

Summary for Sefirat Ha'Omer

By Rabbi Alon Anava

Chesed

Chesed of Chesed - "Loving love..." - I love loving another soul, this is the purpose of life. Enjoy loving another soul and making strong connections - Unity!

Gevurah of Chesed - "The effort to love..." - Its not always easy to love another person, you have to make an effort. We have the power within us to bridge differences and to overcome disagreements

Tiferet of Chesed - "The beauty in Harmony..." - Love is beautiful! There is nothing more beautiful than love. Then why hate? Embrace love

Netzach of Chesed - "The art of Love..." - We all love others, our parents, spouse, kids and others, but it's not always easy for us to express this love. We need to learn how to express love in the best way.

Hod of Chesed - "Gratitude is the key..." - One way to express love is giving thanks and showing appreciation BUT words are not enough, actions speak louder than words.

Yesod of Chesed - "The bridge between the gap" - Love has the power to create bonding and strong connections. We need to ignite this love to strengthen our connections and closeness with our loved ones.

Malchut of Chesed - "A king in your own domain" - G-d created the world with love. G-d is full of love. The love that gives, gives and gives. Be like our G-d.

Gevurah

Chesed of Gevurah - "Say NO from Love..." - Not everything is 'yes'. If I really love you, I need to protect you from bad things and to do that I need to express negativity. 'No' that comes from a place of love.

Gevurah of Gevurah - "The courage to say NO" - We have the power to be strong, but being strong requires courage. We need to be strong in order to conquer evil. The evil within us and the evil around us. We MUST be strong! We must subdue our negative attributes.

Tiferet Of Gevurah - "Learn from the best" - Praise and admiration is a response to beauty. Seeing strength in a powerful person, a role model, can inspire us to apply our strength in the best way possible.

Netzach of Gevurah - "Conduct your energy..." - In order to perform our best, we must control our energy, not too much and not too little. The ability to control and regulate our behaviour is a sign of victory.

Hod of Gevurah - "Recognize you are great" - Being weak means we are unwilling to stand up, to take responsibility. We must learn how to acknowledge the fact that we are strong and not weak, because G-d gives me strength to overcome my challenges.

Yesod of Gevurah - "Breaking through barriers" - very often there are barriers that block two souls from coming together and to connect. We must use our power to break this barrier in order to create an eternal bond between us. Unity is our foundation!

Malchut of Gevurah - "Taking responsibility" - I have to live up to my responsibilities!! Like a true powerful leader that can not fail his followers as they depend on him!

Tiferet

Chesed of Tiferet - "The love of beauty" - We all love beauty and dislike the opposite. We all have an inner beauty, something that is unique just to us and as beauty attracts attention, we need to expose our inner beauty to attract G-ds attention to us with our beautiful acts.

Gevurah of Tiferet - "Overwhelming beauty" - We are often inspired by beauty, a beauty that brings us joy. Use your inner beauty, your attributes that make you special and use that to bring joy to your loved ones.

Tiferet of Tiferet - "Truth is beautiful" - Beauty and truth are the same, because truth is beauty. Stick to the truth and be true to others, to yourself and to G-d so that you can bring the beauty of truth to the world.

Netzach of Tiferet - "Eternal beauty" - Beauty lives on... beauty gives birth. A good deed is beautiful. And a good deed brings forth another good deed. Make sure you keep the beauty of your good deeds eternal.

Hod of Tiferet - "The hidden beauty" - We don't always see the beauty in everything, we must first acknowledge that one has beauty in it to find, in order to search for it. We must believe that everything G-d created has beauty in it, all we need to do is meditate and we'll see the beauty in everything

Yesod of Tiferet - "Connecting points of beauty" - The common denominator of everything that G-d created is beauty and that is what connects two objects together. You must find this common denominator in others so we can connect and bring unity.

Malchut of Tiferet - "Holy Power" - We all have a powerful charisma in our soul, like a powerful leader. Search for it and pray to G-d to reveal your shining power.

Netzach

Chesed of Netzach - "Success comes from G-d" - The world is full of games and we all LOVE to win. If you are the winner or cheering for the winning team, it's always great! To win is to succeed in life, but always remember that success comes from G-d and G-d gives us the motivation and a ability to win.

Gevurah of Netzach - "Fight for Success" - We need to use a lot of strength to win but remember that in every game there are rules and in order to win we must follow the rules. Put your strength in following G-ds rules and you will succeed in wining the battle of justice.

Tiferet of Netzach - "Who is the real winner?" - The beauty of the game is not who wins, rather if the players play with harmony and treat each other with respect. Both players are partners and not fighters. The beauty of the game is that we complete each other and then you become the real winner.

Netzach of Netzach - "Get up and WIN?" - The power to succeed comes from G-d. Therefore we have the power within us to overcome our challenges in life. When I stand up to the challenge, that is when G-d gives me the power to success. So go ahead and fight your challenges!

