

# OMER CALENDAR and OMER WALKING PROCESS ©2016 Rabbi Goldie Milgram and www.ReclaimingJudaism.org

This 49 day practice adds contemplative walking to the Kabbalists' approach to preparing oneself for the journey of spiritual refinement from Passover to Shavuot. The seven qualities from the Tree of Life listed below were identified by the Kabbalists to be ones that humans can refine in ourselves. By contemplating each of the seven qualities within the context of a quality specified for each of seven weeks, we will arrive together ready to perceive and receive new insights about Torah and our covenant of mitzvah-centered living on Shavuot, our annual celebration of our covenant through Torah.

**Instructions:** Each day indicated, take a walk to contemplate the pair of qualities (sephiroth) indicated for each day. Do so in relation to your physical being, emotions, intellect, and state of your spirit. You might contemplate the pairs while walking, rolling, or swimming alone, or do this together with a friend, or create an Omer Process Walking Group. Share your insights with each other. Should you miss a day, catch up by walking in contemplation of one pair in the morning and another in the evening. If you create a photo or other form of artwork, reflection, or poem based upon your day's walking reflection, we invite you to post it to the Reclaiming Judaism Facebook page.

<b>CHESED</b> Abundance Lovingkindness Embraced in Love <i>Upper Right Side</i> Sarah & Abraham	<b>GEVURAH</b> Strength, Limits, Restraint Boundaries <i>Upper Left Side</i> Miriam & Isaac	<b>TIFERET</b> Beauty, Harmony, Balance <i>Center, Heart</i> Devorah & Jacob	<b>NETZAKH</b> Endurance, Ambition Drive <i>Lower Right Side</i> Hannah & Moses	<b>HOD</b> Containing, Incubating, Humility Refining, Discretion <i>Lower Left Side</i> Avigail & Aaron	<b>YESOD</b> Foundation Conducting Transmitting <i>Genital Area</i> Hulda & Joseph	<b>MALCHUT</b> 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
<b>Day 1: April 23-4</b> Chessed (within) sheh b'chedsed	<b>Day 2: Apr 24-5</b> Gevurah (within) sheh b'chedsed	<b>Day 3: Apr 25-6</b> Tiferet (within) sheh b'chedsed	<b>Day 4: Apr 26-7</b> Netzakh (within) sheh b'chedsed	<b>Day 5: Apr 27-8</b> Hod (within) sheh b'chedsed	<b>Day 6: Apr 28-9</b> Yesod (within) sheh b'chedsed	<b>Day 7: Apr 29-30</b> Malchut (within) sheh b'chedsed
<b>Day 8: Apr 30-May 1</b> Chessed sheh b'gevurah	<b>Day 9: May 1-2</b> Gevurah sheh b'gevurah	<b>Day 10: May 2-3</b> Tiferet sheh b'gevurah	<b>Day 11: May 3-4</b> Netzakh sheh b'gevurah	<b>Day 12: May 4-5</b> Hod sheh b'gevurah	<b>Day 13: May 5-6</b> Yesod sheh b'gevurah	<b>Day 14: May 6-7</b> Malchut sheh b'gevurah
<b>Day 15: May 7-8</b> Chessed sheh b'tiferet	<b>Day 16: May 8-9</b> Gevurah sheh b'tiferet	<b>Day 17: May 9-10</b> Tiferet sheh b'tiferet	<b>Day 18: May 10-11</b> Netzakh sheh b'tiferet	<b>Day 19: My 11-12</b> Hod sheh b'tiferet	<b>Day 20: My 12-13</b> Yesod sheh b'tiferet	<b>Day 21: May 13-14</b> Malchut sheh b'tiferet
<b>Day 22: May 14-15</b> Chessed sheh b'netzakh	<b>Day 23: May 15-16</b> Gevurah sheh b'netzakh	<b>Day 24: My 16-18</b> Tiferet sheh b'netzakh	<b>Day 25: May 17-18</b> Netzakh sheh b'netzakh	<b>Day 26: May 18-19</b> Hod sheh b'netzakh	<b>Day 27: May 19-20</b> Yesod sheh b'netzakh	<b>Day 28: May 20-21</b> Makhut sheh b'netzakh
<b>Day 29: May 21-2</b> Chessed sheh b'hod	<b>Day 30: May 22-3</b> Gevurah sheh b'hod	<b>Day 31: May 23-4</b> Tiferet sheh b'hod	<b>Day 32: May 24-5</b> Netzakh sheh b'hod	<b>Day 33: May 25-6</b> Hod sheh b'hod	<b>Day 34: May 26-7</b> Yesod sheh b'hod	<b>Day 35: May 27-8</b> Malkhut sheh b'hod
<b>Day 36: May 28-29</b> Chessed sheh b'yesod	<b>Day 37: May 29-30</b> Gevurah shsh b'yesod	<b>Day 38: May 30-June 1</b> Tiferet sheh b'yesod	<b>Day 39: June 1-2</b> Netzakh sheh b'yesod	<b>Day 40: June 2-3</b> Hod sheh b'yesod	<b>Day 41: June 3-4</b> Yesod sheh b'yesod	<b>Day 42: June 4-5</b> Malkhut sheh b'yesod
<b>Day 43: June 5-6</b> Chessed sheh b'malchut	<b>Day 44: June 6-7</b> Gevurah sheh b'malkhut	<b>Day 45: June 7-8</b> Tiferet Sheh b'malkhut	<b>Day 46: June 8-9</b> Netzakh sheh b'malkhut	<b>Day 47: June 9-10</b> Hod sheh b'malkhut	<b>Day 48: June 10-11</b> Yesod sheh b'malkhut	<b>Day 49: June 11-12</b> Malkhut sheh b'malkhut