

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 2025 / 5785

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 Sun	2 Mon	3 Tue	4 Wed	5 Thu	6 Fri	7 Sat
	Sefirah	Chesed	Gevurah	Tiferet	Netzach	Hod	Yesod	Malkhut
1	Chesed	Apr 13 16 Nisan Omer 1	Apr 14 17 Nisan Omer 2	Apr 15 18 Nisan Omer 3	Apr 16 19 Nisan Omer 4	Apr 17 20 Nisan Omer 5	Apr 18 21 Nisan Omer 6	Apr 19 22 Nisan Omer 7
2	Gevurah	Apr 20 23 Nisan Omer 8	Apr 21 24 Nisan Omer 9	Apr 22 25 Nisan Omer 10	Apr 23 26 Nisan Omer 11	Apr 24 27 Nisan Omer 12	Apr 25 28 Nisan Omer 13	Apr 26 29 Nisan Omer 14
3	Tiferet	Apr 27 30 Nisan Omer 15	Apr 28 1 Iyar Omer 16	Apr 29 2 Iyar Omer 17	Apr 30 3 Iyar Omer 18	May 1 4 Iyar Omer 19	May 2 5 Iyar Omer 20	May 3 6 Iyar Omer 21
4	Netzach	May 4 7 Iyar Omer 22	May 5 8 Iyar Omer 23	May 6 9 Iyar Omer 24	May 7 10 Iyar Omer 25	May 8 11 Iyar Omer 26	May 9 12 Iyar Omer 27	May 10 13 Iyar Omer 28
5	Hod	May 11 14 Iyar Omer 29	May 12 15 Iyar Omer 30	May 13 16 Iyar Omer 31	May 14 17 Iyar Omer 32	May 15* 18 Iyar* Omer 33*	May 16 19 Iyar Omer 34	May 17 20 Iyar Omer 35
6	Yesod	May 18 21 Iyar Omer 36	May 19 22 Iyar Omer 37	May 20 23 Iyar Omer 38	May 21 24 Iyar Omer 39	May 22 25 Iyar Omer 40	May 23 26 Iyar Omer 41	May 24† 27 Iyar† Omer 42†
7	Malkhut	May 25 28 Iyar Omer 43	May 26 29 Iyar Omer 44	May 27 1 Sivan Omer 45	May 28 2 Sivan Omer 46	May 29 3 Sivan Omer 47	May 30 4 Sivan Omer 48	May 31 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 הִיא בְּנֵאֻמוֹ הִיא בְּיַחְוָא 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 מְלֶךְ 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), [שָׁהֵם (שָׁבוּעַ #) 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 עָשָׂרִים	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 יְמִינֶךָ תִּתִּיר צְרוּרָה.
קר"ע שט"ז	קַבֵּל רִנַּת עַמֶּךָ שְׂגִבְנוּ טְהַרְנוּ נוֹרָא.
נג"ד יכ"ש	נָא גְבוּר הוֹרְשֵׁי יַחְוָדְךָ כְּבַבַּת שְׁמֵרָם.
בט"ר צת"ג	בְּרַכֵּם טְהַרְם רַחֲמֵם צִדְקַתְךָ תְּמִיד גְּמִלֵם.
חק"ב טנ"ע	חֲסִין קָדוֹשׁ בְּרוּב טוֹבְךָ נִהַל עֲדַתְךָ.
יג"ל פז"ק	יַחֲיֵד גְּאֵה לְעַמֶּךָ פְּנֵה זוֹכְרֵי קִדְשְׁתְּךָ.
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 מְלַפְנֶיךָ יי אֱלֹהֵינוּ וְאַלְהֵי אֲבוֹתֵינוּ, שְׂבִיחוֹת סְפִירַת
הָעוֹמֵר שְׁסִפְרֵתֵי הַיּוֹם, יִתְקַן מַה שְׁפָגַמְתִּי בְּסִפְרָה [חֶסֶד שְׁבַחְסֵד] וְאַטְהַר וְאַתְקַדֵּשׁ
בְּקִדְשָׁה שֶׁל מַעְלָה, וְעַל יְדֵי זֶה יִשְׁפַע שְׁפַע רַב בְּכָל הָעוֹלָמוֹת. וְלִתְקַן אֶת נַפְשׁוֹתֵינוּ,
וּרְחוּמֵינוּ, וְנִשְׁמוֹתֵינוּ, מִכָּל סִיג וּפְגָם, וְלִטְהַרֵנוּ וּלְקַדְּשָׁנוּ בְּקִדְשְׁתְּךָ הָעֲלִיוֹנָה. 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!