Hod of Netzach - "Nothing is lost" - Unfortunately life is full of failures and disappointments and many times desires and dreams that did not come true. All of these experiences are part of our soul, like small sparks of our soul. But we must remember that everything lives forever, so don't EVER give up!

Yesod of Netzach - "The power of success" - When we achieve our goals we get full of happiness and self fulfilment. That creates a bond with the source of success (G-d). G-d wants us to success in everything we do, but we must always remember the source that helps us succeed

Malchut of Netzach - "Give it all you can" - We are at constant war. War of light over darkness. Good against evil. Right against wrong. A true king or leader will give all his resources to win a war. So give it your best shot!

Hod

Chesed of Hod - "Make space for others" - We must learn to give space to one another in order to properly express our love to each other and that can be done when we understand that everyone needs THEIR space to grow

Gevurah of Hod - "You're not #1" - We must give the other their full space so they can grow. By contracting myself I make room for others. This requires the strength to know when to back up and make room for someone else to shine.

Tiferet of Hod - "It's beautiful to be humble" - When a person has true humility and modesty and is able to give room to others he merits an aura of splendor above his/her head.

Netzach of Hod - "Two minds alike" - We don't always win the battle, but that does not mean we are the losers because not all battles are meant to be won. By giving it my full effort and doing all that I can, I can still be a winner when I acknowledge G-d above me and surrender my will to his will.

Hod of Hod - "Simple belief" - The same way we must believe in G-d we must believe in the divine soul we have. That means to acknowledge that we are special and we possess a holy divine soul.

Yesod of Hod - "Be Thankful" - We need to have the ability to give thanks, true thanks to the other. When you know to express true thanks to the other you are ready to build real productive relationships. Productivity begins with being grateful.

Malchut of Hod - "Living in Denial" - Confessing to your sins and wrongdoings will draw you to do Teshuva and there is nothing more powerful than admitting your mistakes - because it will make you a much better person.

Yesod

Chesed of Yesod - "Commitment to Love" - Bonds with others will sometimes entail difficulties but we must stick to one another and do whatever it takes to stay together and create an eternal bond.

Gevurah of Yesod - "Together we are stronger" - We often think 'I can do it by myself' but G-d placed us with each other because together we are stronger and our task is to understand that we must grow together and help each other reach their goal and by that we become a stronger individual.

Tiferet of Yesod - "The beauty in the connection" - If G-d wanted us by ourselves he would place us on separated islands... but we are here to build relationships, learn from each other and work on patience to complete one another.

Netzach of Yesod - "Relationships require Loyalty" - Building a strong relationship requires commitment to one another. Without loyalty and faithfulness, a bond will not exist.

Hod of Yesod - "Take nothing for granted" - Do not ever forget the good that others do for you, it is not a given so do not take the kindness and good deeds of others for granted.

Yesod of Yesod - "Who needs communication..." - Communication is key to a good connection. We need to learn to communicate clearly not only with our words but also with our deeds.

Malchut of Yesod - "It's all about the Queen!" - A king can not be without a queen. Marriage is a vital part of our existence. Cherish it!

Malchut

Chesed of Malchut - "Do you really want to give?" - Build a desire to do good and give to others. The more desire to do good you have the more you resemble a king!

Gevurah of Malchut - "Stay focused" - We need to focus on the needs of everyone around us in our life, like a king that takes care of his people and to desire good for others, but that requires a lot of focus and might.

Tiferet of Malchut - "The beauty of hierarchy" - The beauty of a kingdom is that all levels of hierarchy are in harmony and they all work together in beauty to create a better world. Find your place in the hierarchy and respect the ones above you and treat the ones below just the same!

Netzach of Malchut - "Don't lose control" - One of life's biggest challenges is not to lose control of your speech, your acts, your thoughts and your desires. G-d will test us often because to win this battle you really need to work hard, but once you win, this is real victory!

Hod of Malchut - "Recognise the leader" - At some point in our life we have to lead the way, set an example - be a role model and teach others what we know. Prepare right for this day as G-d trusts you will do the best job to represent him and the Torah in the most appropriate way - Kiddush Hashem!

Yesod of Malchut - "Connect to the Tzaddik" - Even the King or the Tzaddik has a mentor, a guide, his Rebbe. Why? To teach you that YOU must always seek a true guide to teach you and inspire you, and this mentor will only be successful if you humble yourself in front of him and let him guide you. By that you will reach your true potential.

Malchut of Malchut - "Finding TRUE peace" - We must place G-d as our absolute king and only after that can we appoint a flesh and mortal king (Mashiach). But why two kings? The king in flesh must totally be nullified to the king of kings - G-d. Only then will the divine enter into the earthly kingdom to bring peace, prosperity and spiritual enlightenment to the whole world

My wish is that we all refine ourselves and our Middot (Attributes) so we can make this world a better place and prepare the physical world for the revelation of G-d in this world speedily in our days.

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