

The Seder (order) for the Sephirot HaOmer.

Night of May 17, 2010 which is Fifth of Sivan.

This is considered a good day to get your hair cut!

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 בדמין ואמר

לך בדמין חיי ואמר לך בדמין 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 וטישה יום לעומר שהם שבעה שבועות

HaYoM ARBAYiM VeTaiSHaH YoM LaOMeR SHeHaiM SHiVaH
SHaVuOT

Fourty Nine Days of the Omer which are Seven Weeks
(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 בְּנִגְיֵינֹת 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 יִחַיְנוּ וַיְבָרְכֵנוּ יְיָ אֵר פָּנָיו אֶתָנוּ 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 בְּאָרֶץ דְּרַכָּךָ 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 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

(ה) יִשְׂמְחוּ וִירְנְנוּ לְאֲמִים כִּי תִשְׁפּוֹט עַמִּים מִיִּשְׂרָאֵל

וְלְאֲמִים 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

This Final Hay of the Verse represents our physical world. What are you doing in your life to enhance this physical world? What do you still need to change?

(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 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 אֶפְסֵי אֶרֶץ:

Yevarkanu Elohim VeYeru Oto Kal Afsai Aretz:

Bless Us Elohim (God) and we will exhibit awe of Him through All the Ends of the world.

The word Aretz means Land or sometimes world.

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. אַבְגֵי תַצ

Tzerurah Tatur 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. 'ודע תעלומות.

שקוצית

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

These 6 Letters have a Gematria of 906 which represents 400 Plus 506. 400 represents the Perfection of the World and 506 represents unconditional Love. In what way are you ready to manifest unconditional love to your self? your family? your neighbors? Your communities? your Nation? your world? What has to be changed by you about you to make this happen?

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 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 Your Kingdom 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

Malchut 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 Your Kingdom 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
Malchut 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 Your Kingdom look like in the frame of Manifestation?

will be corrected and i shall be purified and sanctified with supernal sanctity, AMEN SELAH:

New Section

The Mishna brings 48 attributes to acquire Torah. The Alter of Kelm teaches that this presents ones world in a seperated way. Today unify all of these traits. How do you do that? This takes reflection and is part of your Torah process. See the world unified not seperated today and each day.

You have now completed 49 days which is Seven Complete 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 Hay (Fifth) of Sivan are:

Rabbi Zev Volf ben Reb Shmuel HaLevi of Zhitomir. He is one of the greatest talmidim of the Magid of Mezritch, with his seat being between Reb Ahron of Karlin and Reb Mendel of Vitebsk. He is the author of Ohr HaMeir, one of the essential texts of Chassidus. He may not be as well known, because he didn't leave behind a dynasty, but in the world of Chassidus, the Ohr HaMeir is among the most respected seforim.

Reb Volf's way was to never show any outward sign of emotion in serving Hashem, such as clapping hands or davening loudly. He said this could only be done when you feel inside the way you want to express yourself outside. Reb Volf said that in all his life he never showed any outward signs except once. This is what he said happened:

He was in the Beis Medrash one Erev Shabbos, with many of the other tzadikim, and the Magid was sitting in his house, which was adjacent to the Beis Medrash, reading the parsha, shnaim mikra v'echod targum. (He always did this in a closed room, without anyone watching.) The door to the Magid accidentally opened and all the talmidim in the Beis Hamedrash saw him in this great state of kedusha - there was such a light coming from the face of the Magid. The brothers, the Rebbe Reb Shmelke and the Haflah, and the brothers, the Rebbe Reb Meilech and the Rebbe Reb Zisha ran out of the Beis Hamedrash from fear. Reb Levi Yitzchok of Berdichev was rolling under the benches, feeling like

his neshama was going to leave him.

And Reb Volf, from seeing this awesome sight of the Magid reviewing the parsha, simply clapped his hands. Reb Volf said that for the rest of his life he did teshuva for this outward sign of emotion - the clapping of his hands. Praiseworthy is he whose teshuvah is on such an act.

What do we learn from this story? Even those who follow tzadikim that say to daven with outward emotion should strive to internalize in their neshama the expressions they do externally.

R' Chaim Yaakov Safran of Komarna (1969 which is 5729 in the Hebrew Calendar) Author of Shabbos Sholom U'Mevorach and Beis Avos. He was the son of Rabbi Avraham Mordechai of Bureslov. Moved to the USA and then to Eretz Yisrael.

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 Ninth Day of the Omer, which is Malchut SHeBe Malchut, is Esther from the Megilla Esther.

Verses from the Torah about start at the book of Esther Chapter 2
Verse 7

וַיְהִי אִמֵּן אֶת הַדָּסָה הִיא אֲסִתֵּר בֵּת דָּדוֹ כִּי אֵין לָהּ אָב
וְאִם וְהִנְעִרָה יַפֶּת תֹּאֵר וְטוֹבֵת מְרֻאָה וּבְמוֹת אָבִיהָ
וְאִמָּה לְקַחָהּ מִרְדְּכָי לוֹ לְבַת:

And he brought up Hadassah, that is, Esther, his uncle's daughter; for

she had neither father nor mother, and the maid was beautiful and of good presence; and, when her father and her mother died, Mordecai adopted her as a daughter.

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