

The Seder (order) for the Sephirot HaOmer.

Night of April 24, 2010 which is 11th 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



HaYoM CHaMiSHaH VeEhSRiM YoM LaOMeR SHeHaiM  
SHeLoSHaH SHaVuOT VARBaAH YaMiM

Twenty Six Days of the Omer which are Three 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 יִחַנְנוּ 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 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 לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂוֹר  
וּלְאֲמִים בְּאֶרֶץ תַּנְחִים 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.

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

The Letter Yood is the smallest Letter in the Hebrew Aleph Bet. In what way do you  
need to change yourself to become smaller and more humble?

The word Meshor means straight and honest. It can be translated as  
fairness as well. What do you need to change yourself to be more  
honest and straight in your relationships?

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:  
(ז) אֶרֶץ נְתַנָּה יְבוּלָה 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 Taf is the last letter of the Hebrew Aleph Bet. In what ways are you putting yourself last? or other people last? or doing things at the last minute? What do you need to change about yourself to change these character traits?

## 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

### הוד 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 Glory and potential manifestation look like in the frame of eternal victory?

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 SHeBeNeTzaCH

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

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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 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 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?

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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 Making a fence around one's words. This includes words of Torah as well as normal everyday word. One must guard one's speech. If you do not already receive a daily email about Loshon Harah (evil speech) from the [www.chofetchaim.com](http://www.chofetchaim.com) website, i suggest you start.

# You have now completed 26 days which is Three Weeks and 5 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 Yood Aleph(11th) of Iyar are:

Rabbi Eliyahu Shema HaLevi (1804 which is 5564 in the Hebrew Calendar) Av Beis Din in Eretz Yisroel, wrote sefer Korbon Isha

Rabbi Naftali Tzvi of Ropshitz ben Rabbi Menachem Mendel (1827 which is 5587 in the Hebrew Calendar), wrote sefer Zera Kodesh, talmid of the Rebbe, Reb Elimelech of Lizhensk, Reb Mendel of Rimanov and the Chozeh of Lublin

Rabbi Yitzchak of Radvil (1832 which is 5592 in the Hebrew Calendar), son of Rabbi Yechiel Michel, the Magid of Zlotchov, his teaching are in sefer Ohr Yitzchok

Rabbi Yehudah Tzvi of Stretin (1844 which is 5604 in the Hebrew Calendar) ben Rabbi Shmuel Zanvil. He was a talmid of Rabbi Aron Leib of Premishlan and talmid muvhak of Rabbi Uri "the Saraf" of Strelisk. He wrote Degel Machane Yehudah.

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 Sixth Day of the Omer, which is Yesod SeBe Netzach, is Amos HaNavi.

Verses from the Torah about Amos HaNavi start at the book of Amos Chapter 1 Verse 1.

דְּבַרֵי עָמוֹס אֲשֶׁר הָיָה בְּנִקְדִים מִתְּקוֹעַ אֲשֶׁר חָזָה עַל  
יִשְׂרָאֵל בְּיָמֵי עֲזִיָּה מֶלֶךְ יְהוּדָה וּבְיָמֵי יָרָבֵעַם בֶּן יוֹאָשׁ מֶלֶךְ  
יִשְׂרָאֵל שְׁנַתִּים לִפְנֵי הָרַעַשׁ:

The words of Amos, who was among the herdsmen of Tekoa, which he saw concerning Israel in the days of Uzziah king of Judah, and in

the days of Jeroboam the son of Joash king of Israel, two years before the earthquake.

May we all internalize the Attributes of Yod of Netzach and grow to the level of Prophecy represented by Amos HaNavi.