

# Sefirat HaOmer: An Introduction

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With the mitzvah of counting the 49 days, known as Sefirat Ha'Omer, the Torah invites us on a journey into the human psyche, into the soul. There are seven basic emotions that make up the spectrum of human experience. At the root of all forms of enslavement, is a distortion of these emotions. Each of the seven weeks between Passover and Shavuot is dedicated to examining and refining one of them.

The seven emotional attributes are:

- **Chesed - Loving-kindness** [Week 1 of the Omer](#)
- **Gevurah -- Justice and Discipline** [Week 2 of the Omer](#)
- **Tiferet - Harmony, Balance, Compassion** [Week 3 of the Omer](#)
- **Netzach – Endurance** [Week 4 of the Omer](#)
- **Hod – Humility** [Week 5 of the Omer](#)
- **Yesod – Bonding, Generativity** [Week 6 of the Omer](#)
- **Malchut - Sovereignty, Receptivity** [Week 7 of the Omer](#)

The seven weeks, which represent these emotional attributes, further divide into seven days making up the 49 days of the counting. Since a fully functional emotion is multidimensional, it includes within itself a blend of all seven attributes. Thus, the counting of the first week, which begins on the second night of Pesach, as well as consisting of the actual counting ("Today is day one of the Omer...") would consist of the following structure with suggested meditations:

Upon conclusion of the 49 days we arrive at the 50th day -- Mattan Torah. After we have achieved all we can accomplish through our own initiative, traversing and refining every emotional corner of our psyche, we then receive a gift ('mattan' in Hebrew) from above. We receive that which we could not achieve with our own limited faculties. We receive the gift of true freedom -- the ability to transcend our human limitations and touch the divine.

## Omer Schedule for 5775-2015

<http://www.chabad.org/holidays/sefirah/omer-calendar.htm>

**חֶסֶד שְׁבַעֲסָד** Count 1 day on Saturday night, April 4, 2015 Chesed ShebeChesed

**גְּבוּרָה שְׁבַעֲסָד** Count 2 days on Sunday night, April 5, 2015 Gevurah ShebeChesed

**תִּפְרֵת שְׁבַעֲסָד** Count 3 days on Monday night, April 6, 2015 Tiferes ShebeChesed

**נְצַח שְׁבַעֲסָד** Count 4 days on Tuesday night, April 7, 2015 Netzach ShebeChesed

**הוֹד שְׁבַעֲסָד** Count 5 days on Wednesday night, April 8, 2015 Hod ShebeChesed

**יְסוֹד שְׁבַעֲסָד** Count 6 days on Thursday night, April 9, 2015 Yesod ShebeChesed

**מַלְכוּת שְׁבַעֲסָד** Count 7 days on Friday night, April 10, 2015 Malchus ShebeChesed

**חֶסֶד שְׁבַעֲסָד** Count 8 days on Saturday night, April 11, 2015 Chesed ShebeGevurah

גְבוּרָה שְׁבוּבָה Count 9 days on Sunday night, April 12, 2015 Gevurah ShebeGevurah

תְּפִאֲרַת שְׁבוּבָה Count 10 days on Monday night, April 13, 2015 Tiferes ShebeGevurah

נְצַח שְׁבוּבָה Count 11 days on Tuesday night, April 14, 2015 Netzach ShebeGevurah

הוֹד שְׁבוּבָה Count 12 days on Wednesday night, April 15, 2015 Hod ShebeGevurah

הוֹד שְׁבוּבָה Count 13 days on Thursday night, April 16, 2015 Yesod ShebeGevurah

מַלְכוּת שְׁבוּבָה Count 14 days on Friday night, April 17, 2015 Malchus ShebeGevurah

חֶסֶד שְׁבִתְפִאֲרַת Count 15 days on Saturday night, April 18, 2015 Chesed ShebeTiferes

גְבוּרָה שְׁבִתְפִאֲרַת Count 16 days on Sunday night, April 19, 2015 Gevurah ShebeTiferes

תְּפִאֲרַת שְׁבִתְפִאֲרַת Count 17 days on Monday night, April 20, 2015 Tiferes ShebeTiferes

נְצַח שְׁבִתְפִאֲרַת Count 18 days on Tuesday night, April 21, 2015 Netzach ShebeTiferes

