

The Seder (order) for the Sephirot HaOmer.

Night of April 13, 2010 which is 30th of Nissan which is Rosh Chodesh Aleph for the Month of Iyar.

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 (איההויהה) 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 (איההויהה) 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



## 4 אחד

HaYoM CHaMeSHaH AhSaR YoM LaOMeR SHeHaiM SHeNai  
SHaVuOT VYOM ECHaD

Fifteen Days of the Omer which are Two Weeks 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 Limkoma h  
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) לַמְנַצֵּחַ 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 יִחַנְנוּ וַיְבָרְכֵנוּ 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 Selah!

(ג) לְדַעַת בְּאֶרֶץ דְּרַכְךָ בְּכֹל גּוֹיִם יְשׁוּעָתְךָ:

LadaAt BaAretz Darkehcha Bekol Goyim YeShuAhTecha:

To Know your ways (path) of/to your salvation, in the Land (or the World) in All (Every) Nations.

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

Your Thanks the Nations (also Sea People)(More to follow each Day)  
AhMiM is a word that means Nations or in the frame of Permutation it means Sea People or People of the Sea. In Torah Sea is a code word for Torah so that it can also be Nation or People of Torah. In what ways can you increase your traits that promote Torah Study? How can you motivate others to increase their Torah Study.

(ה) יִשְׁמְחוּ וִירַנְנוּ לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׁוֹר  
וְלְאֲמִים בְּאֶרֶץ תַּנְחִם 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.

Yood is the First Letter of HaShem's Name and represents both the number 10 and 20. It represents in Kabbalah Direct Light and Returning Light. How can you increase your vessel by doing restriction. How do you understand restriction? How do you use restriction in your life today? How can you change yourself to use it more frequently?

(ו) 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 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 מינק. תתיר צרורה. אבג יתצ

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

Meditation while saying the second Verse. Tear up the Negativity within you which we call Satan.

## 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

The Nun is a letter that has the consciousness of falling. Utilize it as a vaccine to prevent falling. How do you self destruct in your life? What trait changes can you make to prevent this self destruction?

## 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

### חסד שבתפארת

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

Traits of Tiferet

Sharing

The Sun

The Color Green

Nurture

Balance

This week is in the frame of Tiferet. How does one create Balance and Share as well as Nurture with Others? What character and personality traits can you name that manifests Tiferet in your life? In the life of Others?

What does Loving Kindness look like to you in the Frame of Balance and Sharing? How can you expand that?

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 SHeBeTiPHeReT

(after saying the Name of the Sephira Stop and Meditate on the  
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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 SHeBeTiPHeReT**

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

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This week is in the frame of Tiferet. How does one create Balance and Share as well as Nurture with Others? What character and personality traits can you name that manifests Tiferet in your life? In the life of Others?

What does Loving Kindness look like to you in the Frame of Balance and Sharing? How can you expand that?

continue in Hebrew

continue here

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

**You have now completed 15  
days which is Two Weeks and  
One Day 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 Lamed (30th) of Nissan are:

Rabeinu Yosef Halevi Migash, talmid of the Rif (1141 which is the year 4901 in the Hebrew Calendar)

Rabbi Chaim Vital ben Rabbi Yosef Calabrisi, talmid muvhak of the Arizal (1620 which is 5380 in the Hebrew Calendar). Per the ARI, He was a reincarnation of Rabbi Akiva and was potentially the Mashiach of His Generation. He had the opportunity to end the Exile as well.

Rabbi Yaakov Berav (1546 which is 5306 in the Hebrew Calendar)

Rabbi Yaakov Emden ben Rabbi Tzvi Hersh, the Yaavetz, son of the Chacham Tzvi (1776 which is 5536 in the Hebrew Calendar)

Rabbi Nesanel Weill, Korban Nesanel, Av Beis Din of Karlsruhe

Rabenu Mahari Bei Rav

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 Fifteenth Day of the Omer, which is Chesed SeBe Tiferet, is Shemayah the Man of Elohim. The name Shemayah means Listen to Yah (God).

Verses from the Torah about Shemaya the Man of Elohim begins . It begins in Kings Aleph Chapter 12 verse 22

וַיְהִי דְבַר הָאֱלֹהִים אֶל שְׁמַעְיָה אִישׁ הָאֱלֹהִים לֵאמֹר:

But the word of God came to Shemaiah the man of God, saying,

May we all internalize the Attributes of Chesed of Tiferet and grow to the level of Prophecy represented by SHeMaYaH EiSH HaELoHiM.