

# Heart-Fire Healing

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

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## Counting the Omer - Teshuvah 2024 / 5784

The Counting of the Omer (*originally a harvest offering of grain*) is assigned in Torah as counting from Pesach for seven weeks, 49 days, leading up to Shavuot (Lev 23:15-16).

A similar practice has been adopted, counting in reverse order, starting on **the day after Tisha B'Av counting down the seven weeks leading toward Rosh Hashanah**. These are known as the **Seven Weeks of Consolation**. On Tisha B'Av – forty days after revelation at Sinai (Shavuot) – we are faced with the fact of the brokenness of the world. This counting challenges us to engage in **יְרִידָה לְצוּרָה עֲלֵיָהּ** (*y'ridah l'tsorech aliyah*) – descent for the sake of ascent. We can ascend from the depths of 9 Av through the spiritual accounting of Elul to prepare for The Ten Days of Teshuvah/Return/Awe. (The counting completes on 28 Elul, leaving the 29<sup>th</sup> as a pause before Rosh Hashanah on 1 Tishrei.)

This mystical journey of seven times seven days is a journey through the Kabbalistic Tree of Life – this time, ascending from *malchut* to *chesed*. (This 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:

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

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 our renewed sacred covenant, toward a new year and new forgiveness – Rosh Hashanah/Yom Kippur, but the process can't be rushed. We must take it one day at a time, and every day counts as it is.

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. Other prayers and studies correlate 49 words to the days of the Omer.

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

count after sundown each day

\*Tu B'Av

† Leil Selichot

**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 47 – Today is 47 days which is 6 weeks and 5 days of the Omer. Today is the Hod of Malchut.  
 Omer 2 – Today is 2 days of the Omer. Today is the Gevurah of Chesed.*

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לְשֵׁם יְחִיד קוֹדֶשׁא בְּרִיךְ הוּא וְשְׁכִינְתֵּיהּ, עַל יְדֵי הַהוּא בְּדַחֲלוֹ וּבְרַחֲמוֹ  
לְיַחַד שֵׁם יוֹד הֵ"א בְּנֹא"ו הֵ"א 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), [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 יְמִינֶךָ תַּתִּיר 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 תָּמִיד גְּמֹלָם.
חק"ב טנ"ע	חֲסִין קָדוֹשׁ בְּרוּב טוֹבְךָ נִהַל עֲדַתְךָ.
יג"ל פז"ק	יַחֲיֵד גְּאֵה לְעַמֶּךָ פְּנֵה זוֹכְרֵי קִדְשְׁתְּךָ.
שק"ו צי"ת	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 וְאַלֵּהֵי 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, וְלִטְהַרֵּנוּ וּלְקַדְּשָׁנוּ בְּקִדְשְׁתְּךָ 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!