

The Seder (order) for the Sephirot HaOmer.

Night of April 3, 2010 which is 20th of Nissan.

Say all of the below while standing and facing East towards Jerusalem or the Rising of the Sun. The reason we stand is that we are metaphorically making Tikune (correction) on the Supernal Adam (Man) which we have damaged.

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 (יאההויהה) 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 (יאההויהה) 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.

2. Additional Verses to say:

תהילים פרק קלח (ח) יְהוָה יִגְמֹר בְּעֲדֵי יְהוָה חֲסִדָּךְ לְעוֹלָם מֵעַשִׂי
יְדִיךָ אֶל תִּרְףִּי:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha
Al Teref:

תהילים פרק נז (ג) אֶקְרָא לְאֱלֹהִים עֲלִיּוֹן לְאֵל גֹּמֵר עָלַי:

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) וְאֶעֱבֹר עָלֶיךָ וְאֶרְאֶךָ מִתְבוֹסֶסֶת בְּדַמֶּיךָ וְאֹמֵר

לְךָ בְּדַמֶּיךָ חַיִּי וְאֹמֵר לְךָ בְּדַמֶּיךָ חַיִּי:

VaEhEhVor AhLaYiech VaEhrAich MitBoSehSeht BeDaMaYich

VayOmar Lach BeDaMaYich ChaYi VaOMaR Lach BeDaMaYich

ChaYi:

תהילים פרק קד (א) בָּרְכִי נַפְשִׁי אֶת יְהוָה יְהוָה אֱלֹהֵי גְדֻלַּת מְאֹד
הוֹד וְהַדָּר לְבִשְׁתִּי:

Barki Nafshi Et Adonai Elohim Elohai Gadalta Meod Hod Vehadar
LaVashta:

תהילים פרק קד (ב) עֹטָה אֹר פִּשְׁלָמָה נוֹטָה שָׁמַיִם כִּירִיעָה:

Oteh Ohr Kasalma NoTeh Shamayim KaiRiAh:

3. Say this Blessing: Which is Surrounding Light or Ohr Makif.

ברוך אתה יהוה (יוד הא ואו הא) אלהינו מלך העולם אשר
קדשנו במצותיו וצונו על ספירת העומר:

Baruch Ata Adonai (Gematria 45) Ehlohainu Melech

HaOLam Asher KidShanu BeMitzvotav Vetzivanu Al Sephirat

HaOmer:

Blue Letters above have a Gematria of 65 which is the same as Adonai; a Name of God relating to Malchut or manifestation.

4: היום חמישה ימים לעומר:

HaYoM CHaMiSHa YaMiM LaOMeR:

(This is the actual counting in one style)

5. Ohr Penimi - Inner Light

הַרְחַמֵּן הוּא יַחֲזִיר עֲבוֹדַת בַּיִת הַמִּקְדָּשׁ לְמִקְוָמָה בְּמַהֲרָה
: בִּימֵינוּ אָמֵן :

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) לְמִנְצָחַ בְּנִגְיֹנֹת מִזְמוֹר שִׁיר:

LamnatzaAch BinGeNot Mizmor Shir:

For the musician, a melodious Psalm and a Song:

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

(ב) אֱלֹהִים יַחֲנֵנוּ וַיְבָרְכֵנוּ יְיָ אֵר פָּנָיו אֶתָּנוּ סֵלָה:

EloHim YaChaNainu YaAir Panav ETanu Selah:

May Elohim give us Favor and Bless Us, May He Shine His Face upon (more to follow
each day)

PaNaV is a word that translates as His Face. The First 2 Letters can be the First Letters of the phrase "falling face" and the last 2 Letters are the male letters from the Name of God we call HaShem. "Falling Face" letters have a Gematria of 130 which represents Mt Sinai and the giving of the Torah. Utilize these letters to help balance yourself during this period of the Omer by connecting to the Central Column Tree of Life called Torah.

