

The Seder (order) for the Sephirot HaOmer.

Night of May 10, 2010 which is 27th 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 ושנים יום לעומר שהם ששה שבועות 4

HaYoM ARBAYiM USHaNaiM YoM LaOMeR SHeHaiM SHiSHaH

SHaVuOT

Fourty One Days of the Omer which are Five Weeks and Six Days
(This is the actual counting in two styles)

5. Ohr Penimi - Inner Light

הרחמן הוא יחזיר עבודת בית המקדש למקומה במהרה
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) לַמְנַצֵּחַ 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 יְחַנְּנוּ וַיְבָרְכֵנוּ יְיָ אֱרָא פָנָיו 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 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 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 מִיִּשְׂוֹר
וְלְאֲמִים בְּאֶרֶץ תִּנְחָם 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 Tzadi Sofit is a letter used at the end of a word. It is also a word that means Righteousness in the frame of the Endless World. Are you ready to bring Mashiach into your life and live a Rigeous Lifestyle filled with Torah, Joy and Happiness? Are you ready to sacrifice yourself to live this way? What traits will you change to live like this?

(ו) 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

(ז) אֶרֶץ נְתַנָּה יְבוּלָהּ יְבָרְכֵנוּ אֱלֹהִים אֶלְהֵינוּ:

Ehretz Natnah Yevulah Yevarkanu Elohim Ehlohainu:

Land or Nations will give Crops or yield Bless Us God (of Judgment) Our God (More to follow each Day)

Elohanu is always translated as Our God but it can also be translated as

Our Judge. Who do you judge? Yourself? Then it is taught that HaShem does not judge you if you judge yourself! Others? Then HaShem judges you! Who do you want to judge you? You or HaShem? What do you need to change about yourself so that you stop inviting judgment upon yourself?

(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 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

אָנָּא בְּכַח. גְּדוּלַת יְמִינְךָ. תַּתִּיר צְרוּרָה. אַבְגִּי תַצ

Tzerurah Tahir 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 שִׁגְבֵנוּ. 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 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**

One way of "seeing" these letters is with the following translation. Active Camel, Teacher, Mouth, Spiritual Jerushalem, Monkey. To achieve the Spiritual Jerushalem one must teach ones mouth to remove the Camel and Monkey from oneself. To simplify, Camel represents the negative side, and Monkey represents the imitation. How will you use this in your life? To help yourself change?

מלכות - Malchut

שועתנו קבלו שמעצ עקתנו. יודע תעלומות.

שקוצית

Ta-Alumot Yodaya Tziakatanu Ooshmah Kabel Shavatanu
hThe 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

מלחאת שביסוד

(after saying the Name of the Sephira 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 the 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

Malchut 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 the 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 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 SHeBeYeSoD

(after saying the Name of the Sefira 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 the 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 "To Ask and To Answer". Do you know which is the Cause and which the effect? Is the Answer the purpose of existence? or the Question? What do you need to do to manifest this teaching in your life?

You have now completed 42 days which is Six 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

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 Zion (27th) of Iyar are:

Rabbi Avraham Shmuel Bacharach (1615 which is 5375 in the Hebrew Calendar), married the granddaughter of the Maharal of Prague and was the grandfather of the Chavas Yair

Rabbi Yitzchak Abulafia (1825 which is 5485 in the Hebrew Calendar), Av Beis Din of Tzefat

Rabbi Shlomo Zalman ben Rabbi Yehuda Leib Schneerson of Kapust (1900 which is 5660 in the Hebrew Calendar), author of Mogen Avos, grandson of the Tzemach Tzedek of Lubavitch

Rabbi Eliezer Zev of Kretchnif HY"D ben R' Meir of Kretchnif (1944 which is 5704 in the Hebrew Calendar)

Rabbi Yerachmiel Yehuda Meir ben Rabbi Shimon Sholom Kalish, the Amshinover Rebbe (1976 which is 5736 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 Fourty Second Day of the Omer, which is Malchut SHeBe YeSoD, is Neryah Hanavi and Chulda the Prophetess. His Name translates God's Candle.

Verses from the Torah about Neryah start at the book of Jeremiah
Chapter 32 Verse 12

וְאֶתֶן אֶת הַסֵּפֶר הַמְּקַנָּה אֶל בָּרוּךְ בֶּן נֵרְיָה בֶּן מַחְסִיָּה
לְעֵינַי חֲנַמְאֵל דָּדִי וְלְעֵינַי הָעֵדִים הַכְּתוּבִים בְּסֵפֶר הַמְּקַנָּה
לְעֵינַי כָּל הַיְהוּדִים הַיֹּשְׁבִים בְּחֶצֶר הַמַּטָּרָה:

And I gave the deed of the purchase to Baruch the son of Neriah, the son of Maaseiah, in the presence of Hanameel my uncle's son, and in the presence of the witnesses who signed the deed of the purchase, before all the men of Judah who sat in the court of the prison.

Verses from the Torah about Chulda start at the book of Kings Beit
Chapter 22 Verse 14

וַיֵּלֶךְ חִלְקִיָּהוּ הַכֹּהֵן וְאַחִיקָם וְעֶכְבֹּר וְשָׁפָן וְעָשָׂיָה אֶל
חֻלְדָּה הַנְּבִיאָה אִשְׁתׁ שַׁלּוּם בֶּן תִּקְוָה בֶּן חֲרָחַס שֹׁמֵר
הַבְּגָדִים וְהִיא יֹשֶׁבֶת בִּירוּשָׁלַם בַּמִּשְׁנָה וַיְדַבְּרוּ אֵלֶיהָ:

And Hilkiah the priest, and Ahikam, and Achbor, and Shaphan, and Asaiah, went to Huldah the prophetess, the wife of Shallum the son of Tikvah, the son of Harhas, keeper of the wardrobe; she lived in Jerusalem in the second quarter; and they talked with her.

May we all internalize the Attributes of Malchut of Yesod and grow to the level of Prophecy represented by Neryah and Chuldah the Prophet and Prophetess.