

The Seder (order) for the Sephirot HaOmer.

Night of April 7, 2010 which is 24th 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 חֲסִדָּךְ לְעוֹלָם מִעֲשֵׂי  
יְדִיךָ אֵל תִּרְפֵּי:

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 לְבִשְׁתֵּךְ:

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

תהילים פרק קד (ב) עֹטָה אֹר כְּשִׁלְמָה 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 תשעה ימים לעומר שהם שבוע אחד ושני ימים:

HaYoM TiSHAH YaMiM LaOMeR SHeHaiM SHaVuAh EHCHaD

## USHNai YaMiM:

Nine Days of the Omer which are One Week and Two Days

(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 Sefhira. 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 וַיְבָרְכֵנוּ 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 בְּאֶרֶץ דְּרַכָּה בְּכָל גּוֹיִם יְשׁוּעָתָךְ:

LadaAt BaAretz Darkehcha Bekal Goyim YeShuAhTecha:

To Know in the Land (or the World) (More to follow each Day)

Eretz is a very meaningful word. It can actually refer to a country, this land, the world, or "the Land of Israel". In what ways do you contemplate the Land of Israel? Is it your homeland? Is it a country that you would like to learn about? Is it that place that creates world disorder and chaos? In a different order the Letters make a word that means to store or hoard. Do you hoard? Love? or Hate? towards yourself? towards your neighbor?

Learn to store Love towards the whole world including yourself this day. How can you change yourself to accomplish this?

(ד) יוֹדוּחַ אֱהִיִּים יוֹדוּחַ אֱהִיִּים כָּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

(ה) יִשְׁמְחוּ וִירְנְנוּ 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 Nun is connected to falling as well as connecting to Dwelling and Beauty. Utilize this letter as a vaccine against falling and increase your Dwelling with beauty in your life

(ו) יוֹדוּחַ אֱהִיִּים יוֹדוּחַ אֱהִיִּים 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 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.

**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.

## 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.

Resh is a word that means Poor as well as Rosh which means Head. Use the Resh as a vaccine against Poorness or lack in your life. Use the Head to comtemplate starting a New direction in your life to fulfill the Lacks you feel.

## תפארת-Tiferet

נא גבור. דורשי 'חודך. כבבת שמרם. נגד יכש

Shamraim      Cevavat      YeChudecha      Dorshai      Gibor      Na  
Observe      Like a Letter Bet      Your uniqness      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

### גבורה שבגבורה

(after saying the Name of the Sefira 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 Power 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

## Gevurah SHeBeGevurah

(after saying the Name of the Sefira 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 Power 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 Sefira 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 Power 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 9 days  
which is One Week and 2 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](mailto: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 (24th) of Nissan are:

Rabbi' Avraham Yehoshua Heschel Weinberg, the Slonimer Rebbe of Tel Aviv (1978 which is 5738 in the Hebrew Calendar)  
Rabbi Chaim Yitzchak Chaikin, Rosh Yeshiva of Aix-les-Baines

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 Ninth Day of the Omer, which is GeVuRaH SeBe Gevurah, is ELI HaCohen, the Prophet.

Verses from the Torah about ELI begins in Samuel Aleph Chapter 1  
verse 3

וְעָלָה הָאִשׁ הַהוּא מֵעִירוֹ מִיָּמִים יְמִימָה לְהַשְׁתַּחֲוֹת  
וְלִזְבַּח לַיהוָה צְבָאוֹת בְּשֵׁלָה וְשָׁם שָׁנִי בְּנִי עָלַי חֲפָנִי

## וּפְנָחָס כֹּהֲנִים לַיהוָה:

And this man went out of his city yearly to worship and to sacrifice to the Lord of hosts in Shiloh. And the two sons of Eli, Hophni and Phinehas, the priests of the Lord, were there.

May we all internalize the Attributes of Gevurah of Gevurah and grow to the level of Prophecy represented by the Prophet EiLi.