

The Seder (order) for the Sephirot HaOmer.

Night of May 15, 2010 which is Third of Sivan.

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 ידי נו 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 ושעבה יום לעומר שהם ששה שבועות

וחמישה ימים 4

HaYoM ARBAYiM VeSHiVaH YoM LaOMeR SHeHaiM SHiSHaH

## SHaVuOT VeCHaMiSHaH YaMiM

Fourty Seven Days of the Omer which are Six 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 Limkomah  
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 בְּנִגְיֹת 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 לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל  
וּלְאֲמִים 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 Samek is a letter that connects to the energy of Support and resisting Falling. As we approach the manifestation of the Torah in our physical world what are we changing about ourselves to enable us to find support in / with HaShem?

(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 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 Elohim (God) and exhibit awe of Him All (More to follow each Day)

The word Kal has a Gematria of 50 and translates as all or everything. The 50 connects us to the Higher spiritual world known as the World of Creation and Binah. What are you doing within yourself to bring The world of Creation to be revealed in our physical world? What do you need to change about yourself to make that happen?

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 יִתְצֵ

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.

## תפארת - Tiferet

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

## נצח - Netzach

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

## הוד - Hod

חסין קדוש. ברוב טובך. נהל עדתך: חקבטנוע

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

## 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

The 7th word is pronounced Shin Koof Vav Tzadi Yood Taf

The Yood represents HaShem in all of the worlds. It also represents activity. What activities do you need to do in order to make the World of Creation manifest in our physical world?

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  
הביאתכם 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

### חוד שבמלחאת

(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 Glory 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

### Hod 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 Glory 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

**Hod 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 Glory 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 "Focus Attention on One's Learning". Learning is not what one parrots from one's reading or one's teacher. Learning is using one's knowledge to apply one's knowledge in the physical world? Are you making that effort?

**You have now completed 47 days  
which is Six 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](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 Gimmel (Third) of Sivan are:

Rabbi Yaakov Shimshon ben Rabbi Yitzchok of Shpitovka (1801 which is 5561 in the Hebrew Calendar) Was considered a great Halachic authority; he is quoted by Rabbi Ephraim Zalman Margolies in Sefer Zera Ephraim. Talmid of the Magid of Mezeritch, Toldos Yaakov Yosef and Rabbi Pinchos of Koritz. He moved to Teveria, where he met Reb Nachman of Breslov. Traveled to Arab countries to collect money for the poor of Eretz Yisrael.

Rabbi Yosef Irgas (1730 which is 5490 in the Hebrew Calendar) Italian Kabbalist, author of Divrei Yosef and Shomer Emunim

R' Yisrael Tzvi of Koson HY"D (1944 which is 5704 in the Hebrew Calendar) ben Rabbi Yehosef , was killed, "Al Kiddush Hashem" in Aushwitz

Rabbi Ovadia ben Avrohom Bartenura, the Rav -one of the most used commentaries on Mishna

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 Seventh Day of the Omer, which is Hod SHeBe Malchut, is Malachai.

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

מִשָּׂא דְבַר יְהוָה אֶל יִשְׂרָאֵל בְּיַד מַלְאָכָיו:

The burden (vision) of the word of the Lord to Israel by Malachi.

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