

The Seder (order) for the Sephirot HaOmer.

Night of April 6, 2010 which is 23th 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  
תהילים פרק קלח (ח) יְדִיךָ אֶל תִּרְפֵּי:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha  
Al Teref:

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

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) וְאָעֵבֶר עָלֶיךָ וְאָרְאֶךָ מִתְבוֹסֶסֶת בְּדַמֶּיךָ וְאָמַר

לְךָ בְּדַמֶּיךָ חַיִּי וְאָמַר 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 מֶמְאֵד  
הוֹד וְהָדָר לְבִשְׁתֶּךָ:

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

תהילים פרק קד (ב) עֹטָה אֹר כְּשִׁלְמָה נוֹטָה שָׁמַיִם כִּי־רִיעָה:

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 שמונה ימים לעומר שהם שבוע אחד ויום אחד: 4

HaYoM SHeMoNa YaMiM LaOMeR SHeHaiM SHVuA EHCHaD

## VYoM EHCHaD:

Eight Days of the Omer which are One Week and One Day

(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) לְמִנְצַחַת 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 יְאֵר פְּנֵיו אֶתָנוּ סְלָה:

EloHim YaChaNainu YaAir Panav ETanu Selah:

May Elohim give us Favor and Bless Us, May He Shine His Face upon us Selah!

(ג) לְדַעַת בְּאָרֶץ דְּרַכָּה בְּכָל גּוֹיִם יְשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

To Know (More to follow each Day)

Adam Knew Eve and She became Pregnant! (Beraishit). The Zohar asks "Did they have physical intercourse? and answers Yes. So Why does the Torah use "to know" or another possible translation of LaDaAT is to Teach Knowledge. The Zohar answers that Knowledge is the Connection. Who do you find it hardest to connect to? How can you change yourself to make that connection. Consider this teaching from the Baal Shem Tov.

The person to which you have the most difficulty has sparks of your soul that you need to redeem/correct. How will you go about this Redemption? How can God Redeem you if you are not in the process of redeeming yourself?

(ד) יוֹדוּחָ אֱלֹהִים יוֹדוּחָ אֲחִמִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׁמְחוּ וַיִּרְנְנוּ לְאֲמִים כִּי תִשְׁפּוּט עַמִּים מִיִּשְׂרָאֵל וְלְאֲמִים 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 Resh means Poor. It also has the same letters as the word Rosh or Head. To be Poor is to be in Lack. To be Rosh implies the Beginning of something. Utilize both understandings to build your lack by understanding what is a real lack - being far from HaShem. As well as choose today to begin anew your choosing to become closer to HaShem. How will you accomplish this?

(ו) יוֹדוּחָ אֱלֹהִים יוֹדוּחָ אֲחִמִּים כָּלָם:

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 אֲפָסֵי 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.

## 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.

Koof is a letter that is referred to as the double agent because it feeds the Negative side due to its leg going below the "scribes" line in the Torah. Koof is a word that means Monkey. The Monkey, according to the Kabbalists, has aspects of the speaking world as well as the animal world. How will you use the Koof to separate yourself from the animal and elevate yourself into the "speaking world".

## 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. שמע 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

### חסד שבגבורה

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

Traits of Gevurah

Judgment

Severity

Power

Strength

Concealment

Darkness

This week is in the frame of Gevurah. How does one Expand Power?  
How does one improve ones strength? How does one conceal Severity  
and Judgment?

How does one bring the essence of Loving Kindness to bear in the  
frame of Judgment?

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 SHeBeGevurah

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

Traits of Gevurah

Judgment

Severity

Power

Strength

Concealment

Darkness

This week is in the frame of Gevurah. How does one Expand Power?  
How does one improve ones strength? How does one conceal Severity  
and Judgment?

How does one bring the essence of Loving Kindness to bear in the  
frame of Judgment?

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  
**Chesed SHeBeGevurah**

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

Traits of Gevurah

Judgment

Severity

Power

Strength

Concealment

Darkness

This week is in the frame of Gevurah. How does one Expand Power?  
How does one improve ones strength? How does one conceal Severity  
and Judgment?

How does one bring the essence of Loving Kindness to bear in the  
frame of Judgment?  
continue in Hebrew

continue here

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

**You have now completed 8 days  
which is One Week and 1 Day 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 (23th) of Nissan are:

Rabbi Yisrael Shalom Yosef ben Rabbi Yitzchok of Bohosh (1926 which is 5686 in the Hebrew Calendar) author of Peer Yisrael  
Rabbi Moshe Trani - the HaMabit

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 CHeSeD SeBe Gevurah, is ELKaNaH the Father of Samual the Prophet.

### Verses from the Torah about Elkanah

We can understand Elkanah's relationship to Chesed SheBe Gevurah by learning that his name can be translated as the Arm of Kel (God).

Also the name can be translated as the acquiring of Kel (God).

וַיְהִי אִישׁ אֶחָד מִן הָרְמָתִים צוֹפִים מִהַר אֶפְרַיִם וּשְׁמוֹ  
אֶלְקָנָה בֶּן יִרְחָם בֶּן אֱלִיהוּא בֶּן תַּחוּ בֶּן צוּף אֶפְרַתִּי:

And there was a certain man of Ramathaim-Zophim, of Mount Ephraim, and his name was Elkanah, the son of Jeroham, the son of Elihu, the son of Tohu, the son of Zuph, an Ephrathite;

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