

Each of the days from the second night of Passover, the festival of freedom, until the day before Shavuot, the festival of receiving Torah—which includes the principles of mitzvah-centered living, is part of a beautiful spiritual pilgrimage that you can do that was developed by the Kabbalists. In the grid below, as is traditional, each of the seven lower qualities (*sephiroth*) of the Tree of Life—the *Eitz Chayyim*—are arranged so that each day has options of traditional things to pair for contemplation.

For example, after reciting the blessing for counting the Omer: BA-RUCH A-TAH ADO-NAI E-LO-HE-NU ME-LECH HA-OLAM ASHER KID-E-SHA-NU B'MITZ-VO-TAV VETZI-VA-NU AL SEFI-RAT HA-OMER. You would say, for example on Day 12 now say: **“Today is twelve days, which is one week and five days of Omer.”** And the pair for contemplation would be *Hod* (*what you are incubating, containing, humility, refining, discretion about what to say or put out there*) wrapped in *Gevurah* (strengths, limits, restraint, healthy boundaries)—orange wrapped with blue, and/or the stories of Aaron and/or Avigail considered in relationship to those of Miriam and/or Isaac, and/or turn your attention to the lower left and upper and upper left sides of your body in relation to each other. Should you miss a day, you might catch up by doing one pair the next evening and the current one in the morning or afternoon.

You can do this on your own, or with a partner, or create an Omer practice group. And on Facebook at ReclaimingJudaism, you are invited add your art and reflection postings. In this way we can support each other in achieving the potential for self-refinement and expanded consciousness in hopes of experiencing Torah on Shavuot in inspiring, helpful new ways. May your Jewish spiritual journey be blessed!

	CHESED Abundance Loving-kindness Embraced in Love <i>Upper Right Side</i> Sarah & Abraham	GEVURAH Strength, Limits, Restraint, Healthy Boundaries <i>Upper Left Side</i> Miriam & Isaac	TIFERET Beauty, Harmony, Balance <i>Center, Heart</i> Devorah & Jacob	NETZACH Endurance, Ambition Drive <i>Lower Right Side</i> Hannah & Moses	HOD Containing, Incubating, Humility Refining, Discretion <i>Lower Left Side</i> Avigail & Aaron	YESOD Foundation Conducting Transmitting <i>Genital Area</i> Hulda & Joseph	MALCHUT Dissolving into Manifestation Creation & Shabbat <i>Feet</i> Esther & David
	FROM SATURDAY after SUNDOWN	FROM SUNDAY after SUNDOWN	FROM MONDAY after SUNDOWN	FROM TUESDAY after SUNDOWN	FROM WEDNESDAY after SUNDOWN	FROM THURSDAY after SUNDOWN	FROM FRIDAY after SUNDOWN
CHESED	Day 1: April 20-21 Chessed (within) sheh b'Chessed	Day 2: Apr 21-22 Gevurah (within) sheh b'Chessed	Day 3: Apr 22-23 Tiferet (within) sheh b'Chessed	Day 4: Apr 23-24 Netzach (within) sheh b'Chessed	Day 5: Apr 24-25 Hod (within) sheh b'Chessed	Day 6: Apr 25-26 Yesod (within) sheh b'Chessed	Day 7: Apr 26-27 Malchut (within) sheh b'Chessed
GEVURAH	Day 8: Apr 27-28 Chessed sheh b'Gevurah	Day 9: Apr 28-29 Gevurah sheh b'Gevurah	Day 10: Apr 29-30 Tiferet sheh b'Gevurah	Day 11: Apr 30-Ma 1 Netzach sheh b'Gevurah	Day 12: May 1-2 Hod sheh b'Gevurah	Day 13: May 2-3 Yesod sheh b'Gevurah	Day 14: May 3-4 Malchut sheh b'Gevurah
TIFERET	Day 15: May 4-5 Chessed sheh b'Tiferet	Day 16: May 5-6 Gevurah sheh b'Tiferet	Day 17: May 6-7 Tiferet sheh b'Tiferet	Day 18 May 7-8 Netzach sheh b'Tiferet	Day 19: May 8-9 Hod sheh b'Tiferet	Day 20: May 9-10 Yesod sheh b'Tiferet	Day 21: May 10-11 Malchut sheh b'Tiferet
NETZAKH	Day 22: May 11-12 Chessed sheh b'Netzach	Day 23: May 12-13 Gevurah sheh b'Netzach	Day 24: May 13-14 Tiferet sheh b'Netzach	Day 25: May 14-15 Netzach sheh b'Netzach	Day 26: May 15-16 Hod sheh b'Netzach	Day 27: May 16-17 Yesod sheh b'Netzach	Day 28: May 17-18 Malchut sheh b'Netzach
HOD	Day 29: May 18-19 Chessed sheh b'Hod	Day 30: May 19-20 Gevurah sheh b'Hod	Day 31: May 20-21 Tiferet sheh b'Hod	Day 32: May 21-22 Netzakh sheh b'Hod	Day 33: May 22-23 Hod sheh b'Hod	Day 34: May 23-24 Yesod sheh b'Hod	Day 35: May 24-25 Malchut sheh b'Hod
YESOD	Day 36: May 25-26 Chessed sheh b'Yesod	Day 37: May 26-27 Gevurah shsh b'Yesod	Day 38: May 27-28 Tiferet sheh b'Yesod	Day 39 May 28-29 Netzach sheh b'Yesod	Day 40: May 29-30 Hod sheh b'Yesod	Day 41: May 30-31 Yesod sheh b'Yesod	Day 42: May 31-Ju 1 Malchut sheh b'Yesod
MALCHUT	Day 43: June 1-2 Chessed sheh b'Malchut	Day 44: June 2-3 Gevurah sheh b'Malchut	Day 45: June 3-4 Tiferet Sheh b'Malchut	Day 46: June 4-5 NetzaCh sheh b'Malchut	Day 47: June 5-6 Hod sheh b'Malchut	Day 48: June 6-7 Yesod sheh b'Malchut	Day 49: June 7-8 Malchut sheh b'Malchut