



Each of the days from the second night of Passover, the festival of freedom, until Shavuot, the festival of receiving Torah (where we receive the principles for civilization as a spiritual practice) became a spiritual pilgrimage of self-refinement and expanded consciousness for the Kabbalists -- which we can follow, too. In the grid below, each of the seven lower qualities (*sephirot*) of the Tree of Life, the Eitz Chayyim, are arranged so that each day has a pair for contemplation. For example, on Day 12 the pair for contemplation would be gold wrapped with blue, or the stories of Aaron or Avigail considered within those of Isaac or Miriam, or the qualities of Humility when wrapped with Strength, and / or turn your attention to the lower left and upper left side. Consider doing this Omer practice with a partner, or create an Omer practice group. On Facebook at ReclaimingJudaism, add your art and reflection posting to ours, as we attempt to post about the pair for each day. In this way we can support each other in achieving the potential for self-refinement and expanded consciousness, even important new insights might emerge to help our people and all that lives and is. Should you miss a night of counting, catch up in the morning without the blessing and in the evening continue with the next day's blessing, pair of *sephirot* and count.

The daily blessing: Barukh ata Adonai Eloheinu Melekh ha'Olam asher kidshanu b'mitzvotav v'tzivanu al sefirat ha'omer. And,
Today is the ____ day of the Omer. Hayom yom la'omer. After the first six days, one also includes the number of weeks counted, e.g.,
Today is ____ week(s) and ____ days of the Omer; Ha'yom ____, yom, sheh-hem shavuah ____ v' ____ yamim la'Omer

	CHESED Abundance Loving-kindness Embraced in Love <i>Upper Right Side</i> Sarah & Abraham	GEVURAH Strength, Limits, Restraint Boundaries <i>Upper Left Side</i> Miriam & Isaac	TIFERET Beauty, Harmony, Balance <i>Center, Heart</i> Devorah & Jacob	NETZAKH 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 TUESDAY after SUNDOWN	FROM WEDNESDAY after SUNDOWN	FROM THURSDAY after SUNDOWN	FROM FRIDAY after SUNDOWN	FROM SATURDAY after SUNDOWN	FROM SUNDAY after SUNDOWN	FROM MONDAY after SUNDOWN
CHESED	Day 1: Ap 11-12 Chessed (within) sheh b'chedsed	Day 2: Ap 12-13 Gevurah (within) sheh b'chedsed	Day 3: Ap 13-14 Tiferet (within) sheh b'chedsed	Day 4: Ap 14-15 Netzakh (within) sheh b'chedsed	Day 5: Ap 15-16 Hod (within) sheh b'chedsed	Day 6: Ap 16-17 Yesod (within) sheh b'chedsed	Day 7: Ap 17-18 Malchut (within) sheh b'chedsed
GEVURAH	Day 8: Ap 18-19 Chessed sheh b'gevurah	Day 9: Ap 19-20 Gevurah sheh b'gevurah	Day 10: Ap 20-21 Tiferet sheh b'gevurah	Day 11: Ap 21-22 Netzakh sheh b'gevurah	Day 12: Ap 22-23 Hod sheh b'gevurah	Day 13: Ap 23-24 Yesod sheh b'gevurah	Day 14: Ap 24-25 Malchut sheh b'gevurah
TIFERET	Day 15: Ap 25-26 Chessed sheh b'tiferet	Day 16: Ap 26-27 Gevurah sheh b'tiferet	Day 17: Ap 27-28 Tiferet sheh b'tiferet	Day 18: Ap 28-29 Netzakh sheh b'tiferet	Day 19: Ap 29-30 Hod sheh b'tiferet	Day 20: Ap 30-Ma 1 Yesod sheh b'tiferet	Day 21: Ma 1-2 Malchut sheh b'tiferet
NETZAKH	Day 22: Ma 2-3 Chessed sheh b'netzakh	Day 23: Ma 3-4 Gevurah sheh b'netzakh	Day 24: May 4-5 Tiferet sheh b'netzakh	Day 25: May 5-6 Netzakh sheh b'netzakh	Day 26: May 6-7 Hod sheh b'netzakh	Day 27: Ma 7-8 Yesod sheh b'netzakh	Day 28: Ma 8-9 Malkhut sheh b'netzakh
HOD	Day 29: Ma 9-10 Chessed sheh b'hod	Day 30: Ma 10-11 Gevurah sheh b'hod	Day 31: May 11-12 Tiferet sheh b'hod	Day 32: Ma 12-13 Netzakh sheh b'hod	Day 33: May 13-14 Hod sheh b'hod	Day 34: Ma 14-15 Yesod sheh b'hod	Day 35: Ma 15-16 Malkhut sheh b'hod
YESOD	Day 36: Ma 16-17 Chessed sheh b'yesod	Day 37: Ma 17-18 Gevurah sheh b'yesod	Day 38: Ma 18-19 Tiferet sheh b'yesod	Day 39: Ma 19-20 Netzakh sheh b'yesod	Day 40: Ma 20-21 Hod sheh b'yesod	Day 41: Ma 21-22 Yesod sheh b'yesod	Day 42: Ma 22-23 Malkhut sheh b'yesod
MALCHUT	Day 43: Ma 23-24 Chessed sheh b'malchut	Day 44: Ma 24-25 Gevurah sheh b'malkhut	Day 45: Ma 25-26 Tiferet Sheh b'malkhut	Day 46: Ma 26-27 Netzakh sheh b'malkhut	Day 47: Ma 27-28 Hod sheh b'malkhut	Day 48: Ma 28-29 Yesod sheh b'malkhut	Day 49: Ma 29-30 Malkhut sheh b'malkhut