

The Seder (order) for the Sephirot HaOmer.

Night of April 14, 2010 which is First of Iyar which is Rosh Chodesh Bet 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

ימים 4

HaYoM SHiSHaH AhSaR YoM LaOMeR SHeHaiM SHeNai
SHaVuOT USHNai YaMiM

Sixteen Days of the Omer which are Two Weeks and Two Day
(This is the actual counting in two styles)

5. Ohr Penimi - Inner Light

הרחמן הוא יחזיר עבודת בית המקדש למקומה במהרה
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 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) לַמְנַצֵּחַ 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 יְיָ אֱרֵנוּ אֶתְנוּ סֵלָה:

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 theLand (or the World) in All (Every)
Nations.

(ד) יוֹדוּחַ אַחֲמִים אֱלֹהִים יוֹדוּחַ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim KuLam:

Your Thanks the Nations (also Sea People) Elohim (More to follow each Day)

Elohim is a word that can mean judges or Angels or God in the frame of Judgment. In what way do you set yourself up to be a judge of people? Do you make yourself higher than others by judging them and not yourself? In what way will you change that aspect of yourself? How can you stop yourself from Judging others and evaluate yourself honestly?

(ה) יִשְׁמְחוּ וִירַנְנוּ לְאַמִּים כִּי תִשְׁפּוֹט עַמִּים מִיִּשׁוֹר
וְלְאַמִּים בְּאֶרֶץ תִּנְחָם 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 Mem creates water. It has two forms an closed form like this one and a open form like the one we used two days ago. Have you closed yourself off from receiving Goodness from HaShem and those who channel it to you? Truly? Do you receive what you perceive as bad or hurtful in the same way you receive joy and happiness? This is the level to strive for. What do you need to change to reach this level?

(ו) יוֹדוּחַ עַמִּים אֱלֹהִים יוֹדוּחַ עַמִּים כָּלֵם:

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 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 Tatir 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 Gimmel is made from a Zion and Yood. the Gematria of these 2 Letters is 17 which is the Gematria of Tov which means Good. Good is the Manifested essence of HaShem. In what ways do you do Good in the world? to your friends, and

family? to yourself? How can you expand your actions of Doing Good?

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 שבתפאר

(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 Strength and Power 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

Gevurah SHeBeTiPHeReT

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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 Servant 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

GeVuRaH SHeBeTiPHeReT

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

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continue in Hebrew

continue here

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

**You have now completed 16
days which is Two Weeks and
Two Days 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 Aleph (1st) of Iyar are:

Reb Abba Shaul, one of the Talmudic gedolim

Rabbi Yosef Yoska ben Rabbi Yehudah Yudel, Yesod Yosef, rebbe of the Kav Hayosher

Rabbi Tzvi Hirsch ben Rabbi Yaakov Ashkenazi, the Chacham Tzvi (1718 which is 5478 in the Hebrew Calendar)

Rabbi Menachem Mendel of Vitebsk (1788 which is 5548 in the Hebrew Calendar) ben Rabbi Moshe -Together with Rabbi Avraham Kalisker, they were the first Rebbes to move to Eretz Yisroel. Both of their Torah can be found in Pri HaAretz.

Rabbi Shmuel Shmelke Halevi Horowitz of Nikolsburg (1778 which is 5538 in the Hebrew Calendar) ben Rabbi Tzvi Hirsh of Chortkov
Known as "the Rebbe Reb Shmelke".

Rabbi Avraham of Slonim-Baranovich ben Rabbi Shmuel, the Beis Avraham (1933 which is 5693 in the Hebrew Calendar)

Rabbi Akiva Yosef Schlesinger, author of Lev HaIvri (1922 which is 5682 in the Hebrew Calendar)

Rabbi Moshe Shmuel ben Rabbi Aryeh Shapira, Rosh Yeshiva of Yeshivas Beer Yaakov(2006 which is 5766 in the Hebrew Calendar)
descendent of the Netziv

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 Sixteenth Day of the Omer, which is Gevurah SeBe Tiferet, is Ido HaCHozeh.

Verses from the Torah about Ido begins in Kings Aleph Chapter 4
verse 14

אַחִינֹדָב בֶּן עֲדָא מַחְנֵימָה:

Ahinadab the son of Iddo had Mahanaim;

The First Letters of the words in this verse are Aleph Bet Ayin Mem.
this can be the idea of "Father of a Nation".

May we all internalize the Attributes of Gevurah of Tiferet and grow
to the level of Prophecy represented by Ido HaCHoZeH.