

# ספירת העומר

**Kabbalah and the Counting of the Omer**

By Ramon Yakob Ben Abraham



# ספירה Sefirah

See also, Deut. 16:9-12

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Lev. 23:15

וּסְפַרְתֶּם לָכֶם מִמִּקְרַת הַשַּׁבָּת מִיּוֹם הַבְּיָאָכֶם  
אֶת־עֹמֶר הַתְּנוּפָה שִׁבְעַ שַׁבָּתוֹת תְּמִימַת תְּהִינָה:

And they shall count after the Shabbat, from the day when you bring the sheaf for an elevation offering, seven weeks. They must be complete...

וספרתם And they shall count

סיפור Story

ספר Tell

מספר Number

ספיר Sapphire

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## Pirkey Avot 6:6

48 Ways the Torah is attained  
1 way each day  
On the 49th day review all 48 ways

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In Egypt we were on the 49th gate of Tumah.

In Pesach we received the Light directly from the Creator.

After the first day of Pesach the Light departs.

It is our job to attain the Light once again by performing the Counting of the Omer.



In Egypt our job was to extract the 288 spaks of holyness trapped there.

*Arizal, Shaar haMitvot, Parsha Ra'eh 47b*

The Creator, not an angel, took us out of Egypt in a hurry before falling to the 50th gate of tumah.

During the Omer, we count 49 days = 49 gates of Holiness.



The count is divided by 2

From day 1 to day 32 לב

From day 33 to day 49 טוב

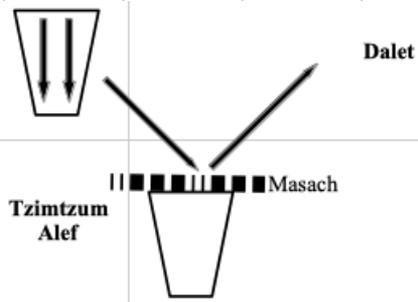
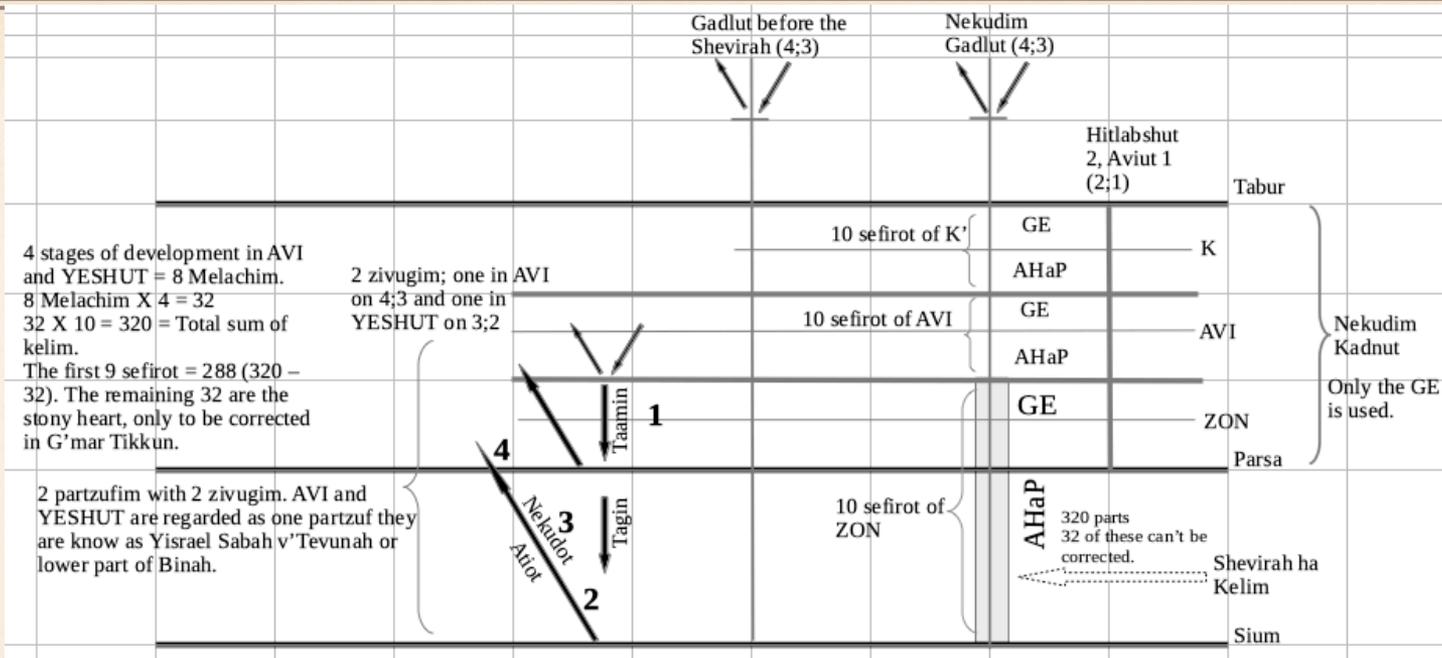
Good Heart לב טוב

Day #33 is Lag B'Omer

Considered a negative day.

