

Heart-Fire Healing

Spiritual Guidance & Shema-nik Healing
 Repair of the Soul תיקון הנפש
 Listening for the Sacred שומע ברוח

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Counting the Omer 2024 / 5784

The Counting of the Omer (*originally a harvest offering of grain*) starts on the second night of Pesach and lasts for seven weeks, 49 days. Remembering the time it took the Children of Israel to get from Mitzraim to Sinai, we count off the days until Shavuot, when we celebrate receiving the revelation of Torah. The Kabbalists identify this mystical journey of seven times seven days as a journey through the Tree of Life. (This Kabbalistic tree is the map of energies or emanations through which the Infinite Divine manifests – like light through a prism). Each day and each week correspond to one of these divine energies (*sefirot*, 'numbers'). They can be summarized as:

- Chesed** - lovingkindness; benevolence, generosity, grace, altruism, unconditional love. [Abraham; Rebecca; *white*]
- Gevurah** - strength; judgment; discernment; justice; restraint, discipline of setting boundaries. [Isaac; Sarah, Leah; *red*]
- Tiferet** - 'beauty', harmony, compassion, truth, proportion, balance (of lovingkindness and strength). [Jacob; Ruth; *yellow*]
- Netzach** - 'victory', 'eternity', effectiveness, endurance, ambition, overcoming limitations. [Moses; Miriam; *light pink*]
- Hod** - 'splendor', 'glory', empathy, humility, service, surrender. [Aaron; Hannah; *lavender*]
- Yesod** - 'foundation', power, (pro)creativity, bonding, covenant, reciprocal relationship. [Joseph; Tamar; *orange*]
- Malkhut** - 'sovereignty', dignity, mastery, completion, reflection, divine presence, *Shekhinah*. [David; Rachel, Esther; *blue*]

As we take the time each day to consider its unique combination of energies, we have the opportunity to experience each day of our life as a unique chance to be present, whatever 'energies' the day brings. Each day can be a step toward Sinai, toward our sacred covenant, but the process can't be rushed. We must take it one day at a time, and every day counts. If the plagues were the process of dismembering life in slavery, then counting the Omer is the process of remembering ourselves in the divine image, as members of a sacred community.

This grid shows the Omer count and the combinations of the sefirot for each day. Below are the basics of counting the Omer. Further prayers are on the back. Psalm 67 may also be read, with one of its 49 words correlating to each day of the Omer count.

Day: Week		1 Tue	2 Wed	3 Thu	4 Fri	5 Sat	6 Sun	7 Mon
	Sefirah	Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malkhut
1	Chesed	Apr 23 16 Nisan Omer 1	Apr 24 17 Nisan Omer 2	Apr 25 18 Nisan Omer 3	Apr 26 19 Nisan Omer 4	Apr 27 20 Nisan Omer 5	Apr 28 21 Nisan Omer 6	Apr 29 22 Nisan Omer 7
2	Gevurah	Apr 30 23 Nisan Omer 8	May 1 24 Nisan Omer 9	May 2 25 Nisan Omer 10	May 3 26 Nisan Omer 11	May 4 27 Nisan Omer 12	May 5 28 Nisan Omer 13	May 6 29 Nisan Omer 14
3	Tiferet	May 7 30 Nisan Omer 15	May 8 1 Iyar Omer 16	May 9 2 Iyar Omer 17	May 10 3 Iyar Omer 18	May 11 4 Iyar Omer 19	May 12 5 Iyar Omer 20	May 13 6 Iyar Omer 21
4	Netzach	May 14 7 Iyar Omer 22	May 15 8 Iyar Omer 23	May 16 9 Iyar Omer 24	May 17 10 Iyar Omer 25	May 18 11 Iyar Omer 26	May 19 12 Iyar Omer 27	May 20 13 Iyar Omer 28
5	Hod	May 21 14 Iyar Omer 29	May 22 15 Iyar Omer 30	May 23 16 Iyar Omer 31	May 24 17 Iyar Omer 32	May 25* 18 Iyar* Omer 33*	May 26 19 Iyar Omer 34	May 27 20 Iyar Omer 35
6	Yesod	May 28 21 Iyar Omer 36	May 29 22 Iyar Omer 37	May 30 23 Iyar Omer 38	May 31 24 Iyar Omer 39	Jun 1 25 Iyar Omer 40	Jun 2 26 Iyar Omer 41	Jun 3† 27 Iyar† Omer 42†
7	Malkhut	Jun 4 28 Iyar Omer 43	Jun 5 29 Iyar Omer 44	Jun 6 1 Sivan Omer 45	Jun 7 2 Sivan Omer 46	Jun 8 3 Sivan Omer 47	Jun 9 4 Sivan Omer 48	Jun 10 5 Sivan Omer 49

count after sundown each day

*Lag B'Omer

† Yom Keshet

Today is (omer#) day(s), [which are (week#) week(s) and (day#) day(s)] of the Omer.

Today is the (sefirah of day) of (sefirah of week).

Example: Omer 2 – Today is 2 days of the Omer. Today is the Gevurah of Chesed.

Omer 38 – Today is 38 days which is 5 weeks and 3 days of the Omer. Today is the Tiferet of Yesod.

