

The Seder (order) for the Sephirot HaOmer.

Night of March 30, 2010 which is 16th of Nissan.

Say all of the below while standing and facing East towards Jerusalem or the Rising of the Sun.

1. This step will cause your soul to knowingly do this Mitzvah with the proper Kavenah (intention).

Please say the following:

לשם יחוד קודשה בריך הוא ושכינתיה (יאהדונהי) בדחילו
ורחימו (יאההויהה) ורחימו ודחילו (איאההויהה) ליחדה שם
יו"ד הי בוא"ו הי ביחודה שלים (יהוה) בשם כל ישראל
הנה אנחנו באים לקיים מצות ספירת העומר : לעשות
נחת - רוח ליוצרנו ולעשות רצון בוראנו : ויהי נעם אדני
אלהנו עלינו ומעשה ידינו כוננה עלינו ימעשה ידינו
: כוננהו :

Leshem Yechud Kudsha Berich Hu VeShekintay (יאהדונהי) Bidchilu
Urchimu (יאההויהה) Urchimu Udchilu (איאההויהה) Leyachda Shem Yood
Hay and Vav Hay Beyachuda Shalaim (יהוה) BeShem Kol Israel Henay
Anachnu Ba'Aim Lekayaim Mitzvat Sephirat HaOmer. LaAsot Nachat
Ruach LeYotzranu VeLaAsot Ratzon Boranu. Vayhi Noam Adonai
Elohainu Alainu UmaAsay Yadainu Connah Alainu Yamaseh Yadainu
Conanaihu.

For the sake of unification between the Holy Blessed One and His Shechinah, with fear and love and with Love and Fear, in order to unify the Name Yood Hay and Vav Hay in perfect unity, and in the Name of all Israel, we have hereby come to fulfill the commandment of the counting of the Omer. In order to give pleasure to our Maker and to fulfill the wish of our Creator. May the pleasantness of HaShem, our God, be upon us and may He establish the work of our hands for us and may the work of our hands establish Him.

הרחמן הוא יחזיר עבודת בית המקדש למקומה במהרה
בימינו אמן :

HaRachaman Hu YaChazeir Ahvodat Bait Hamikdash Limkomah
Bimharah BeYamanu AMEN:

6. Per the ARI (Rabbi Issac Luria) we utilize Psalm 67 in 2 specific ways to cleanse specific attributes of our character in order to elevate a specific Sefhira. This Psalm is unique in that it has 7 verses with 49 words and the middle verse has 49 Letters. We will utilize a word each day (colored Purple) during the counting and also a Letter (colored Red) within the middle verse for spiritual cleansing. The more one learns about each Letter and Word the stronger their cleansing will be. The cleansing a specific character trait in order to move higher (closer) to Hashem.

Psalm 67 תהילים פרק סז

(א) לַמְנַצֵּחַ בְּנִגִּינַת מִזְמוֹר שִׁיר:

LamnatzaAch BinGeNot Mizmor Shir:

This first verse does not count as one of the 7 verses as it is describing the type of Psalm:

(ב) אֱלֹהִים יִחַנְנוּ וַיְבָרְכֵנוּ יְיָ אֱרֶץ פָּנִיו אֶתְנוּ סֵלָה:

EloHim YaChaNanu VeVarkanu YaAir Panav ETanu Selah:

Elohim is a name of God usually considered an aspect of Judgment. In what way are you judgmental? Do you want to change this aspect of your character? What can you do to change this aspect of your character? What will you do to manifest this change in your life.

What habit or pattern of behavior will you change?

(ג) לַדַּעַת בְּאֶרֶץ דִּרְכָּךְ בְּכֹל גּוֹיִם יִשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׂמְחוּ וַיְרַנְּנוּ לְאֵמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל

וְלְאֵמִים בְּאֶרֶץ תַּנְחִים סֵלָה:

Yismechu Verannu LeUMiM Ki TeshPot AhMiM MiShor Ulumim

BaAretz Tanchaim SELAH:

There are actually only 47 Letters in this verse not 49 as the ARI teaches. He adds the

Blue Vav's to add a total of 49 Letters. This is quite a common technique since the vowel itself is the Vav only the word is spelled incompletely and will change when the Mashiach arrives.

