

The Seder (order) for the Sephirot HaOmer.

Night of March 31, 2010 which is 17th 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 YaChaNainu VeVarkanu YaAir Panav ETanu Selah:

YaChaNainu is a word that translates as "favor us". This is a corrupt translation. Chen is a word that means Grace as well as relating to "Hidden Wisdom". This word allows us to cleanse those things that we do in a hidden way that are foolish and not wise. What are you doing that connects to foolish hidden character traits. Do You want to change these traits? What can you do to change your triggers that give you permission to do these traits and actions? What will you change about yourself and your actions to accomplish this goal?

(ג) לַדַּעַת בְּאֶרֶץ דַּרְכָּךָ בְּכָל גּוֹיִם יִשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׂמְחוּ וַיִּרְנְנוּ לְאֻמִּים כִּי תִשְׁפּוּט עַמִּים מִיִּשְׂרָאֵל

וְלְאֻמִּים בְּאֶרֶץ תְּנַחֵם 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 Shin has is made from 3 Vav's. This represents all aspects of Right, Left and Center. It also is a mother Letter that created the element of Fire which relates to Passion. This Shin can be used to balance your Passions. In what way are your passions out of balance. 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 עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

(ז) אָרֶץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

(ח) יְבָרְכֵנוּ אֱלֹהִים וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אָרֶץ:

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

אָנָּה בְּכַח. גְּדוּלַת יְמִינְךָ. תְּתִיר צְרוּרָה. אֲבָג יִתַּצ

Tzerurah Tatir Yemincha Gedulat BeCoach Ana

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

Meditate on the Bet which represents duality. Its Gematria is TWO. The word Bait or Bet means House. House is a metaphor for many things. Your romantic relationship can be considered your House. In what way does this relationship need to change. What are going to do to change it Now?

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

חֲסִין קָדוֹשׁ. בְּרוּב טוֹבָךְ. נָהַל עַדְתְּךָ: חֲקִבְטוּנֵךְ

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

יְסוּד - Yesod

יְחִיד גָּאָה. לְעַמְךָ פָּנָה. זֹכְרֵי קָדוֹשְׁתְּךָ. יְגַל פְּזֹק

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

מַלְכוּת - Malchut

שׁוֹעֲתָנוּ קָבֵל. וְשָׁמַעְצָ עֲקָתָנוּ. יוֹדַע תְּעִלּוּמוֹת.

שְׁקוּצִית

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

בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעַד

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:

רְבוּנוֹ שֶׁל עוֹלָם: אֵתָה צוֹיִתָנוּ עַל יְדֵי מֹשֶׁה עַבְדְּךָ לְסַפּוֹר
סְפִירַת הָעוֹמֵר כְּדֵי לְטַהַרְנוּ מִקְלָפוֹתָנוּ וּמִטּוֹמְאֵתֵינוּ כְּמוֹ
שֶׁכְּתַבְתָּ בְּתוֹרַתְךָ: וְסִפַּרְתָּם לָכֵם מִמַּחֲרַת הַשְּׁכֵת מִיּוֹם
הַבִּיאְכֶם אֶת עֹמֵר הַתְּנוּפָה שֶׁבַע שְׁבֻתוֹת תְּמִימַת תִּהְיֶינָה:
עַד מַמְחֲרַת הַשְּׁבֻתָה הַשְּׁבִיעִית תִּסְפְּרוּ חֲמִשִּׁים יוֹם כְּדֵי

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

חסד שבגבורה

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

Traits of Gevurah

Limitation

Judgment

Power

Strength

Darkness

Concealment

Establishing Fences

Restraint

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 Gevurah

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

Traits of Gevurah

Limitation

Judgment

Power

Strength

Darkness

Concealment

Establishing Fences

Restraint

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 build fences? in the Frame of Loving and Kind?
Is it restraint to. . . (ask your own question)?

