

The Seder (order) for the Sephirot HaOmer.

Night of April 5, 2010 which is 22th 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 בְּעַדֵי יְהוָה חֲסִדְךָ לְעוֹלָם מִעֲשֵׂי  
יְדִיךָ אֶל תִּרְףִּי:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha  
Al Teref:

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

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) וְאֶעֱבֹר עָלֶיךָ וְאֶרְאֶךָ מִתְבוֹסֶסֶת בְּדַמְיֶךָ וְאֹמַר

לְךָ בְּדַמְיֶךָ חַיִּי וְאֹמַר לְךָ בְּדַמְיֶךָ 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 לְבִשְׂתִּי:

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

תהילים פרק קד (ב) עֹטָה אֹר כְּפִשְׁלָמָה 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 שבעה ימים לעומר שהם שבוע אחד:

HaYoM SHeVuA YaMiM LaOMeR SHeHaiM SHVuA EHCHaD:

(This is the actual counting in two styles)

### 5. Ohr Penimi - Inner Light

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) לְמִנְצַחַ בְּנִגִּינַת 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 יִחַנְנוּ וְיִבְרְכֵנוּ יְיָ אֵר פָּנָיו אֶתָנוּ סְלָה:

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)

SeLah is a word that has no Hebrew translation. It is used in many places in Psalms to enhance and reinforce a concept. The Sages have taught us that the Gematria of Selah relates to a duality. It refers to HaMelech (The King a Name for God) and HaMan (The enemy of the Jewish Nation from the Scroll of Esther). Utilize this word to connect to

HaShem and eliminate the negative aspects of the physical world.

(ג) לְדַעַת בְּאֶרֶץ דְּרָכָה בְּכָל גּוֹיִם יִשׁוּעָתָה:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׁמְחוּ וְיִרְנְנוּ לְאֵמִים כִּי תִשְׁפּוּט עַמִּים מִיִּשְׂרָאֵל  
וְלְאֵמִים בְּאֶרֶץ תְּנַחֵם 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 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!  
: 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 וְיִירָאוּ אוֹתוֹ כָּל אֶפְסַי 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 Tahir Yemincha Gedulat BeCoach Ana  
7th word is pronounced **Aleph Bet Gimmel Yood Taf Tzadi**.

Meditate on all of the First Letters from this Verse. The Gematria is 506 which is the same Gematria as AHaVa HiNaM (unconditional Love).

## 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 קבלו שמעצ עקתנו. 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

### מלכות שבחסד

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

Traits of Malchut

Physicality  
Manifestation  
Kingdom

Malchut of 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 Manifest LOving Kindness? How can you  
manifest physicality ?

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

### MaLCHuT SeBe Chesed

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

Traits of Malchut

Physicality  
Manifestation  
Kingdom

Malchut of 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 Manifest LOving Kindness? How can you  
manifest physicality ?

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  
**MaLCHuT of Chesed**  
(after saying the Name of the Sefirah Stop and Meditate on the  
thoughts stated here)  
Traits of Malchut

Physicality  
Manifestation  
Kingdom

Malchut of 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 Manifest LOving Kindness? How can you  
manifest physicality ?  
continue in Hebrew

continue here

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

**You have now completed 7 days  
which is One Week 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 (22th) of Nissan are:

Rabbi Yehuda Rosenes, author of Mishna Lamelech (1727 which is the year 5487 in the Hebrew Calendar)

Rabbi Yisroel Yitzchak of Vorki ben Rabbi Shimon "Baal Rachmonis" Kalisch, (1848 which is 5608 in the Hebrew Calendar) Tenth generation from the Levush, Vorka and Amshinov chassidus comes from him

Rabbi Moshe ben Yosef Mitrani, Mabit (some say the 23nd of Nissan) (1585 which is 5345 in the Hebrew Calendar)

Rabbi Shimon "Caftan" Shlisgal, Gabbai Tzedaka who the Chofetz Chaim said was a hidden tzadik

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 Seventh Day of the Omer, which is Malchut SeBe Chesed, is both Pinchas HaCoHeN Ben Elazar HaCohen Ben Aaron HaCoHeN Gadol and Sarah Emenu (Sarah Our Mother).

The connection between the 7 Female Prophets and the 7 weeks is obvious. Still on the Malchut level there seems to be a connection with male Prophets as well.

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

The First time Sara is mentioned with her original Name Sarai in the Torah is Her Keter, Seed Level or Potential, Beraishit Chapter 11 Verse 29

וַיִּקַּח אַבְרָם וְנַחֲוֹר לָהֶם נָשִׁים שָׁם אִשְׁתְּ אַבְרָם שָׂרַי וְשֵׁם אִשְׁתְּ נַחֲוֹר מִלְכָּה בֵּת הָרָן אֲבִי מִלְכָּה וְאֲבִי יִסְכָּה:

And Abram and Nahor took wives; the name of Abram's wife was Sarai; and the name of Nahor's wife, Milcah, the daughter of Haran, the father of Milcah, and the father of Iscah.

The First time Sara is mentioned in the Torah with her new Name Sara is Beraishit Chapter 17 Verse 15.

וַיֹּאמֶר אֱלֹהִים אֶל אַבְרָהָם שָׂרַי אִשְׁתְּךָ לֹא תִקְרָא אֶת שְׁמָהּ שָׂרַי כִּי שָׂרָה שְׁמָהּ:

And God said to Abraham, As for Sarai your wife, you shall not call her name Sarai, but Sarah shall her name be.

The First time Pinchas is mentioned in the Torah is His Keter, Seed Level or Potential, Shmot Chapter 6 Verse 25.

וְאֶלְעָזָר בֶּן אֶהֱרֹן לָקַח לֹו מִבָּנוֹת פּוּטִיֵּאל לֹו לְאִשָּׁה וַתֵּלֶד  
לֹו אֶת פִּינְחָס אֵלֶּה רְאִשֵׁי אֲבוֹת הַלְוִיִּם לְמִשְׁפְּחֹתָם:

And Eleazar Aaron's son took one of the daughters of Putiel to wife;  
and she bore him Phinehas; these are the chiefs of the fathers of the  
Levites according to their families.

May we all internalize the Attributes of Malchut of Chesed and grow  
to the level of Prophecy represented by the Prophetess Sarah our  
Mother and Pinchas Ben Elazar Ben Aaron Cohen Gadol the Prophet.