

The Seder (order) for the Sephirot HaOmer.

Night of May 3, 2010 which is 20th 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 תִּרְףִי:

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 מְאֹד  
הוֹד וְהַדָּר לְבִשְׂתִּי:

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 וחמישה יום לעומר שהם חמישה

שבועות 4

HaYoM SHeLoSHiM VeCHaMiSHa YoM LaOMeR SHeHaiM  
CHaMiSHaH SHaVuOT

Thirty Five Days of the Omer which are Five Weeks  
(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 יַחֲנֵנוּ 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 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 וִירְנְנוּ לְאֵמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂוֹר  
וְלֵאֵמִים 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 Aleph means One and also One Thousand depending on the  
vowels. It also shows the metaphorical union of Heaven and Earth in  
its physical shape. What is the state of your union? with yourself? with  
your spouse or significant other? with your children? with your  
friends? Your family? Your neighbors - both immediate and distant?  
what about the entities living in the meditative realms? Your enemies  
are also part of your potential unity - what about them?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כְּלָם:

Yoducha Ahmim Elohim Yoducha Ahmim Kulam:

Your thanks, Peoples God (in the frame of judgment or nature) Many  
Thanks, many peoples or nations (More to follow each Day)

This term can be translated as "Sea of People or People of 50  
(understanding). Are you a person of understanding? Do you "see"  
people in the frame of judgment or do you "see" them as doing good  
things even if they turn out with the appearance of wrong? For  
example: You see a man hit another. Is he in the wrong? is the one

being hit in the wrong? or was it an accident that you just observed incorrectly? What do you need to change about yourself so that you "see" with Mercy instead of judgment?

(ז) אָרְץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

(ח) יְבָרְכֵנוּ אֱלֹהִים וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אָרֶץ:

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

אָנָּה בְּכַח. גְּדוּלַת יְמִינְךָ. תַּתִּיר צְרוּרָה. אַבְגֵי תַצ

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

קָבַל רַנַּת. עִמְךָ שִׁגְבוּנוֹ. טַהֲרֵנוּ נוֹרָא. קִרְעֵ שֵׁטָן

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.

## Tiferet - תפארת

נא גבור. דורשי יחודך. 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 Gimme! Dalet Yood Caf Shin

## Netzach - נצח

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 Gimme!

## Hod - הוד

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

The Gematria of this word (6 Letters) is 229 which is the Gematria of Baruch (Blessing) with the Kolel. In what way are you a Blessing to the World? to your neighbors? to your family? to yourself? What needs to change to become a greater blessing?

## 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 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 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 Manifestation 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

**Malchut 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 Manifestation 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 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

Malchut SBHeBeHoD

(after saying the Name of the Sefirah 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 Manifestation 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 Not being Arrogant about One's Learning. Are you the one responsible for your learning wisdom? Is your teacher? How do you react when someone thanks you for being so smart?

## You have now completed 35 days which is Five 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, 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 Caf (20th) of Iyar are:

Rabbi Saadia Marjok of Yerushalaim (1773 which is 5533 in the Hebrew Calendar)

Rabbi Mordechai ben Rabbi Menachem Nochum Twersky, Magid of Chernobyl (1838 which is 5598 in the Hebrew Calendar) His teaching was to strengthen Pure Simple Emunah

Rabbi Chaim Avraham ben Rabbi Moshe Gagin of Constantinople (1848 which is 5608 in the Hebrew Calendar), Rishon Letzion & Rosh Yeshiva of Beit El, wrote Mincha Tehora on Menachos and Responsa Chukei Chaim.

Rabbi Yitzchak Eizik Halevi Rabinowitz, wrote Doros Harishonim to counter the false history written by maskilim

Rabbi Eliyahu Elejimi, Mekubal and Av Beis Din in Yerushalaim

Rabbi Yechi ben Rabbi Avrohom Abuchatzeira (1935 which is 5695 in the Hebrew Calendar)

Rabbi Yosef Valtuch, mekubal in Eretz Yisroel (1983 which is 5743 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 Thirtieth Fifth Day of the Omer, which is Malchut SeBe Hod, are Nahum and Abigail pronounced Avygail in Hebrew.

Verses from the Torah about Nahum start at the book of Nahum  
Chapter 1 Verse 1

מִשָּׂא נִינְוֵה סֵפֶר חֲזוֹן נַחוּם הָאֶלְקָשִׁי:

The burden of Nineveh. The book of the vision of Nahum the Elkoshite.

Verses from the Torah about Avygail start at the book of Samuel  
Aleph Chapter 25 Verse 1

וְשֵׁם הָאִישׁ נָבָל וְשֵׁם אִשְׁתּוֹ אַבְגַּיִל וְהָאִשָּׁה טוֹבַת שְׂכָל  
וַיִּפֹּת תְּאֵר וְהָאִישׁ קָשָׁה וְרַע מֵעַלְלִים וְהוּא כָּלְבוּ  
{כָּלְבִי}:

And the name of the man was Nabal; and the name of his wife Abigail; and she was a woman of good understanding, and of a beautiful countenance; but the man was churlish and evil in his doings; and he was of the house of Caleb.

May we all internalize the Attributes of Malchut of Hod and grow to the level of Prophecy represented by Nahum and Avygail.