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 ou 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 Gevurah

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

Traits of Gevurah

Limitation

Judgment

Power

Strength

Darkness

Concealment

Establishing Fences

Restraint

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 have restraint? in the Frame of Loving and Kind?

What does it mean to build fences? in the Frame of Loving and Kind?

Is it restraint 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 2 days
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 Yood Zion (17th) of Nissan are:

Rabbi Avrohom Reuven of Prague ben Hoshke Hakohen, Yalkut Reuveni (1673 which is the year 5433 in the Hebrew Calendar)
Rabbi Meir Abuchatzeira of Ashdod (1983 which is the year 5743 in the Hebrew Calendar) ben Rabbi Yisrael Abuhatzeira, Son of Baba Sali a known Sefardic Sage from Morroco. His sons are all great tzadikim who are sought after by people around the world.
Rabbi Yisrael Noach of Niezhin ben Rabbi Menachem Mendel of Lubavitch
Rabbi Moshe Mordechai ben Rabbi Avraham Yehoshua Heschel,

Kapishnitzer Rebbe (1975 which is 5735 in the Hebrew Calendar)
Rabbi Shlomo ben Moshe Wolbe, Mashgiach, Yeshiva Be'er Yaakov –
Wrote Sefer Alei Shur (2005 which is 5765 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 Gevurah SeBe Chesed, is Yitzhak Avinu (Yitzhak the Patriarch).

Yitzhak is a Chariot for the Sephira of Chesed. This is because the Sages teach that the character attributes that Avraham expressed and manifested are related to Power and Severity which is Chesed.

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

The Birth of Yitzhak which represents His Keter, Seed Level or
Potential Beraishit Chapter 21 Verse 2-7

וַתֵּהָרַתְּ וַתֵּלֶדְּ שָׂרָה לְאַבְרָהָם בֶּן לְזִקְנָיו לְמוֹעֵד אֲשֶׁר דָּבַר
אֵתוֹ אֱלֹהִים:
(ג) וַיִּקְרָא אַבְרָהָם אֶת שֵׁם בְּנוֹ הַנּוֹלֵד לוֹ אֲשֶׁר יָלְדָה לוֹ
שָׂרָה יִצְחָק:
(ד) וַיִּמַּל אַבְרָהָם אֶת יִצְחָק בְּנוֹ בֶּן שְׁמֹנֶת יָמִים כְּאֲשֶׁר
צִוָּה אֵתוֹ אֱלֹהִים:
(ה) וַאֲבָרָהָם בֶּן מֵאֵת שָׁנָה בְּהוֹלֵד לוֹ אֶת יִצְחָק בְּנוֹ:
(ו) וַתֹּאמֶר שָׂרָה צָחֵק עָשָׂה לִי אֱלֹהִים כָּל הַשְּׂמֵעַ יִצְחָק

לִי:

(ז) וַתֹּאמֶר מִי מֵלֵל לְאַבְרָהָם הַיְנִיקָה בְּנִים שָׂרָה כִּי יִלְדֶּתִי
בֶּן לְזִקְנָיו:

(2) And Sarah conceived, and bore Abraham a son in his old age, at the set time of which God had spoken to him.

(3) And Abraham called the name of his son that was born unto him, whom Sarah bore to him, Isaac.

(4) And Abraham circumcised his son Isaac when he was eight days old, as God had commanded him.

(5) And Abraham was a hundred years old, when his son Isaac was born unto him.

(6) And Sarah said: 'God hath made laughter for me; every one that heareth will laugh on account of me.'

(7) And she said: 'Who would have said unto Abraham, that Sarah should give children suck? for I have borne him a son in his old age.'

May we all internalize the Attributes of Gevurah of Chesed and grow to the level of Prophecy represented by Yitzhak Avinu. Know that Yitzhak Avinu is a channel to us for the Consciousness of Mashiach as the Zohar explains that Yitzhak is a metaphor for the Soul after the Mashiach.