The Letter Yood is the First Letter of the Name of HaShem. It has a Gematria of 10 or 20 when fully spelled out Yood Vav Dalet. What character attribute do you think the Yood will cleanse? When its gematria is 10 it represents the 10 Spherot in unity. When it is 20 it is the 10 Sephirot of direct light and the 10 Sepherot of returning light. This is similar to a Torah Shekel which is made up of 20 Gerar. This Yood can be used to improve your relationships and your sharing with the people within your relationships. Think about one person that you would like to bring closer to HaShem. In what way will changing yourself accomplish that goal? How are you going to go about that today? Do you truly want to bring that person you are thinking about closer to HaShem? Then go the extra mile to change yourself!

(ו) יוֹדוּךָ עִמִּים אֱלֹהִים יוֹדוּךָ עִמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

(ז) אֶרֶץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

(ח) יְבָרְכֵנוּ אֱלֹהִים וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ:

Yevarkanu Elohim VeYeru Oto Kal Afsai Aretz:

7. It is now time to say the Ana Bekoach which has 42 words (actually 49 - the seventh word in each verse is the all of the first letters of the other six words - they are printed at the end of the verse). This is the 3rd cleansing tool that we will do tonight. The Letter that we will use tonight will be colored Green. Stop and meditate on that Letter colored Green and the Kavenah written about it below.

Meditation while saying the first verse of the Ana Bekoach is "unconditional Love". As well as removing the negative aspect of the physical world as well as the Power of Redemption.

חֶסֶד-Chesed

אֲנֵה בְּכַח. גְּדוּלַת יְמִינְךָ. תְּתִיר צְרוּרָה. אֲבִג יֵתֵצ

Tzerurah Tatir Yemincha Gedulat BeCoach Ana

7th word is pronounced Aleph Bet Gimmel Yood Taf Tzadi.

Meditate on the Aleph which represents the unity of the duality. Its Gematria is ONE. The appearance of the Aleph is a diagonal firmament seperating the waters of the above from the waters of the below and yet both waters are in unity along with the firmament. How will you create greater unity within your relationships today? What will you change about yourself to achieve greater unity and manifest unconditional love or remove Hatred for no reason which is the opposite?

גבורה - Gevurah

קבל רנת. עמך שגבנו. טהרנו נורא. קרע שטן

Norah	Taharenu	Sagvenu	Amcha	Rinat	Kabel
Awesome	Our Purified	Our Praise	Your People	Rejoicing	Receive

The 7th word is pronounced Koof Resh Ayin Sin Tet Noon Sofit.

תפארת - Tiferet

נא גבור. דורשי יחודך. כבבת שמרם. נגד יכש

Shamraim	Cevavat	YeChudecha	Dorshai	Gibor	Na
Observe	Like a Letter Bet	Your uniqueness	Demand	Strengthen	Please

The 7th word is pronounced Nun Gimmel Dalet Yood Caf Shin

נצח - Netzach

ברכם טחרם. רחמי צדקתך. תמיד גמלם.

בתר צנג

Gamlaim	Tamid	Tzidkatecha	Rachamai	Tacharaim	Barchaim
Grant Them	Eternal	Righteous	Compassion	Purify Them	Bless Them

The 7th word is pronounced Bet Tet Resh Tzadi Taf Gimmel

הוד - Hod

חסין קדוש. ברוב טובך. נהל עדתך: חקבטנע

Adatecha Nahail Toovcha Barchaim Kadosh Chasin
Your People Govern Goodness Abundance Holy Invincible

Your

The 7th word is pronounced Chet Koof Bet Tet Nun Ayin

יסוד - Yesod

יחיד גאה. לעמך פנה. זוכרי קדושתך. יגל פזק

Kedushatecha Zochrai Penai Le-Amcha Ga-eh Yachid
Your Holiness remember Turn Your People Proud Unity

The 7th word is pronounced Yood Gimmel Lamed Pey Zion Koof

מלכות - Malchut

שועתנו קבל. ושמע צעקתנו. יודע תעלומות.

