

The Seder (order) for the Sephirot HaOmer.

Night of May 11, 2010 which is 28th 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 Sefirat

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 ושלושים יום לעומר שהם ששה שבועות

ואחד יום 4

HaYoM ARBAYiM USHLoSHiM YoM LaOMeR SHeHaiM

## SHiSHaH SHaVuOT VeEChAD YoM

Fourty Three Days of the Omer which are Six Weeks and One Day

(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 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 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 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 לְאֵלִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל  
וּלְאֵלִים 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 Taf is a letter that can be considered the end of the Aleph Bet or as a New beginning due to the foot pointing out to the Left. How do you see life? Is today a new beginning or the last day of your life? How do you want to "see" life? What do you want to change about yourself to achieve this goal?

(ו) יוֹדוּךָ עַמִּים אֱלֹהִים יוֹדוּךָ עַמִּים כֻּלָּם:

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 God (of Judgment)  
Our God.

Above is the direct translation. Below is the usual Translation:  
The earth has given its yield. May HaShem our God Bless us.

(ח) **יְבָרְכֵנוּ** אֱלֹהִים וַיִּירָאוּ אוֹתוֹ כָּל אַפְסֵי אֶרֶץ:

**Yevarkanu** Elohim VeYeru Oto Kal Afsai Aretz:

Bless Us (More to follow each Day)

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 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 שִׁגְבָנוּ. טַהֲרָנוּ 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

## מלכות - Malchut

שועתנו קבלו שמעצ עקתנו. 'ודעת עלומות.

שקוצית

Ta-Alumot Yodaya Tziakatanu Ooshmah Kabel Shavatanu  
The 7th word is pronounced Shin Koof Vav Tzadi Yood Taf

How can you utilize the passion of the Shin to help you bring balance and peace into your life? your families life? Your neighbor's Life? Your communities Life? Your Nations Life? Your World's Life? Your Universe's Life?

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

חסד שבמלחאת

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

Traits of Malchut

Kingdom  
Manifestation  
Lack  
Desire  
Completion  
Fullfillment  
Tikune

This week is in the frame of Malchut. How do you Fullfill your Desires? How do you manifest your Tikune? How do you recognize your Lack? How well do you play at being King or Queen? What does the Loving Kindness look like in the frame of Manifestation?

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

**CHeSeD SHeBeMaLCHuT**

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

Kingdom  
Manifestation  
Lack

Desire  
Completion  
Fullfillment  
Tikune

This week is in the frame of Malchut. How do you Fullfill your Desires? How do you manifest your Tikune? How do you recognize your Lack? How well do you play at being King or Queen? What does the Loving Kindness look like in the frame of Manifestation?

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

**CHeSeD SHeBeMaLCHuT**

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

Traits of Malchut

Kingdom  
Manifestation  
Lack  
Desire  
Completion  
Fullfillment  
Tikune

This week is in the frame of Malchut. How do you Fullfill your Desires? How do you manifest your Tikune? How do you recognize your Lack? How well do you play at being King or Queen? What does the Loving Kindness look like in the frame of Manifestation?

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 Listen and To Add". This means that to accept what one reads and learns without question is incomplete; It is important to use what one has learned in new ways and new situations. How would your Teacher answer this question? is a good question to ask.

## You have now completed 43 days which is Six Weeks and One Day 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 one's 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 Chet (28th) of Iyar are:

Chana the Mother of Shmuel Hanavi and a Prophetess in her own right (878 B. C. E. which is 2882 in the Hebrew Calendar)

Shmuel Hanavi (878 B.C.E. which is 2882 in the Hebrew Calendar)

Rabbi Yitzchak of Kurweil, author of the S'mak, Sefer Mitzvos Kotton (1280 which is 5040 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 Third Day of the Omer, which is Chesed SHeBe Malchut, is Serayah.

Verses from the Torah about Serayah start at the book of Samuel Bet  
Chapter 8 Verse 17

וְצָדוֹק בֶּן אַחִיטּוֹב וְאַחִימֶלֶךְ בֶּן אָבִיתָר כְּהֲנִים וְשָׂרָיָה  
סוֹפֵר:

May we all internalize the Attributes of Chesed of Malchut and grow to  
the level of Prophecy represented by Serayah.