

The Seder (order) for the Sephirot HaOmer.

Night of April 17, 2010 which is 4rd 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 (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 בְּעֲדֵי יְהוָה חֲסִדָּךְ לְעוֹלָם מִעֲשֵׂי
יְדִיךָ אֵל תִּרְף:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha
Al Teref:

תהילים פרק נז (ג) אֶקְרָא לֵאלֹהִים עֲלִיּוֹן לָאֵל 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 לְבִשְׁת:

Barki Nafshi Et Adonai Elohim Elohai Gadalta Meod Hod Vehadar

LaVashta:

תהילים פרק קד (ב) עֹטָה אֹר פִּשְׁלָמָה 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.

היום תשעה עשר יום לעומר שהם שני שבועות וחמישה

ימים 4

HaYoM TiSHa AhSaR YoM LaOMeR SHeHaiM SHeNai SHaVuOT
VeCHaMeSHaH YaMiM

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

5. Ohr Penimi - Inner Light

הַרְחַמֵּן הוּא יַחֲזִיר עֲבוֹדַת בַּיִת הַמִּקְדָּשׁ לְמִקְוָמָה בְּמַהֲרָה
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) לְמִנְצִיחַ בְּנִגְיֵינָת 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 יַחֲנֵנוּ וְיִבְרַכְנוּ יְיָ אֵר פָּנָיו אֲתָנוּ 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 דְּרָכָךָ בְּכֹל גּוֹיִם יִשׁוּעָתְךָ:

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 כָּל:

Yoducha Ahmim Elohim Yoducha Ahmim **KuLam**:
The Nations shall Give Thanks to You Elohim, All the Nations Shall
Give Thanks.

Above is the proper English translation. Below is the translation based only the words
themselves.

Your Thanks the Nations (also Sea People) Elohim Your Thanks All of
the Nations

On Day 15 we had the same word. These questions from day 15 can
be continuously asked. And should be asked continuously. 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 מִיִּשְׂרָאֵל
וּלְאֲמִים 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.

(More to follow each Day)

Taf is the last letter in the Hebrew Aleph Bet. Based on the teachings of the Kabbalah,
Everything is continuous, therefore the Taf is both an end and a new beginning as
evidenced by the Leg that goes to the left. What is your New beginning. How will you
change yourself to be ready for every new beginning? or just one new beginning? How do
you treat people when your relationships come to an end? With Human dignity or a lack
of respect and bad mouthing? Do you need to do Tshuvah and ask someone for
forgiveness?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כֻּלָּם:

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

אָנָּא בְּכַח. גְּדוּלַת יְמִינְךָ. תְּתִיר צְרוּרָה. אַבְגֵי יֵתֵצ

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

קָבַל רְנַת. עִמְךָ שְׂגִבְנוּ. טַהֲרֵנוּ נוֹרָא. קִרְעֵ שֵׁטָן

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 Caf is a Letter and a word. The word means Palm as in the Palm of your Hand. The Letter created the Sun which is idea of perfect sharing. In this way it represents both Light and vessel. Sharing and Manifestation which is what we do with our hands. In what way do you need to increase your manifestation of sharing? What do you have to change to achieve this?

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

'חיד 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

הוד 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 "being thankful" 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

Hod SHeBeTiPHeReT

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

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What does "being thankful" look like to you in the Frame of Balance

and Sharing? How can you expand that?
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

Hod SHeBeTiPHeReT

(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 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 "being thankful" 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 19 days which is Two Weeks and Five 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, 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 Dalet (4th) of Iyar are:

Rabbi Yaakov ben Rabbi Ahron Sasportas, Rav of Amsterdam and antagonist of Shabtai Tzvi (1695 which is 5455 in the Hebrew

Calendar)

Rabbi Yosef Dov ben Rabbi Yitzchok Zev Halevi Soloveitchik of Brisk, the Beis Halevi (1892 which is 5652 in the Hebrew Calendar)

Rabbi Shmuel Eliyahu ben Rabbi Shaul Yedidya Elazer Taub, Modzhitzer Rebbe (1984 which is 5744 in the Hebrew Calendar)

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 Nineteenth Day of the Omer, which is Hod SeBe Tiferet, is Ovadiya. The meaning of this Prophets name is "Servant of Hashem". It is interesting to note that Ovadiya was a Ger (a convert) to the Children of Israel from the Nation of Edom. Ovadiya has only 1 Chapter of Prophecy in the Book of Naviim and it is about the downfall of Edom.

Verses from the Torah about Obadiya begins in Kings Aleph Chapter 18 verse 3-8

(ג) וַיִּקְרָא אַחָאָב אֶל עֹבַדְיָהוּ אֲשֶׁר עַל הַבַּיִת וְעֹבַדְיָהוּ הָיָה יָרָא אֶת יְהוָה מְאֹד:

(ד) וַיְהִי בַּהֲכָרִית אֵיזֹבֵל אֶת נְבִיאֵי יְהוָה וַיִּקַּח עֹבַדְיָהוּ מֵאֵה נְבִיאִים וַיַּחְבֵּי־אֵם חֲמֹשִׁים אִישׁ בַּמַּעְרָה וְכָל־כָּלָם לְחֶם וּמָיִם:

(ה) וַיֹּאמֶר אַחָאָב אֶל עֹבַדְיָהוּ לֵךְ בְּאֶרֶץ אֵל כָּל מַעֲיָנֵי הַמַּיִם וְאֵל כָּל הַנְּחָלִים אוֹלֵי נִמְצָא חֲצִיר וּנְחִיָּה סוּס וּפָרָד וְלוֹא נִכְרִית מִהֶבְהֵמָה:

(ו) וַיַּחַלְקוּ לָהֶם אֶת הָאָרֶץ לְעֵבֶר בַּה אַחָאָב הֵלֶךְ בְּדֶרֶךְ
אֶחָד לְבָדוֹ וְעַבְדֵי־הוֹ הֵלֶךְ בְּדֶרֶךְ אֶחָד לְבָדוֹ:
(ז) וַיְהִי עַבְדֵי־הוֹ בְּדֶרֶךְ וְהִנֵּה אֱלִיָּהוּ לִקְרָאתוֹ וַיִּכְרְהוּ וַיִּפֹּל
עַל פָּנָיו וַיֹּאמֶר הַאֲתָה זֶה אֲדַנִּי אֱלִיָּהוּ:
(ח) וַיֹּאמֶר לוֹ אֲנִי לֶךְ אֹמֵר לְאֲדֹנֶיךָ הִנֵּה אֱלִיָּהוּ:

And Ahab called Obadiah, who was the governor of his house. And Obadiah feared the Lord greatly;

(4) For it was so, when Jezebel cut off the prophets of the Lord, that Obadiah took a hundred prophets, and hid them by fifties in a cave, and fed them with bread and water.

(5) And Ahab said to Obadiah, Go to the land, to all the water springs, and to all the brooks; perhaps we may find grass to keep the horses and mules alive, that we lose not all the beasts.

(6) And they divided the land between them to pass throughout it; Ahab went one way by himself, and Obadiah went another way by himself.

(7) And as Obadiah was in the way, behold, Elijah met him; and he knew him, and fell on his face, and said, Are you my lord Elijah?

(8) And he answered him, I am; go, tell your lord, Behold, Elijah is here.

May we all internalize the Attributes of Hod of Tiferet and grow to the level of Prophecy represented by Obadiya.