שקוצית

Ta-Alumot Yodaya Tziakatanu Ooshmah Kabel Shavatanu
Hidden You Know Our Wail And Hear Receive Our Cry

The 7th word is pronounced Shin Koof Vav Tzadi Yood Taf

ברוך שם כבוד מלכותו לעולם ועד

Va-Ed Le-Olam Malchuto Kevod Shem Baruch
Forever World Your Kingdom Honor Name Blessing

8. Starting Here and continuing is the Third method of counting of the Omer.

Please say the following in which ever language you prefer. Hebrew is recommended:

רבונו של עולם: אתה צויתנו על ידי משה עבדך לספור
ספירת העומר כדי לטהרנו מקלפותנו ומטומאתינו כמו
שכתבת בתורתך: וספרתם לכם ממחרת השכת מיום
הביאכם את עמר התנופה שבע שבתות תמימת תהיינה:
עד ממחרת השבת השביעת תספרו חמשים יום כדי

שיטהרו נפשות עמך ישראל מזוהמתם : ובכן יהי רצון
מלפניך יהוה אלהים ואלהי אבותינו שבסכות ספירת
העומר שספרתי היום יתקן מה שפגמתי בספירה

חסד שבחסד

(after saying the Name of the Sefira Stop and Meditate on the
thoughts stated here)

Traits of Chesed

Expansion

Love

Sharing without Expectation

Fatherhood

Hospitality

Unselfish

Humility

Torah study

Self-control

Hesed is Loving Kindness. This whole week starting tonight is in the
frame of Loving Kindness. What is Loving Kindness? How does it
differ from Loving Mercy or Tiferet? In what ways do you show
Loving Kindness to yourself? to Others? How do you receive Loving
Kindness from Others? What can you do in your life to Show
additional Loving Kindness to Others?

What does it mean to be Loving and Kind? in the Frame of Loving and
Kind? Is it Loving and Kind to. . . (ask your own question)?

continue in Hebrew

ואטהר ואתקדש בקדשה דל מעלה אמן סלה

Ribono Shel Olam, Ata Tzivitanu All Ydi Moshe Avdecha LiSPor
Sepherot HaOMeR KeDai LetaHaRaiNu MiklePoTaNu
UMTuMATaiNu KiMo ShKaTaVTa BeToRaTach: USPaRTaM
LaChem MimCHaRaT HaSHaBaT MeYoM HaVeAhCHeM ET
OMeR HaTeNuFah SheVa SheBaToT TeMiMoT Te'YeNa:

MiMaCHaRaT HaSHaBaT HaSHVeIT TeSaFRU CHaMiSHiM YoM
KeDai SHeYeTaHaRu NaFSHoT AhMCHa YiSRaEL
MeZoHaMaTaM: UVCHaiN YeHi RaTZoN MilFaNeCHa HaShem
ELoHaNu ELoHai AVoTaNu SheBiZKuT SeFiRuT HaOMeR
SHeSeFaRTi HaYoM YeTuKaN Ma SHePaGaMTe BeSePHeRa

CHeSeD SeBe CHeSeD

(after saying the Name of the Sephira Stop and Meditate on the
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continue in Hebrew

VeTaHaiR VeETKaDeSH BeKDuSHa SHeL MaALa Amein SeLah:

Master of the World, You have Commanded us through Moshe Your
Sevant to enumerate the counting of the Omer, in order to purify us
from the Klipot and our defilements. This is as it is written in Your
Torah: And you shall count for yourselves, from the day following the
Shabbat, from the day on which you bring the portion of your wave

offering, there shall be 7 complete weeks, until the day following the seventh week. You shall count 50 days so that the spirits of your Nation Israel shall be purified from their defilements (Leviticus 23:15-16): Therefore may it be pleasing before you HaShem our God and the God of our ForeFathers, that by virtue of the Counting of the Omer, that i have counted today, the flow that i have caused in the Sefirah of

Loving Kindness of Loving Kindness

(after saying the Name of the Sefira Stop and Meditate on the thoughts stated here)

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What does it mean to be Loving and Kind? in the Frame of Loving and Kind? Is it Loving and Kind to. . . (ask your own question)?

continue here

will be corrected and i shall be purified and sanctified with supernal sanctity, AMEN SELAH:

You have now completed 1 day of the Counting of the Omer.