Corrected by RASHBY with the  
revelation of the Idra Zutta Kadisha.





WEEK	SEFIRAH	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week 1	Hesed	H/H	G/H	T/H	N/H	Hd/H	Y/H	M/H
Week 2	Geburah	H/G	G/G	T/G	N/G	Hd/G	Y/G	M/G
Week 3	Tifaret	H/T	G/T	T/T	N/T	Hd/T	Y/T	M/T
Week 4	Netzach	H/N	G/N	T/N	N/N	Hd/N	Y/N	M/N
Week 5	Hod	H/Hd	G/Hd	T/Hd	N/Hd	Hd/Hd	Y/Hd	M/Hd
Week 6	Yesod	H/Y	G/Y	T/Y	N/Y	Hd/Y	Y/Y	M/Y
Week 7	Malchut	H/M	G/M	T/M	N/M	Hd/M	Y/M	M/M

## SIMPLE WAY

Each day, one says the blessing:

*Blessed are You, A-d-noy, our G-d, King of the universe, Who has sanctified us with His commandments and has commanded us concerning the counting of the Omer.*

Then one says (for the first six days):

*Today is \_\_\_ day[s] of the Omer.*

After 6 days, one includes the weeks:

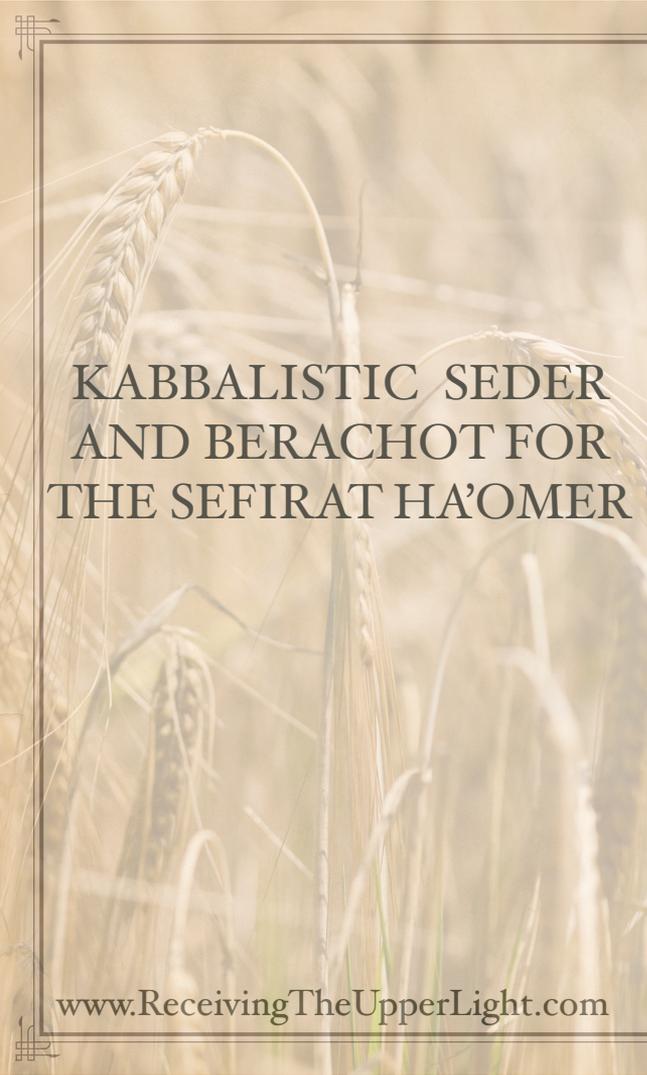
*Today is \_\_\_ days, which are \_\_\_ week[s] [and \_\_\_ day[s]], of the Omer.*

For example: *Today is 22 days, which are 3 weeks and 1 day of the Omer.*

Then one concludes:

*The Merciful One, may He return to us the service of the Temple to its place, speedily in our days. Amen, Selah!*





## KABBALISTIC SEDER AND BERACHOT FOR THE SEFIRAT HA'OMER

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לְשֵׁם יְחִוּד קוּדְשָׁא בְּרִיךְ הוּא וְשְׁכִינָתֵיהּ בְּדַחֲלֵיהּ וְרַחֲמֵיהּ וְרַחֲמֵיהּ וְדַחֲלֵיהּ לְיַחְדָּא שְׁמֵי  
יְו"ד ק"י בְּוֹא"ו ק"י בְּיַחְוּדָא שְׁלִים בְּשֵׁם כָּל יִשְׂרָאֵל הִנֵּה אֲנַחְנוּ בָּאִים לְקַנְיִים מְצֻוֹת  
סְפִירַת הָעוֹמֵר לַעֲשׂוֹת נַחַת רוּחַ לְיוֹצְרֵנוּ וְלַעֲשׂוֹת רְצוֹן בּוֹרְאֵנוּ. וְיֵהִי נֶעֱמַ אֲדֹנָי אֱלֹהֵינוּ  
עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יְדֵינוּ כּוֹנֵנָהוּ

