

The Seder (order) for the Sephirot HaOmer.

Night of April 30, 2010 which is 17th 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 אֶל תִּרְף:

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 בְּדַמֶּיךָ וְאֹמַר

לְךָ בְּדַמֶּיךָ חַיִּי וְאֹמַר לְךָ בְּדַמֶּיךָ 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 מֶמְאֵד
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 שלשים ושנים יום לעומר שהם ארבעה שבועות

וארבעה ימים 4

HaYoM SHeLoSHiM USHNaYiM YoM LaOMeR SHeHaiM
ARBaAH SHaVuOT VeARBaAH YaMiM

Thirty Two Days of the Omer which are Four Weeks and Four 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 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 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.

The People will Rejoice and Sing with, because you judge Nations
with fairness, and you guide Peoples on The Land (of Israel), Selah

The Resh is both a letter and a word. As a word it has two distinct
meanings depending on the vowels that are used. One is Rosh which
means head, the other is Resh which means poor. Evaluate your
character traits - Are you using your Head? or are you recognizing
your poorness your lacks in the world of materiality? or the world of
spirituality? Which of these directions do you wish to move towards?
What needs to change about yourself so that you can you make that
happen?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כְּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

Your thanks, Peoples (More to follow each Day)

How does your connection to your people or nation assist you in
making your Tikune? How can you help these other people? What do
you need to change about yourself to assist these other people?

(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

אֲנָא בְּכַח. גְּדוּלַת יְמִינְךָ. תְּתִיר צְרוּרָה. אֲבָג יִתְצַ

Tzerurah Ttir 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

קִבַּל רִנָּת. עִמְךָ שְׂגִבְנוּ. טַהֲרֵנוּ נוֹרָא. קִרְע שֶׁטֶן

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

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

Tet is a letter formed from a Caf and a Vav. Therefore it represents the channel to the vessel (our physical world). How does that metaphor help you to change yourself?

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 שמע צעקתנו. 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 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

נצח שבהוד

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

Traits of Hod

Majesty
Splendor

Praise
Submission
Potential Manifestation
Humbleness

This week is in the frame of Hod. How does submitting assist you to become more humble?

What does Eternal Victory look like in the frame of Submission?

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

Netzach SHeBeHoD

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

Traits of Hod

Majesty
Splendor
Praise
Submission
Potential Manifestation
Humbleness

This week is in the frame of Hod. How does submitting assist you to become more humble?

What does Eternal Victory look like in the frame of Submission?
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

Netzach SBHeBeHoD

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

Traits of Hod

Majesty

Splendor

Praise

Submission

Potential Manifestation

Humbleness

This week is in the frame of Hod. How does submitting assist you to
become more humble?

What does Eternal Victory look like in the frame of Submission?

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 EhHov Et Tzedakot - Love Righteousness. Righteousness means do the Right thing - the sharing thing. What does that look like in your life?

You have now completed 32 days which is Four Weeks and Four 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 Yood Zion (17th) of Iyar are:

Rabbi Yechezkel ben Yehuda HaLevi Landau of Prague, the Nodah BeYehudah (1793 which is 5553 in the Hebrew Calendar)

Rabbi Moshe Chaim Ephraim ben Rabbi Yechiel of Sudlikov (1800 which is 5560 in the Hebrew Calendar)

Rabbi Mordechai ben Yochanon Twersky of Rachmastivka (1921 which is 5681 in the Hebrew Calendar) and his son Rabbi Pinchas of Ostila HY"D (exact death date is unknown, sometime in 1943 (5703 or 5704 in the Hebrew Calendar), so it is observed with his fathers)

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 Thirtieth Second Day of the Omer, which is Netzach SeBe Hod, is Yonah Ben Amitai.

Verses from the Torah about Yonah Ben Amitai start at the book of Kings Beit Chapter 14 Verse 25

הוּא הַשִּׁיב אֶת גְּבוּל יִשְׂרָאֵל מִלְּבוֹא חֶמֶת עַד יַם הָעָרְבָה
כַּדְבַּר יְהוָה אֱלֹהֵי יִשְׂרָאֵל אֲשֶׁר דִּבֶּר בְּיַד עֲבָדָיו יוֹנָה בֶן
אָמִתַּי הַנְּבִיא אֲשֶׁר מִגַּת הַחֶפְר:

He restored the border of Israel from the entrance of Hamath to the sea of the Arabah, according to the word of the Lord God of Israel, which he spoke by the hand of his servant Jonah, the son of Amittai, the prophet, which was of Gath-Hepher.

May we all internalize the Attributes of Netzach of Hod and grow to the level of Prophecy represented by Yonah Ben Amittai.