(ג) לְדַעַת בְּאֶרֶץ דְּרָכָךָ בְּכֹל גּוֹיִם יְשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּחַ אַחְמִיִּם אֱלֹהִים יוֹדוּחַ עַמִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׁמַח־וּ וִירָנְנוּ לְאַמִּים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל
וּלְאַמִּים בְּאֶרֶץ תַּנְחֵם סְלָה:

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 Vav is a metaphor for a channel as well as the Torah. Utilize this channel called Torah to help bring you to balance today and everyday.

(ו) יוֹדוּחַ עַמִּים אֱלֹהִים יוֹדוּחַ עַמִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

(ז) אֶרֶץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

(ח) יְבָרְכֵנוּ אֱלֹהִים וְיִירָאוּ 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.

חסד-Chesed

אנא בכח. גדולת מינך. תתיר צרורה. אבג יתצ

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

Meditate on the Taf which is the last letter of the Aleph Bet. Look at the Taf. It has a foot reaching to the left which indicates that there is always a new beginning after every end. Utilize this consciousness to bring additional balance when you are feeling low.

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

הוד שבחסד

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

Traits of Hod

Majesty

Splendor

Praise

Submission

Hesed is Loving Kindness. This whole week is in the frame of Loving
Kindness. What is Loving Kindness? 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 Hod in the Frame of Loving and Kind? How
can you enhance your Victory by Submitting ? How can you explore
your beauty? How can you build on your praising of others and your
being praised?

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

Hod SeBe Chesed

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

Traits of Hod

Majesty
Splendor
Praise
Submission

Hesed is Loving Kindness. This whole week is in the frame of Loving Kindness. What is Loving Kindness? 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 Hod in the Frame of Loving and Kind? How can you enhance your Victory by Submitting ? How can you explore your beauty? How can you build on your praising of others and your being praised?

continue in Hebrew

VeTaHaiR VeETKaDeSH BeKDuSHa SHeL MaALa Amein SeLah:

Master of the World, You have Commanded us through Moshe Your Servant 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

Hod of Chesed

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

Traits of Hod

Majesty

Splendor

Praise

Submission

Hesed is Loving Kindness. This whole week is in the frame of Loving
Kindness. What is Loving Kindness? 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 Hod in the Frame of Loving and Kind? How
can you enhance your Victory by Submitting ? How can you explore
your beauty? How can you build on your praising of others and your
being praised?

continue here

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

You have now completed 5 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 Tet (20th) of Nissan are:

Rabbi Hai bar Sherira Hagaon, Rosh Yeshivas Pumpedisa. The last of the gaonim of Pumpedisa (1038 which is the year 4798 in the Hebrew Calendar)

Rabbi Yitzchak Chori, Dayan in Djerba

Rabbi' Yechezkel Panet of Karlsberg ben Rabbi Yosef, Wrote Mareh Yechezkel (1845 which is 5605 in the Hebrew Calendar)

Rabbi Yaakov of Moglonitza ben Rabbi Elimelech of Lizensk, was called Tzadik Nistar"

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 Fifth Day of the Omer, which is Hod SeBe Chesed, is Aaron HaCohen Gadol HaRishon (Aron the First High Priest).

Aaron is a Chariot for the Sefhira of Hod. This is because the Sages teach that some of the character attributes that Moshe expressed and manifested are related to the Beauty of Loving and His submission to both Hashem and His Brother Moshe.

Verses from the Torah about Aaron
Aaron is written many times in the Torah
It is too many to mention here.

The First time Aaron is mentioned in the Torah is His Keter, Seed
Level or Potential Shmot Chapter 4 Verse 14

וַיַּחַר אֵף יְהוָה בְּמֹשֶׁה וַיֹּאמֶר הֲלֹא אֶהְיֶה אִתְּךָ הַלְוִי
וַיְדַעְתִּי כִּי דַבֵּר הוּא וְגַם הִנֵּה הוּא יֵצֵא לְקִרְאֲתְךָ
וְרָאךָ וְשָׂמַח בְּלִבּוֹ:

And the anger of the Lord was kindled against Moses, and he said, Is not Aaron the Levite your brother? I know that he can speak well. And also, behold, he comes forth to meet you; and when he sees you, he will be glad in his heart.

May we all internalize the Attributes of HOD of Chesed and grow to
the level of Prophecy represented by Aaron HaCohen Gadol
HaRishon.