

The Seder (order) for the Sephirot HaOmer.

Night of May 8, 2010 which is 25th 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 (איההויהה) 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 (איההויהה) 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) יהוה יגמור בעדי יהוה חסדך לעולם מעשי
ידיך אל תרף:

Adonai Yigmor BaAdi Adonai Chasdecha LeOlam MaAsai Yadecha Al
Teref:

תהילים פרק נז (ג) אקרא לאלהים עליון לאל גמר עלי:

Ehkrah LaiElohim Elyon LaEil Gomair Alai:

יחזקאל פרק טז (ו) ואעבר עליך ואראך מתבוססת בדמך ואמר

לך בדמך חיי ואמר לך בדמך חיי:

VaEhEhVor AhLaYiech VaEhrAich MitBoSehSeht BeDaMaYich

VayOmar Lach BeDaMaYich ChaYi VaOMaR Lach BeDaMaYich

ChaYi:

תהילים פרק קד (א) ברכי נפשי את יהוה יהוה אלהי גדלת מאד
הוד והדר לבשת:

Barki Nafshi Et Adonai Elohim Elohai Gadalta Meod Hod Vehadar

LaVashta:

תהילים פרק קד (ב) עטה אור פשלמה נוטה שמים פריעה:

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 ארבעים יום לעומר שהם חמישה שבועות

וחמישה ימים 4

HaYoM ARBAYiM YoM LaOMeR SHeHaiM CHaMiSHaH

SHaVuOT VeCHaMiSHaH YaMiM

Fourty Days of the Omer which are Five 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 Sefira. 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 בְּנִגְיֹנֹת 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 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 בְּכָל גּוֹיִם יְשׁוּעָתְךָ:

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) יִשְׁמְחוּ וִירְנְנוּ לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל
וּלְאֲמִים בְּאֶרֶץ תְּנַחֵם 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, and you guide Peoples on The Land (of Israel), Selah

The Aleph is the first word of the Letter Arur which means curse. In what way are you bringing Curses into your life? Are you able to "see" curses as blessings as is taught by the Mitzvah of Purim when we try to arrive at the consciousness to "not know the difference between Bless Haman and Curse Mordechai"? What do you need to change about yourself to arrive at this consciousness?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כָּל־לָם:

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 or Nations will give Crops or yield Bless Us (More to follow each Day)
Yevarkanu translates as "(actively) Bless Us". In what manner do you
go out of your way to actively Bless some one else? What do you need
to change in order to achieve this goal?

(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

אנא בכח. גדולת ימינך. 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.

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 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 remember Turn Your People Proud Unity
The 7th word is pronounced Yood Gimmel Lamed Pey Zion Koof

The Zion is both a Letter and a word. In modern English, Zionism takes its name from this word and letter. Many times Zion and Jerusalem are used interchangeably. The Zohar explains that Zion is the name of the spiritual cause of the physical location called Jerusalem. Jerusalem is the energy center of our physical world. Where is your energy center? where do you replenish your energy stores? Do you meditate? Do you sleep? Do you vegetate in front of the TV? Do you recharge yourself by hurting other people? Evaluate this and determine what is best for you to do to change yourself!

מלכות - Malchut

שועתנו קבלו שמעצ עקתנו. 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 השכת מיום
הביאכם את עמר התנופה שבע שבתות תמימת תהינה:
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 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 Potential Manifestation 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

Hod 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 Potential Manifestation 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 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 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 Potential Manifestation 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 Guide
Others Towards Peace. In order to do this one must know what is
Peace? What is peace for yourself? and others? How do they differ?
How can you strengthen this trait?

You have now completed 40 days which is Five Weeks and Five 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 Caf Hay (25th) of Iyar are:

Rabbi Ozer ben Rabbi Meir HaKohen of Klimintov (1710 which is 5470 in the Hebrew Calendar), He wrote the Sefer "Even HaOzer".

Rabbi Chaim ben Rabbi Menachem Mendel Hager of Kosov (1854 which is 5614 in the Hebrew Calendar). He wrote Sefer Toras Chaim, he was the father of the first Vizhnitzer Rebbe.

Rabbi Avraham Yosef ben Rabbi Meir Ash, Chassidish Rabbi in New York in the second half of the 19th century. He is buried in Queens, NY, in one of the old cemeteries.

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 Fourtieth Day of the Omer, which is Hod SHeBe YeSoD, is Yehezkel Ben Buzi HaCohen.

Verses from the Torah about Yehezkel Ben Buzi HaCohen start at the book Ezekiel of Chapter 1 Verse 3

הָיָה הַיָּהוָה דֹּבֵר יְהוָה אֶל יְחִזְקֵאל בֶּן בּוּזִי הַכֹּהֵן בְּאֶרֶץ

בְּשָׂדִים עַל נְהַר כְּבָר וַתְּהִי עָלָיו שְׁמַיַד יְהוָה:

The word of the Lord came to Ezekiel the priest, the son of Buzi, in the land of the Chaldeans, by the Chebar river; and the hand of the Lord was there upon him.

May we all internalize the Attributes of Hod of Yesod and grow to the level of Prophecy represented by Yehezkel Ben Buzi HaCohen