

The Seder (order) for the Sephirot HaOmer.

Night of April 4, 2010 which is 21th 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:

יהוה יגמור בעדי יהוה חסדך לעולם מעשי
ידיך אל תרף:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha
Al Teref:

תהילים פרק נז (ג) אקרא לאלהים עליון לאל גמר עלי:

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) ואעבר עליך ואראך מתבוססת בדמך ואמר

לך בדמך חיי ואמר לך בדמך חיי:

VaEhEhVor AhLaYiech VaEhrAich MitBoSehSeht BeDaMaYich

VayOmar Lach BeDaMaYich ChaYi VaOMaR Lach BeDaMaYich

ChaYi:

תהילים פרק קד (א) ברכי נפשי את יהוה יהוה אלהי גדלת מאד
הוד והדר לבשת:

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

תהילים פרק קד (ב) עטה אור פשלמה נוטה שמים פיריעה:

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.

היום ששה ימים לעומר:

HaYoM SHiSHa 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) לְמִנְצַחַּ בְּנִגִּינַת מִזְמוֹר שִׁיר:

Lamnatzach 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 us (more to follow each day)

ETaNU is a word that translates as Us. The First 2 Letters are the First and Last Letter of the Hebrew Aleph Bet. The Zohar teaches us that these Letters in this order within words represent the Shecina or Malchut. The last 2 Letters can be translated as "His Binah". Utilize both Binah and Malchut to unify yourself and all of your positive traits leaving the Negative traits behind.

(ג) לְדַעַת בְּאֶרֶץ דְּרָכָךָ בְּכֹל גּוֹיִם יְשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּחַ אֲהִיִּים יוֹדוּחַ עַמִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׁמְחוּ וְיִרְנְנוּ לְאֵמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂוֹר
וְלְאֵמִים בְּאֶרֶץ תְּנַחֵם סָלָה:

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. It is also used as the word "and" in Hebrew. It is tool to connect and unify. Use this Vav to unify all of the people you Love with all of the other People you love.

(ו) יוֹדוּחַ עַמִּים אֲלֵהִים יוֹדוּחַ עַמִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

(ז) אֶרֶץ נְתַנָּה יְבוּלָה 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.

חֶסֶד-Chesed

אנא בכח. גדולת 'מינק. תתיר צרורה. אבג יתצ

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

Meditate on the Tzadi which is a Letter that also is a word. The word means "righteous". Strive to be righteous, which is always doing right. The only way that is achieved is by having a personal knowledge connection with HaShem. Use this Tzadi to enhance your personal knowledge of HaShem.

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 'חודך. 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

יסוד שבחסד

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

Traits of Yesod

Foundation

Sexuality

Receiving and Sharing

Balancing Opposites

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 Yesod in the Frame of Loving and Kind?
How can you enhance your Foundation ? How can you explore your
sexuality? How can you both receive and share?

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

YeSoD SeBe Chesed

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

Foundation
Sexuality
Receiving and Sharing
Balancing Opposites

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 YeSod in the Frame of Loving and Kind?
How can you enhance your Foundation ? How can you explore your
sexuality? How can you both receive and share?

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
YeSoD of Chesed
(after saying the Name of the Sephira Stop and Meditate on the
thoughts stated here)
Traits of Yesod

Foundation
Sexuality
Receiving and Sharing
Balancing Opposites

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 YeSoD in the Frame of Loving and Kind? How can you enhance your Foundation ? How can you explore your sexuality? How can you both receive and share?
continue in Hebrew

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

You have now completed 6 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 Tet (21th) of Nissan are:

Rabbi Shmuel Shapiro (1989 which is the year 5749 in the Hebrew Calendar), Ziknei Breslov

Rabbi Shimon Yisroel Posen, the Shoproner Rebbe

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 Sixth Day of the Omer, which is YeSoD SeBe Chesed, is YeHoSHuA (Joshua).

Joshua is a good Channel as he was the strongest Student of Moshe Rabenu other than Aaron. Our sages use the Metaphor that Moshe was the Sun and Joshua the Moon. Joshua was the channel between Moshe

and the other Prophets.

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

The First time Yehoshua is mentioned in the Torah is His Keter, Seed
Level or Potential, Shmot Chapter 17 Verse 9

וַיֹּאמֶר מֹשֶׁה אֶל יְהוֹשֻׁעַ בְּחַר לָנוּ אַנְשִׁים וְצֵא הַלָּחֶם
בְּעַמְלֵק מִחָר אֲנֹכִי נֹצֵב עַל רֹאשׁ הַגְּבֻעָה וּמִטָּה הָאֱלֹהִים
בְּיָדֵי:

And Moses said to Joshua, Choose for us men, and go out, fight with
Amalek; tomorrow I will stand on the top of the hill with the rod of
God in my hand.

May we all internalize the Attributes of YESOD of Chesed and grow
to the level of Prophecy represented by YeHoSHuA the Prophet.