

In ancient Temple days, we honored the spring agricultural cycle by waving the *omer*, a sheaf of barley, on the second day of Passover, then counting the next 49 days until the wheat harvest on the 50th day. Over centuries, this omer period attained deeper spiritual significance, reflecting the steps on the journey from spiritual enslavement (symbolized by *Mitzrayim*, the ancient Egyptian bondage) to spiritual awareness (symbolized by *Sinai*, the place of revelation.)

This blessing is recited in the evening (when the Jewish day begins) to honor the energies of each day:

בְּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם,
אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו וְצִוָּנוּ עַל סְפִירַת הָעוֹמֵר.

*Baruch Atah Adonai, Eloheynu Melech ha-olam,
asher kid'shanu b'mitz'votav v'tzivanu ahl s'firat ha-omer.*

Blessed are You, Eternal One our God, Universal Creative Presence, the One Who sanctifies us with paths of holiness and gives us this path of counting the days of Omer.

Following the blessing, the day is counted in this way:

Today is the _____ day, [comprising _____ weeks and _____ days] of the Omer.

The 49 steps from enslavement (“*Mitzrayim*”) to revelation (“*Sinai*”) provide us the opportunity to honor and balance within ourselves the energies of the lower seven *sefirot*, or levels of awareness, on the Kabbalistic Tree of Life. Each week focuses on one *sefirah* of the seven, and each day within that week brings in the energies of one of the other seven *sefirot*.

Here are the weekly and the daily energies that support our journey. **Remember that each day begins the evening before and extends until the evening of the listed day.**

Day	Date (begins the previous evening)	The Daily Sefirah	The Weekly Sefirah
1	Friday, April 10	Chesed in	Chesed-Lovingkindness
2	Shabbat , April 11	Gevurah in	Chesed
3	Sunday, April 12	Tiferet in	Chesed
4	Monday, April 13	Netzach in	Chesed
5	Tuesday, April 14	Hod in	Chesed
6	Wednesday, April 15 (7th Day Passover)	Yesod in	Chesed
7	Thursday, April 16 (8th Day Passover)	Malchut in	Chesed
8	Friday, April 17 (Bet Alef Shabbat)	Chesed in	Gevurah-Strength/Limit
9	Shabbat , April 18	Gevurah in	Gevurah
10	Sunday, April 19	Tiferet in	Gevurah
11	Monday, April 20	Netzach in	Gevurah
12	Tuesday, April 21 (Yom HaShoah)	Hod in	Gevurah
13	Wednesday, April 22	Yesod in	Gevurah
14	Thursday, April 23	Malchut in	Gevurah

Day	Date (begins the previous evening)	The Daily Sefirah	The Weekly Sefirah
15	Friday, April 24	Chesed in	Tiferet-Beauty/Balance
16	Shabbat , April 25	Gevurah in	Tiferet
17	Sunday, April 26	Tiferet in	Tiferet
18	Monday, April 27	Netzach in	Tiferet
19	Tuesday, April 28	Hod in	Tiferet
20	Wed., April 29 (Israel Independence day)	Yesod in	Tiferet
21	Thursday, April 30	Malchut in	Tiferet
22	Friday, May 1 (Bet Alef Shabbat)	Chesed in	Netzach-Victory/Vitality
23	Shabbat , May 2	Gevurah in	Netzach
24	Sunday, May 3	Tiferet in	Netzach
25	Monday, May 4	Netzach in	Netzach
26	Tuesday, May 5	Hod in	Netzach
27	Wednesday, May 6	Yesod in	Netzach
28	Thursday, May 7	Malchut in	Netzach
29	Friday, May 8	Chesed in	Hod-Glory/Sensation
30	Shabbat , May 9	Gevurah in	Hod
31	Sunday, May 10	Tiferet in	Hod
32	Monday, May 11	Netzach in	Hod
33	Tuesday, May 12 (Lag BaOmer)	Hod in	Hod
34	Wednesday, May 13	Yesod in	Hod
35	Thursday, May 14	Malchut in	Hod
36	Friday, May 15 (Bet Alef Shabbat)	Chesed in	Yesod-Foundation
37	Shabbat , May 16	Gevurah in	Yesod
38	Sunday, May 17	Tiferet in	Yesod
39	Monday, May 18	Netzach in	Yesod
40	Tuesday, May 19	Hod in	Yesod
41	Wednesday, May 20	Yesod in	Yesod
42	Thursday, May 21	Malchut in	Yesod
43	Friday, May 22	Chesed in	Malchut-Kingdom
44	Shabbat , May 23	Gevurah in	Malchut
45	Sunday, May 24	Tiferet in	Malchut
46	Monday, May 25	Netzach in	Malchut
47	Tuesday, May 26	Hod in	Malchut
48	Wednesday, May 27	Yesod in	Malchut
49	Thursday, May 28	Malchut in	Malchut

Chag Shavuot: May 29 & 30

Shavuot symbolizes the receiving of Torah at Sinai that is the culmination of this part of our journey. It begins the evening of Thursday, May 28th and continues for two days. For 49 days we have sought to deepened our Spiritual Awareness. Can we make ourselves available, now, to hear what is yearning to reveal itself to us this *Shavuot* ?