Please note Our sages could have had us count down to the Holiday of Shavuot. This would be like a child who says to himself My Birthday is 50 days away, now 45 days away, now 5 days away. Instead they have us count up to Shavuot. One, Two, Ten, Twenty, Forty Two etc.

Why do you think they did this? Send me your answer to
yeshshem@hotmail.com

There is additional tool to assist us in our spiritual work on this day. Each day of the year there are Tzadikim (Righteous People) who have chosen to leave this world on a particular day. There is a connection between these souls and this day. They ask us to utilize their connection to strengthen our own connection to our spiritual actions during this day. The more one learns about a particular Tzadik, the better is ones connection to their connection. All these actions are bringing us closer to Hashem.

Historically Birthdays have not been celebrated by the Jewish World until the last 200 - 300 years. Kabbalah teaches that the Birthdate represent the Keter or potential of the Soul while the Death Anniversary or Hilula represents the actual accomplishments of the Soul. While the Hilula is the stronger of the two from our perspective we can also utilize the Birth Date of a Tzadik to assist us in our spiritual connection.

The Tzadikim who died on Tet Vav (16th) of Nissan are:

Levi ben Yaakov Avinu The Progenitor of the Tribe of Levi
Rabbi Nosson Ordman, Rosh Yeshiva - Eitz Chaim, London (1996
which is the year 5756 in the Hebrew Calendar)
Rabbi Simcha Zissel Brojde, Rosh Yeshiva - Chevron (2000 which is
the year 5760 in the Hebrew Calendar)

Another tool we can use to enhance our spiritual cleansing during this period of the Omer is the Writings of the Prophets (Naviim). There are 48 Male Prophets and 7 Female Prophets. This allows us to create a set of 49 relationships between the Days of the Omer and each Navi (Prophet).

The Prophet that is best to use for the First Day of the Omer, which is Chesed SeBe Chesed, is Avraham Avinu (Abraham the Patriarch).

Avraham is a Chariot for the Sefhira of Chesed. This is because the Sages teach that the character attributes that Avraham expressed and manifested are related to Loving Kindness which is Chesed.

Verses from the Torah about Abraham
recommended by Zoharialev@aol.com

The Birth of Avraham which represents His Keter, Seed Level or
Potential Beraishit Chapter 11 Verse 27

וְאֵלֶּה תּוֹלְדוֹת תְּרַח תְּרַח הוֹלִיד אֶת אַבְרָם אֶת נְחוֹר וְאֶת
הָרָן וְהָרָן הוֹלִיד אֶת לוֹט:

Now these are the generations of Terah. Terah begot Abram, Nahor,
and Haran; and Haran begot Lot.

The Change of Name
Beraishit Chapter 17 Verse 5

וְלֹא יִקְרָא עוֹד אֶת שְׁמֶךָ אַבְרָם וְהָיָה שְׁמֶךָ אַבְרָהָם כִּי
אֲבִי הַמּוֹן גּוֹיִם נִתְּתִיךָ:

Neither shall thy name any more be called Abram, but thy name shall
be Abraham; for the father of a multitude of nations have I made thee.

The Transition from This World to the World to Come

Beraishit Chapter 25 Verse 7

וְאֵלֶּה יְמֵי שְׁנֵי חַיֵּי אַבְרָהָם אֲשֶׁר חָי מֵאֵת שָׁנָה וְשִׁבְעִים
שָׁנָה וְחָמֵשׁ שָׁנִים:

And these are the days of the years of Abraham's life which he lived, a hundred year and 70 year; and 5 years.

May we all internalize the Attributes of Chesed and grow to the level of Prophecy represented by Avraham Avinu.