

The Seder (order) for the Sephirot HaOmer.

Night of April 1, 2010 which is 18th 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 Sefira. 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 בְּנִגְיֹנֹת 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 יְחַנְּנוּ וַיְבָרְכֵנוּ יְיָ אֱרָא פָנָיו אֶתְנוּ סֵלָה:

EloHim YaChaNainu VeVarkanu YaAir Panav ETanu Selah:

VeVarkanu is a word that translates as "bless us". It also has the meaning of bending our Knees. What does it mean to you to bend your knees? Does it mean praying or submitting to the Yoke of Heaven? How can you change your traits to submit to the Yoke of Heaven in a stronger way? In what ways can you Bless others and allow them and yourself to grow closer to HaShem?

(ג) לַדַּעַת בְּאֶרֶץ דְּרָכָה בְּכָל גּוֹיִם יְשׁוּעָתָךְ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּל־:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׂמְחוּ וִירְנְנוּ לְאֲמִים כִּי תִשְׁפּוּט עַמִּים מִיִּשְׂרָאֵל

וְלְאֲמִים 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 Mem is a Mother Letter connecting to Chesed and Water. In what way can you increase your connection to Loving Kindness Today. How can you share more and remove your expectations of receiving something in return?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים 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.

Chesed-חסד

אֲנָא בְּכַח. גְּדוּלַת יְמִינְךָ. תַּתִּיר צְרוּרָה. אֲבָג יִתַּצ

Tzerurah Tatir Yemincha Gedulat BeCoach Ana
7th word is pronounced Aleph Bet Gimmel Yood Taf Tzadi.

Meditate on the Gimmel which represents among other things the idea of "render"

and ripen. Its Gematria is Three. The word Gimmel is both a Letter and with different vowels a Camel. What is the nature of the Camel? It conserves within itself water which is Chesed or Loving Kindness. Utilize this Gimmel in order to grow the consciousness of Loving Kindness within YOU towards others! How can you accomplish this?

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 emember 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

תפארת שבחסד

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

Traits of Tiferet

Balance

Beauty

Splendor

Magnificent

Adorn

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 Tiferet in the Frame of Loving and Kind? How can you enhance your inner Beauty? How can you enhance Balance?

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 Tiferet

Balance

Beauty

Splendor

Magnificent

Adorn

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 Tiferet in the Frame of Loving and Kind? How can you enhance your inner Beauty? How can you enhance Balance?

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 Tiferet

Balance

Beauty

Splendor

Magnificent

Adorn

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 Tiferet in the Frame of Loving and Kind? How can you enhance your inner Beauty? How can you enhance Balance?

continue here

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

You have now completed 3 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, Fourty 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 (18th) of Nissan are:

Rabbi Moshe Ellinson, Rov of Ohel Torah Manchester
Rabbi Meir Halevi, author of Yad Ramah (1244 which is 5004 in the Hebrew Callendar)
Rabbi Yehudah Tzvi Brandwein - Student of Rabbi Yehuda Ashlag and the second Rabbi of the Kabbalah Center.

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 Third Day of the Omer, which is Tiferet SeBe Chesed, is Yaacov Avinu (Jacob the Patriarch) also known as Israel.

Jacob is a Chariot for the Sefhira of Tiferet. This is because the Sages teach that the character attributes that Jacob expressed and manifested are related to Beauty, Balance, and Splendor.

Verses from the Torah about Yaacov

The Birth of Yaacov which represents His Keter, Seed Level or
Potential Beraishit Chapter 25 Verse 26

וְאַחֲרַי כֵּן יָצָא אָחִיו וַיָּדוּ אַחְזָת בְּעֵקֶב עֶשָׂו וַיִּקְרָא שְׁמוֹ
יַעֲקֹב וַיִּצְחָק בֶּן שָׁשִׁים שָׁנָה בְּלֶדֶת אֹתָם:

And after that came forth his brother, and his hand had hold on Esau's heel; and his name was called Jacob. And Isaac was threescore years old when she bore them.

May we all internalize the Attributes of Tiferet of Chesed and grow to the level of Prophecy represented by Israel Avinu Our Father Jacob.