Visit www.meaningfullife.com or www.ritualwell.org or www.awayin.org for daily Omer sefirot interpretations

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לְשֵׁם יְחִיד קוֹדֶשׁא בְּרִיךְ הוּא וְשְׁכִינְתֵיהּ, עַל יְדֵי הַהוּא בְּדַחֲלוֹ וּבְרַחֲמוֹ
לְיַחַד שֵׁם יוֹד הֵא בְּנֵאִוֹ הֵא בְּיַחְוֵא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל.

We do this work for the realization of wholeness, embracing the transcendent Divine (YH) and the imminent Sacred (VH) until our hearts open wide enough to encompass all – the meeting place where the Holy within and the Holy above are One and we all share the name of One being together.

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מִלְּךָ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעוֹמֵר.

You are the Source of blessing, *I-Am*, our *Divine-Presence*, Underlying-order hidden within/the universe/ forever, Who has sanctified us with paths of holiness and charged us with the counting (text/number/telling/ sefirot) of the Omer.

הַיּוֹם (# יוֹם), [שְׁהֵם (# שָׁבוּעוֹת) וְ(יּוֹם#) יָמִים], לְעוֹמֵר

1 אָחַד	2 שְׁנַיִם	3 שְׁלֹשָׁה	4 אַרְבָּעָה	5 חֲמִשָּׁה
6 שֵׁשָׁה	7 שִׁבְעָה	8 שְׁמוֹנָה	9 תְּשֻׁעָה	10 עֲשָׂרָה
... עֲשָׂר (+10)	20 עָשְׂרִים	30 שְׁלֹשִׁים	40 אַרְבָּעִים	

Today is (omer#) day(s), [which are (week#) week(s) and (day#) day(s)] of the Omer.

אב"ג ית"צ	אָנָּה בְּכַח גְּדֻלַּת יְמִינְךָ תַּתִּיר צְרוּרָה.
קר"ע שט"ז	קַבֵּל רֵנַת עַמְּךָ שְׂגִבְנוּ טְהַרְנוּ נוֹרָא.
נג"ד יכ"ש	נָא גְבוּר הוֹרְשֵׁי יַחְוֵדְךָ כְּבַבַּת שְׁמֵרָם.
בט"ר צת"ג	בְּרַכֵּם טְהַרֵם רַחֲמֵם צִדְקַתְךָ תָּמִיד גְּמִלֵם.
חק"ב טנ"ע	חֲסִין קָדוֹשׁ בְּרוּב טוֹבְךָ נִהַל עֲדַתְךָ.
יג"ל פז"ק	יַחֲדֵד גְּאֵה לְעַמְּךָ פְּנֵה זוֹכְרֵי קִדְּשֵׁתְךָ.
שק"ו צ"ח	שׁוּעַתְנוּ קַבֵּל וּשְׁמַע צַעֲקוֹתֵנוּ יוֹדַע תַּעֲלָמוֹת.
	בְּרוּךְ שֵׁם כְּבוֹד מַלְכוּתוֹ לְעוֹלָם וָעֶד.

Please, with the power of Your boundless loving, untie our entanglements.
Receive the exultation of Your people; lift us high, refine us, O Awesome One.
Please, O Mighty One, like the apple of Your eye, watch over the seekers of Your unity
Bless us, cleanse us in Your lovingkindness; Your truth always brings into balance.
Sacred One, Holy One, with the abundance of Your goodness, guide Your community.
Singular, Exalted One, turn to face Your people, that we remember Your sacred mystery.
Receive our yearning, and hear our cries, You-Who-Knows the unknowable.
Blessed is the Essence of the glorious/heft of Sacred reality hidden within/the universe/forever and on.

רְבוּנוּ שֶׁל עוֹלָם, ... בְּכֵן יְהִי רְצוֹן מִלְּפָנֶיךָ יי אֱלֹהֵינוּ וְאֱלֹהֵי אֲבוֹתֵינוּ, שְׂבִיחוֹת סְפִירַת
הָעוֹמֵר שְׁסִפְרֵתֵי הַיּוֹם, יִתְקַן מֵה שְׁפָגְמֵתֵי בְּסִפְרָה [חֶסֶד שְׁבַחְסֵד] וְאַטְהַר וְאַתְקַדֵּשׁ
בְּקִדְּשָׁה שֶׁל מַעְלָה, וְעַל יְדֵי זֶה יִשְׁפַע שְׁפַע רַב בְּכָל הָעוֹלָמוֹת. וְלִתְקַן אֶת נַפְשׁוֹתֵינוּ,
וּרְחוּמֵינוּ, וְנִשְׁמוֹתֵינוּ, מִכָּל סִיג וּפְגָם, וְלִטְהַרֵנוּ וּלְקַדְּשָׁנוּ בְּקִדְּשֵׁתְךָ הָעֲלִיּוֹנָה. אָמֵן סְלָה.

Order of all being (hidden within/the universe/forever) ... may it be Your will, *I-Am*, our *Divine-Power* and *Divine-Presence* of our ancestors, that in the merit of the Counting of the Omer that I have counted today, may there be corrected whatever imbalance I have caused in the sefirah (*sefirah of day*)-of-(*sefirah of week*). May I be cleansed and sanctified with the holiness of Above, and through this may abundant bounty flow, inherent within/ all the worlds/ forever. And may it align our lives, spirits, and souls, transmuting all sediment and blemish; may it cleanse us and sanctify us with your exalted holiness. Amen, Selah!