

The Seder (order) for the Sephirot HaOmer.

Night of April 22, 2010 which is 9th 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 תִּרְפֵּי:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha  
Al Teref:

תהילים פרק נז (ג) אֶקְרָא לְאֱלֹהִים עֲלִיּוֹן לְאֵל 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 לְבִשְׂתֵךְ:

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

תהילים פרק קד (ב) עֲטָה אֹר פֶּשֶׁלְמָה 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 ארבעה ועשרים יום לעומר שהם שלשה שבועות  
ושלשה ימים 4

HaYoM ARBaAH VeEhSRiM YoM LaOMeR SHeHaiM  
SHeLoSHaH SHaVuOT VeSHeLoSHaH YaMiM

Twenty Four Days of the Omer which are Three Weeks and Three 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 the Land (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 וִירְנְנוּ לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂוֹר  
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 you judge (More to  
follow each Day)

There are 3 words in Hebrew referring to laws and judgments. One of  
these is TeshPot. It refers to things that we are able to understand and  
would create within our societies even without HaShem. How can you  
use this understanding to change your traits in order to improve your  
society? What societies do you belong? In what ways do you benefit  
your societies? How can you change yourself to improve your society.

The letter Ayin means eye. Eyes, in Kabbalah, means, the level of Chochma or wisdom.  
How can you expand your vision to see more wisdom?

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

## 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

The Resh is a letter than can be understood in two ways. As a word it means both Poor and Head or beginning. What are you planning to begin? How can you inject certainty into this beginning? with the consciousness of being a poor person? someone in lack?

## 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 emember 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

### תפארת שבנצח

(after saying the Name of the Sefira 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 balance and mercy look like in the frame of Eternal Victory. How do you make sure that your acts of Mercy are balanced and 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

### Tiferet 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 balance and Mercy look like in the frame of Eternal Victory. How do you make sure that your acts of Mercy are balanced 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 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

Tiferet SHeBeNeTzaCH

(after saying the Name of the Sefira 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 Mercy and Balance look like in the frame of Eternal Victory. How do you make sure that your acts of Mercy are balanced and 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 Machir Et Mikomo (recognizing ones place). This is about knowing ones strengths and weaknesses. Also where are you spiritually and where do you want to acheive spiritually?

## You have now completed 24 days which is Three Weeks and 3 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](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 TeT(9th) of Iyar are:

Rabbi Avigdor ben Yitzchok Kara (1439 which is 5199 in the Hebrew Calendar) Mekubal and Dayan in Prague, survivor of the the pogrom of Easter 1389 that killed 3000 Jews.

Rabbi Moshe of Shatz ben Rabbi Boruch of Vizhnitz (1926 which is 5686 in the Hebrew Calendar)

Rabbi Yissachar Chaim Abulafia (1781 which is 5541 in the Hebrew Calendar)

Rabbi Shalom Mashash, Divrei Shalom

Rabbi Moshe Hager, the Rosh Yeshiva of Seret-Vizhnitz (1999 which is 5759 in the Hebrew Calendar) son of the Seret-Vizhnitz Rebbe, the Mekor Boruch, Rabbi Boruch Hager

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 Fourth Day of the Omer, which is Tiferet SeBe Netzach, is Eliezer Ben Dodavahu.

Verses from the Torah about Eliezer Ben Dodavahu start at  
Chronicles Bet Chapter 20 Verse 37.

וַיִּתְנַבֵּא אֱלִיעֶזֶר בֶּן דְּדָוָהוּ מִמַּרְשָׁה עַל יְהוֹשָׁפָט לֵאמֹר  
כִּהְתַּחֲבַרְךָ עִם אַחְזִיָּהוּ פָּרַץ יְהוָה אֶת מַעֲשֶׂיךָ וַיִּשְׁבְּרוּ  
אֲנִיּוֹת וְלֹא עָצְרוּ לָלֶכֶת אֶל תַּרְשִׁישׁ:

Then Eliezer the son of Dodavah of Mareshah prophesied against Jehoshaphat, saying, Because you have allied yourself with Ahaziah, the Lord will destroy what you have made. And the ships were wrecked and were not able to go to Tarshish.

May we all internalize the Attributes of Tiferet of Netzach and grow to the level of Prophecy represented by Eliezer Ben Dodavahu.