

The Seder (order) for the Sephirot HaOmer.

Night of May 5, 2010 which is 22th 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 מֵעַשִׂי  
יְדִיךָ אֶל תִּרְףִּי:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha  
Al Teref:

תהילים פרק נז (ג) אֶקְרָא לֵאלֹהִים עֲלִיּוֹן לְאֵל גֹּמֵר עָלַי:

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) וְאֶעְבֹּר 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 כִּפְשִׁלְמָה 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 ושבעה יום לעומר שהם חמישה שבועות  
ושני ימים 4

HaYoM SHeLoSHiM VeSHeVAH YoM LaOMeR SHeHaiM  
CHaMiSHaH SHaVuOT USHNai YaMiM

Thirty Seven Days of the Omer which are Five 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 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 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 וִירְנְנוּ לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל  
וְלְאֲמִים 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 following is from Day 26. Please continue your spiritual work  
relating to How to become more humble. 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?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּלָם:

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

(ז) אֶרֶץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

## Land (More to follow each Day)

The word Ehretz means Land, Earth, or country. In what way do you identify with your country. Do you live in your country as a resident or a tourist. To which aspect do you wish to connect - resident or tourist? What do you need to change about yourself to become a tourist and disconnect from the pain and misery around you? Or How can you help reduce the pain and misery around you?

(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 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. תַּתִּיר צְרוּרָה. אֲבָג יִתַּצ

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 רִנָּת. עִמָּךְ שִׁגְבֵנוּ. טַהֲרֵנוּ נוֹרָא. קִרְע שֶׁטָן

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 '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

## 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 Gimmel

## 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

## Yesod - יסוד

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

Below is pasted the questions from the previous Gimmel. Please continue this spiritual work relating to idol worship.

The Gimmel is both a letter and a word. As a word, one of the meanings is "to wean". Where do you need to wean yourself from the material world? What do you find difficult to walk away from? The sages teach that anything that we can not let go of is considered idol worship. Can you use this teaching to realize how ugly this thing you are using is, actually?

## מלכות - Malchut

שועתנו קבל. ושמע צעקתנו. יודע תעלומות.

שקוצית

Ta-Alumot Yodaya Tziakatanu Ooshmah Kabel Shavatanu  
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

### גבורה שביסוד

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

Traits of YeSoD

Foundation

Creative Energy

Sexual Energy

Channel

Connection

Potential Manifestation

This week is in the frame of YeSoD. How do you connect to the foundation of your Creative process or energy?

What does Judgment and Power look like in the frame of Creative Energy?

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 SHeBeYeSoD

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

Traits of YeSoD

Foundation  
Creative Energy  
Sexual Energy  
Channel  
Connection  
Potential Manifestation

This week is in the frame of YeSoD. How do you connect to the foundation of your Creative process or energy?

What does Judgment and Power look like in the frame of Creative Energy?

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 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

**Gevurah SHeBeYeSoD**

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

Traits of YeSoD

Foundation  
Creative Energy  
Sexual Energy  
Channel

Connection  
Potential Manifestation

This week is in the frame of YeSoD. How do you connect to the foundation of your Creative process or energy?

What does Judgment and Power look like in the frame of Creative Energy?

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 Sharing the Burden of Others. One aspect of this is to learn to feel the pain of others as our own pain. What do you need to change in order to Feel the Pain of Others?

**You have now completed 37  
days which is Five Weeks and  
Two 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](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 Bait (22st) of Iyar are:

Rabbi Mordechai Shraga Feivish Friedman of Husiyatin (1894 which is 5654 in the Hebrew Calendar) youngest son of Rabbi Yisrael of Rizhin

Rabbi Shlomo Eliezer ben Rabbi Yaakov Alfandri, the Saba Kadisha (1930 which is 5690 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 Seventh Day of the Omer, which is Gevurah SHeBe YeSoD, is Tzefanya Ben Kushi

Verses from the Torah about Tzefanya Ben Kushi start at the book of Tzefaniah Chapter 1 Verse 1

דָּבַר יְהוָה אֲשֶׁר הָיָה אֶל צְפַנְיָה בֶּן כּוּשִׁי בֶּן גְּדַלְיָה בֶּן  
אֲמַרְיָה בֶּן חִזְקִיָּה בְיָמֵי יְאֲשֵׁרְהוּ בֶּן אָמוֹן מֶלֶךְ יְהוּדָה:

The word of the Lord which came to Zephaniah the son of Cushi, the son of Gedaliah, the son of Amariah, the son of Hezekiah, in the days of Josiah the son of Amon, king of Judah.

May we all internalize the Attributes of Gevurah of Yesod and grow to the level of Prophecy represented by Tzefaniah Ben Kushi.