

The Seder (order) for the Sephirot HaOmer.

Night of April 21, 2010 which is 8th 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:

יהוה יגמור בעדי יהוה חסדך לעולם מעשי  
ידיך אל תרף:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha  
Al Teref:

תהילים פרק נז (ג) אקרא לאלהים עליון לאל גמר עלי:

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) ואעבר עליך ואראך מתבוססת בדמך ואמר

לך בדמך חיי ואמר לך בדמך חיי:

VaEhEhVor AhLaYiech VaEhrAich MitBoSehSeht BeDaMaYich

VayOmar Lach BeDaMaYich ChaYi VaOMaR Lach BeDaMaYich

ChaYi:

תהילים פרק קד (א) ברכי נפשי את יהוה יהוה אלהי גדלת מאד  
הוד והדר לבשת:

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

תהילים פרק קד (ב) עטה אור פשלמה נוטה שמים פיריעה:

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 שלשה ועשרים יום לעומר שהם שלשה שבועות  
ושני ימים 4

HaYoM SHLoSHaH VeEhSRiM YoM LaOMeR SHeHaiM  
SHeLoSHaH SHaVuOT USHNai YaMiM

Twenty Three Days of the Omer which are Three Weeks and Two 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 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 יַחֲנֵנוּ וַיְבָרְכֵנוּ 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 theLand (or the World) in All (Every) Nations.

(ד) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כְּלָם:

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 וַיִּרְנְנוּ לְאֲמִים כִּי תִשׁוּט עַמִּים מִיִּשׁוּר  
וְלְאֲמִים בְּאֶרֶץ תַּנְחִים 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.

The People will Rejoice and Sing with, because (More to follow each Day)

The Word Ki means because. Its Gematria is 30 which is Lamed  
which means teacher. Who are you able to teach? What are you in this  
world to teach? Who are your causes (which is the idea of the word  
because)? For Whom are you a cause ? What do you need to change  
about yourself in order to be a stronger cause for others?

The letter Tet has 2 legs. One is straight and one is curved. The straight one can be formed  
as a Vav or a Zion. Are you a channel or are you manifesting? or both? Pick one of these  
concepts and consider what about you needs to change to become more of what you can  
be?

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 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

## 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

See above for the consciousness of the Tet. Choose the second leg, to consider when it is appropriate to be curved in your relationship of others? Is it ever proper to be less than straight with another person? when? why? under what conditions? How does this internal discussion help you change yourself?

## 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 שבנצח

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

Traits of Netzach

Eternity

Victory

Success

Bright

Manage

Pure

This week is in the frame of Netzach. How does one manage Eternal Victory? How do you define Success for yourself? Have you changed your life goals recently?

What does Judgment, strength, and power look like in the frame of

Eternal Victory. How do you make sure that your acts of Loving  
Kindness are pure and do not have an agenda within them?  
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 SHeBeNeTzaCH

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

Traits of Netzach

Eternity

Victory

Success

Bright

Manage

Pure

This week is in the frame of Netzach. How does one manage Eternal  
Victory? How do you define Success for yourself? Have you changed  
your life goals recently?

What does Judgment, strength, and power look like in the frame of  
Eternal Victory. How do you make sure that your acts of Loving  
Kindness are pure and do not have an agenda within them?

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

**Gevurah SHeBeNeTzaCH**

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

Traits of Netzach

Eternity

Victory

Success

Bright

Manage

Pure

This week is in the frame of Netzach. How does one manage Eternal  
Victory? How do you define Success for yourself? Have you changed  
your life goals recently?

What does judgment, power, and strength look like in the frame of  
Eternal Victory. How do you make sure that your acts of Loving  
Kindness are pure and do not have an agenda within them?

continue in Hebrew

continue here

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

## New Section

One of the character traits that can be worked upon is called Kabbalat Yeshurun. This means accepting suffering. What is the purpose of suffering? How can one be happy when one is suffering? For you, Does suffering come from Hashem's mercy or judgment? Are you able to see Yeshurun (suffering) as a Blessing in disguise? Are you able to see it as a Blessing?

**You have now completed 23  
days which is Three Weeks and 1  
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, Forty 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 CHeT(8th) of Iyar are:

Rabbi Yerachmiel Rabinowitz of Peshischa (1831 which is 5591 in the Hebrew Calendar) son of the Yid HaKodosh, Rabbi Yaakov Yitzchok

Rabbi Moshe Mordechai Twersky of Lublin-Trisk HY"D(1943 which is 5703 in the Hebrew Calendar) ben Rabbi Yaakov Aryeh Leib of Trisk

Rabbi Rephael Binyamin Levine, Rosh Yeshiva of Beis Aryeh-Yerushalayim (2002 which is 5762 in the Hebrew Calendar) son of Rabbi Aryeh Leib, the famous "Tzadik of Yerushalaim"

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 Third Day of the Omer, which is Gevurah SeBe Netzach, is HaZiel HaLevi.

Verses from the Torah about HaZiEL HaLeVi were not found.

May we all internalize the Attributes of Gevurah of Netzach and grow to the level of Prophecy represented by HaZiEL HaLeVi.