

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:

בָּרוּךְ 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 7 (Bet Alef Shabbat)	Chesed in	Chesed-Lovingkindness
2	Shabbat , April 8	Gevurah in	Chesed
3	Sunday, April 9	Tiferet in	Chesed
4	Monday, April 10	Netzach in	Chesed
5	Tuesday, April 11	Hod in	Chesed
6	Wednesday, April 12 (7th Day Passover)	Yesod in	Chesed
7	Thursday, April 13 (8th Day Passover)	Malchut in	Chesed
8	Friday, April 14	Chesed in	Gevurah-Strength/Limit
9	Shabbat , April 15	Gevurah in	Gevurah
10	Sunday, April 16	Tiferet in	Gevurah
11	Monday, April 17	Netzach in	Gevurah
12	Tuesday, April 18 (Yom HaShoah)	Hod in	Gevurah
13	Wednesday, April 19	Yesod in	Gevurah
14	Thursday, April 20	Malchut in	Gevurah

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

Chag Shavuot: May 26 & 27

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* ?