

Day 10

Tiferes She-be-Gevurah Harmony within Restraint

Tiferes means perfect balance; *gevurah* means strength. *Tiferes she-be-gevurah* is to be perfectly centered. The Heaven (*shamayim*) is a combination of fire and water (*aish* and *mayim*).³² What appears to be a contradiction, with correct balance creates perfect harmony.

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Action Points:

With God *Bein Adam LaMakom*

When you feel an inconsistency in how God has shaped your life try to find the deeper consistency.

Say the *Shema*. The first verse combines two names of God, representing *chesed* and *gevurah*. We declare that the two are one.

With Others *Bein Adam LeChaveiro*

Even if you feel very strongly about an issue temper your reaction with moderation.

In Pirkei Avos³³ Rabbi Yehoshua ben Perachiah says “Judge every person favorably”.

Make sure that today you not only give people the benefit of the doubt, but even when it seems that they are definitely in the wrong, try to find some way of justifying their actions. Try to see their point of view.

“Don’t judge your fellow man until you have been in their place.”³⁴
Before passing judgment on someone put yourself in their place.

With Yourself *Bein Adam LeAtzmo*

Find two things in your life that conflict and make them harmonize. Sometimes it takes twenty years to tell the story.

Make an effort today to understand some of the conflicts of your life.