

The Seder (order) for the Sephirot HaOmer.

Night of April 19, 2010 which is 6th 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 חֲסִדְךָ לְעוֹלָם מֵעַשִׂי  
יְדִיךָ אֶל תִּרְףִּי:

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

לָךְ בְּדַמְיֶךָ חַיִּי וְאֹמַר לָךְ 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 לְבִשְׂתִּי:

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

תהילים פרק קד (ב) עֹטָה אֹר כְּשֵׁלֶמָה 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 אחד עשרים יום לעומר שהם שלשה שבועות 4

HaYoM EhCHaD EhSRiM YoM LaOMeR SHeHaiM SHeLoSHaH

## SHaVuOT

Twenty One Days of the Omer which are Three Weeks  
(This is the actual counting in two styles)

### 5. Ohr Penimi - Inner Light

הַרְחַמֵּן הוּא יַחְזִיר 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 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) לְמִנְצִיחַ בְּנִגְיֵנֶת 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 יַחַנְנוּ וַיְבָרְכֵנוּ יְיָ אֵר פָּנָיו אֶתָּנוּ 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 דְּרָכָךָ 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) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

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

(ה) יִשְׂמְחוּ וִירְנְנוּ לְאֵמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל  
וְלְאֵמִים בְּאֶרֶץ תַּנְחִימֵם סֵלָה:

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.

Rejoice(future tense) and Sing (future tense) (More to follow each Day)

The word VeRaNNu means and Sing. It is conjugated in the future tense. How can you include joyful singing in your character traits? What does it mean to Sing your joy if you don't have a great voice? Can you sing your passion? Understand the difference between speech and voice to understand what it means to sing.

Pey is a letter that when formed properly in the Torah Scroll has a Bet concealed inside it. The word Pey means mouth. How do Blessing come from your mouth? Or do you limit your Blessings with your mouth? Can you change your word habits? your speaking habits? your singing habits?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלֵם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

(ז) אֶרֶץ נַתְנָה 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 'מינך. 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**

This word is actually 2 word sequences of 3 letters each. The first has a gematria of 57 which is the word Zan which means Parnassah or Sustenance. The second sequence can be used to take back the energy we gave to the negative side through our mistakes. How can you utilize your Parnasa in a more sharing way? Are you comfortable giving Tzedakah or do you have sticky fingers that does not allow your money to leave your hands?

## 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 קבלו שמעצ עקתנו. יודע תעלומות.

שקוצית

Ta-Alumot Yodaya Tziakatanu Ooshmah Kabel Shavatenu  
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 השבת 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

### מלאחת 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 manifestation of Balance and Sharing look like? to you?

How can you increase this type of manifestation?

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

### Malchut SHeBeTiPHeReT

(after saying the Name of the Sephira 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 manifestation of Balance and Sharing look like? to you?

How can you increase this type of manifestation?

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

Malchut SHeBeTiPHeReT

(after saying the Name of the Sephira 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 manifestation of Balance and Sharing look like? to you?

How can you increase this type of manifestation?

continue in Hebrew

continue here

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

# You have now completed 21

# days which is Three Weeks 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 Vav (6th) of Iyar are:

Rabbi Levi bar Gershom, the Ralbag (1344 which is 5104 in the Hebrew Calendar)

Rabbi Yosef Meir ben Rabbi Shmuel Weiss, First Spinka Rebbe, Imrei Yosef (1909 which is 5669 in the Hebrew Calendar) Talmid of the Sar

Sholom of Belz, Divrei Chaim, Tzemach Tzadik of  
Vizhnitz and Rabbi Yitzchok Aizik of Zhidichov

Rabbi Dov Berish Zeitlyn of Vilna (1920 which is 5680 in the Hebrew  
Calendar)

Rabbi Yaakov Chaim Ben Rabbi Yisrael Perlow, Stoliner Rebbe, was  
Rebbe in Detroit-(1946 which is 5607 in the Hebrew Calendar

Rabbi Menachem Mendel ben Rabbi Avraham Shalom Halberstam,  
Stropkover Rebbe (1955 which is 5616 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 Twentieth First Day of the  
Omer, which is Malchut SeBe Tiferet, is Yeihu Ben Hanani and the  
Prophetess Devorah.

Verses from the Torah about The Prophetess Devorah begins in  
Judges Chapter 4 verse 4. She is also famous for the Song of Devorah  
in Chapter 5 of the Book of Judges.

וְדִבּוֹרָה אִשָּׁה נְבִיאָה אִשְׁתִּי לַפִּידוֹת הִיא שִׁפְטָה אֶת  
יִשְׂרָאֵל בְּעֵת הַהִיא:

And Deborah, a prophetess, the wife of Lapidoth, judged Israel at that  
time.

Verses from the Torah about Yehi Ben Hanani begins in Kings  
Aleph Chapter 16 verse 1.

וַיְהִי דְבַר יְהוָה אֶל יֵהוּא בֶן חַנָּנִי עַל בַּעֲשָׂא לֵאמֹר:

Then the word of the Lord came to Jehu the son of Hanani against  
Baasha, saying,

May we all internalize the Attributes of Malchut of Tiferet and grow to  
the level of Prophecy represented by Jehu Son of Hanani and Devorah  
the Prophetess.