For the sake of the unification of the Holy One, Blessed be He, and His Shekinah, with fear and love, and with love and fear, in order to unify the name of YH and VH in perfect unity, and in the name of all Yisrael, here we come to fulfill the precept of the Counting of the Omer. You give satisfaction of spirit to the One who formed us and to carry the will of our Creator. And be the grace of Adonai Eloheinu upon us. Confirm, then, the work of our hands upon us; Yes, the work of our hand confirms.

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Ohr Makif  
Surrounding Light

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בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר

Blessed are You, Adonai, our G'd, King of the  
Universe, who has sanctified us with your  
commandments and has commanded us to count  
the Omer.

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Ohr Pnimi  
Internal Light

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Count the Omer and then say:

הַרְחֵם אֱמוּנָתוֹ הַיְחִיֵּד לָנוּ עֲבוֹדַת בֵּית הַמִּקְדָּשׁ לְמִקְוָמָה בְּמַהֲרָה בְּיָמֵינוּ אָמֵן סְלָה

May the Merciful restore for us the  
Temple service in its place, soon and in  
our day. Amen, Selah.

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## Ana B'Koach

Removal of time, space and motion Removing the negative influence of physical matter from our lives Unconditional Love	אבג יתן	צְרֻרָה tzerurah	תַּתִּיר tatir	יְמִינֶךָ yeminecha	גְּדֻלַּת g'dulat	בְּכוֹז b'koach	אָנָּה ana	חסד Chesed
Restricting the reactive system Closing the gates from Satan Forgetting all limited thoughts	קרע שטן	נֹרָא nora	טַהֲרֵנוּ taharenu	עֲגִבֵנוּ sagvenu	עֲמֵךָ amecha	רִנַּת rinat	קָבֵל kabel	גבורה Gevurah
Opening the channel of sustenance Retrieving the Light from the <i>Klipot</i> Removing hatred for no reason	נגד - יכש	שְׁמֵרֵם shamrem	כְּבַבַּת k'vavat	יְחוּדֶךָ yichudecha	דֹרְשֵׁי dorshei	גִּבּוֹר gibor	נָא na	תפארת Tiferet
The power to persevere	בטר צתג	גַּמְלֵם gamlem	תַּמִּיד tamid	צִדְקָתְךָ tzidkatecha	רַחֲמַי rachamei	טַהֲרֵם taharem	בָּרְחֵם barchem	נצח Netzach
Clairvoyance – to be able to see the connection between cause and effect To see the Big Picture	ווקב טזע	עֲדַתְךָ adatecha	נָהַל nahel	טוּבְךָ tuvcha	בְּרוּב b'rov	קָדוּשׁ kadosh	וְחֲסִין chasin	הוד Hod
Spreading spirituality throughout the world, enlightening others particularly through Kabbalah	יגל פוק	קְדוּשַׁתְךָ kdushatecha	זוֹכְרֵי zochrei	פְּנֵה p'neh	לְעַמֶּךָ l'am'ach	גֵּ'ה ge'eh	יְחִיד yachid	יסוד Yesod
The power to manifest things in the right way Renewal and restoration	שקו צית	תַּעֲלוּמוֹת ta'alumot	יֹדֵעַ yodeh	צֵאֲתֵנוּ tza'akatenu	וְשִׁמַּע ush'ma	קָבֵל kabel	שְׁוֵעֵתֵנוּ sha'vatenu	מלכות Malchut
	ועד: va'ed	לעולם le'olam	מלכותי, maichuto	כבוד kevod	שם shem	ברוך baruch	(בלחש) (silently)	



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Kavanot

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72 Names of G'd for each week

Names Permutation According to the Arizal

יוד הי ויו הי

יְהוָה

אֵאֱלֹ

אֱנָא אֱנָא

אֱלֹהִים י

כַּלֵּעַ רַבְלֵעַ

First Day of the Omer  
Hesed de Hesed

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Remember the Intention

Practice Love for all creatures.

Love Yourself.

Love the Creator

Psalm 90:17

וַיְהִי | גַּעַם אֲדֹנָי אֱלֹהֵינוּ עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה עָלֵינוּ וּמַעֲשֵׂה יָדֵינוּ כּוֹנֵנָה:

May the favor of the Lord, our God, be upon us; let the work  
of our hands prosper, O prosper the work of our hands!