הוֹד שְׁבִתְפִאֲרַת Count 19 days on Wednesday night, April 22, 2015 Hod ShebeTiferes

יְסוּד שְׁבִתְפִאֲרַת Count 20 days on Thursday night, April 23, 2015 Yesod ShebeTiferes

מַלְכוּת שְׁבִתְפִאֲרַת Count 21 days on Friday night, April 24, 2015 Malchus ShebeTiferes

חֶסֶד שְׁבִנְצַח Count 22 days on Saturday night, April 25, 2015 Chesed ShebeNetzach

גְבוּרָה שְׁבִנְצַח Count 23 days on Sunday night, April 26, 2015 Gevurah ShebeNetzach

תְּפִאֲרַת שְׁבִנְצַח Count 24 days on Monday night, April 27, 2015 Tiferes ShebeNetzach

נְצַח שְׁבִנְצַח Count 25 days on Tuesday night, April 28, 2015 Netzach ShebeNetzach

הוֹד שְׁבִנְצַח Count 26 days on Wednesday night, April 29, 2015 Hod ShebeNetzach

יְסוּד שְׁבִנְצַח Count 27 days on Thursday night, April 30, 2015 Yesod ShebeNetzach

מַלְכוּת שְׁבִנְצַח Count 28 days on Friday night, May 1, 2015 Malchus ShebeNetzach

חֶסֶד שְׁבִהוֹד Count 29 days on Saturday night, May 2, 2015 Chesed ShebeHod

גְבוּרָה שְׁבִהוֹד Count 30 days on Sunday night, May 3, 2015 Gevurah ShebeHod

תְּפִאֲרַת שְׁבִהוֹד Count 31 days on Monday night, May 4, 2015 Tiferes ShebeHod

נצח שְׁבִהוֹד **Count 32 days on Tuesday night, May 5, 2015** Netzach ShebeHod

הוֹד שְׁבִהוֹד **Count 33 days on Wednesday night, May 6, 2015** Hod ShebeHod

יְסוֹד שְׁבִהוֹד **Count 34 days on Thursday night, May 7, 2015** Yesod ShebeHod

מַלְכוּת שְׁבִהוֹד **Count 35 days on Friday night, May 8, 2015** Malchus ShebeHod

חֶסֶד שְׁבִיּוֹד **Count 36 days on Saturday night, May 9, 2015** Chesed ShebeYesod

גְּבוּרָה שְׁבִיּוֹד **Count 37 days on Sunday night, May 10, 2015** Gevurah ShebeYesod

תִּפְאֶרֶת שְׁבִיּוֹד **Count 38 days on Monday night, May 11, 2015** Tiferes ShebeYesod

נצח שְׁבִיּוֹד **Count 39 days on Tuesday night, May 12, 2015** Netzach ShebeYesod

הוֹד שְׁבִיּוֹד **Count 40 days on Wednesday night, May 13, 2015** Hod ShebeYesod

יְסוֹד שְׁבִיּוֹד **Count 41 days on Thursday night, May 14, 2015** Yesod ShebeYesod

מַלְכוּת שְׁבִיּוֹד **Count 42 days on Friday night, May 15, 2015** Malchus ShebeYesod

חֶסֶד שְׁבַמְלָכוֹת **Count 43 days on Saturday night, May 16, 2015** Chesed ShebeMalchus

גְּבוּרָה שְׁבַמְלָכוֹת **Count 44 days on Sunday night, May 17, 2015** Gevurah ShebeMalchus

תִּפְאֶרֶת שְׁבַמְלָכוֹת **Count 45 days on Monday night, May 18, 2015** Tiferes ShebeMalchus

נצח שְׁבַמְלָכוֹת **Count 46 days on Tuesday night, May 19, 2015** Netzach ShebeMalchus

הוֹד שְׁבַמְלָכוֹת **Count 47 days on Wednesday night, May 20, 2015** Hod ShebeMalchus

יְסוֹד שְׁבַמְלָכוֹת **Count 48 days on Thursday night, May 21, 2015** Yesod ShebeMalchus

מַלְכוּת שְׁבַמְלָכוֹת **Count 49 days on Friday night, May 22, 2015** Malchus ShebeMalchus