a schedule for a regular act of generosity.

DAY SEVEN -- 4/14 MALCHUT of **HESED** -- Act kindly in a calm, steady and realistic way.

The week of **GEVURAH**-- strength, limits. We focus on the middah of **HARITZUT** -- "decisiveness."

"All of your acts should be preceded by deliberation; when you have reached a decision, act without hesitating."

DAY EIGHT -- 4/15 HESED of **GEVURAH** -- Be conscious about how you decide to act generously (or not to.)

DAY NINE -- 4/16 GEVURAH of **GEVURAH** -- Attend to a decision: make a list of pros and cons, get advice, study up and then decide.

DAY TEN -- 4/17 TIFERET of **GEVURAH** -- Decide to pursue truth in a situation.

DAY ELEVEN -- 4/18 NETZACH of **GEVURAH** -- Be conscientious about sticking to a decision you've made.

DAY TWELVE -- 4/19 HOD of **GEVURAH** -- Consider how a decision of yours will affect others.

DAY THIRTEEN -- 4/20 YESOD of **GEVURAH** -- Look at HOW you make a decision -- be methodical.

DAY FOURTEEN -- 4/21 MALCHUT of **GEVURAH** -- Decide and then stop worrying.

The week of **TIFERET**-- beauty, balance. We focus on the middah of **EMET** -- "truth."

“Do not send forth from your lips even one tiny word which your heart does not testify is true on every side.”

DAY FIFTEEN -- 4/22 HESED of **TIFERET** -- Where you have been withholding, move towards generosity.

DAY SIXTEEN -- 4/23 GEVURAH of **TIFERET** -- Perhaps today is the day to admit the truth of something you have been hiding from.

DAY SEVENTEEN -- 4/24 TIFERET of **TIFERET** -- Look for truth and deeper truth.

DAY EIGHTEEN -- 4/25 NETZACH of **TIFERET** -- Where it might be easier to let something slide, act truthfully.

DAY NINETEEN -- 4/26 HOD of **TIFERET** -- Note that you only know a small piece of any truth and defer to the insights of others.

DAY TWENTY -- 4/27 YESOD of **TIFERET** -- Instead of saying, “It’s so complicated,” try to get closer to understanding something difficult.

DAY TWENTY-ONE -- 4/28 MALCHUT of **TIFERET** -- Calmly allow yourself to consider another point of view.

The week of **NETZACH**-- power, conquest. We focus on the middah of ZERIZUT -- diligence, zeal, commitment.

“Always find something to do -- for yourself or for a friend -- and don’t allow a moment of your life to be wasted.”

DAY TWENTY-TWO -- 4/29 HESED of **NETZACH** -- Put some energy into bringing goodness into a situation.

DAY TWENTY-THREE -- 4/30 GEVURAH of **NETZACH** -- Make sure that your passion for something is tempered by good decision-making.

DAY TWENTY-FOUR -- 5/1 TIFERET of **NETZACH** -- Bring honesty to your zeal.

DAY TWENTY-FIVE -- 5/2 NETZACH of **NETZACH** -- Find a way to let your values show.

DAY TWENTY-SIX -- 5/3 HOD of **NETZACH** -- In a place where you are usually loud about your beliefs, be reticent.

DAY TWENTY-SEVEN -- 5/4 YESOD of **NETZACH** -- Make a plan to tackle something important to you.

DAY TWENTY-EIGHT -- 5/5 MALCHUT of **NETZACH** -- Struggle to accomplish something, then let it go how it will.

The week of **HOD**--thankfulness, surrender, humility. We focus on the middah of ANAVAH -- “humility.”

“Always seek to learn wisdom from every person, to recognize your failings and correct them. In doing so, you will learn to stop thinking about your virtues and you will take your mind off your friend’s faults.”

DAY TWENTY-NINE -- 5/6 HESED of **HOD** -- Reflect on the many ways that others treat you kindly and justly.
DAY THIRTY -- 5/7 GEVURAH of **HOD** -- Thank someone.
DAY THIRTY-ONE -- 5/8 TIFERET of **HOD** -- Try to be truthful with yourself about how you see some aspect of yourself.
DAY THIRTY-TWO -- 5/9 NETZACH of **HOD** -- Commit yourself to pay attention to someone you usually discount.
DAY THIRTY-THREE (LAG B'OMER) -- 5/10 HOD of **HOD** -- Give in.
DAY THIRTY-FOUR -- 5/11 YESOD of **HOD** -- Don't diminish other people by being late or sloppy.
DAY THIRTY-FIVE -- 5/12 MALCHUT of **HOD** -- Don't worry about how great or awful you are.

The week of **YESOD** -- foundation, blueprint, plan. We focus on the middah of SEDER -- "order."

"All your actions and possessions should be orderly -- each and every one in a set pace and at a set time. Let your thoughts always be free to deal with that which lies ahead of you."

DAY THIRTY-SIX -- 5/13 HESED of **YESOD** -- Find a new home for something you might otherwise waste.
DAY THIRTY-SEVEN -- 5/14 GEVURAH of **YESOD** -- Decide to deal with that bit of chaos in your life and do it.
DAY THIRTY-EIGHT -- 5/15 TIFERET of **YESOD** -- Balance order and spontaneity.
DAY THIRTY-NINE -- 5/16 NETZACH of **YESOD** -- Uphold a long-term commitment.
DAY FORTY -- 5/17 HOD of **YESOD** -- Submit to someone else's schedule or rules.
DAY FORTY-ONE -- 5/18 YESOD of **YESOD** -- Schedule your day's activities and stick to your plan.
DAY FORTY-TWO -- 5/19 MALCHUT of **YESOD** -- Make a plan and then let life happen.

The week of **MALCHUT** -- the present moment, this world. We focus on the middah of MENUCHAT HANEFESH -- "equanimity."
"Rise above events that are inconsequential -- both bad and good -- for they are not worth disturbing your equanimity."

DAY FORTY-THREE -- 5/20 HESED of **MALCHUT** -- Address someone else's suffering while maintaining your own calm.

DAY FORTY-FOUR -- 5/21 GEVURAH of **MALCHUT** -- Make a decision which will reduce worry -- yours or someone else's.

DAY FORTY-FIVE -- 5/22 TIFERET of **MALCHUT** -- Sit calmly with a difficult truth.

DAY FORTY-SIX -- 5/23 NETZACH of **MALCHUT** -- Engage in a practice of stress reduction.

DAY FORTY-SEVEN -- 5/24 HOD of **MALCHUT** -- Allow yourself to fail.

DAY FORTY-EIGHT -- 5/25 YESOD of **MALCHUT** -- Address a place of chaos in your life.

DAY FORTY-NINE -- 5/26 MALCHUT of **MALCHUT** -- Breathe.

SHAVUOT -- 5/27 (Leil tikkun Shavuot will be on the night of 5/26.)