

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 One, You are the Emptiness that manifests as Form, the Source of all that is;  
You sanctify us through our performing holy deeds, and give us the practice 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	Tuesday, April 23	Chesed in	Chesed-Lovingkindness
2	Wednesday, April 24	Gevurah in	Chesed
3	Thursday, April 25	Tiferet in	Chesed
4	Friday, April 26	Netzach in	Chesed
5	<b>Shabbat</b> , April 27	Hod in	Chesed
6	Sunday, April 28 ( <b>7th Day of Passover</b> )	Yesod in	Chesed
7	Monday, April 29 ( <b>8th Day Passover</b> )	Malchut in	Chesed
8	Tuesday, April 30	Chesed in	Gevurah-Strength/Limit
9	Wednesday, May 1	Gevurah in	Gevurah
10	Thursday, May 2	Tiferet in	Gevurah
11	Friday, May 3 ( <b>Bet Alef Shabbat</b> )	Netzach in	Gevurah
12	<b>Shabbat</b> , May 4	Hod in	Gevurah
13	Sunday, May 5	Yesod in	Gevurah
14	Monday, May 6 ( <b>Yom HaShoah</b> )	Malchut in	Gevurah

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

### Tikkun Leyl Shavuot Monday June 10.

**Shavuot** symbolizes the receiving of Torah at *Sinai* that culminates this part of our journey. It begins, this year, on the evening of Saturday, June 11 and continues for two days. The nature of our Promised Land will be supported by the degree to which we are available for the energies of *Sinai* awaiting us at *Shavuot*.

You can experience meditations through these 49 days in Rabbi Ted Falcon's (Bet Alef's founding rabbi) book, "A Journey of Awakening: Kabbalistic Meditations on the Tree of Life."