

Omer Calendar for 2015*www.ReclaimingJudaism.org

Counting starts on the second night of Passover. Need to catch up? Some skip a day, others prefer doing one pair in the morning and one mid afternoon. Explanations of the sephirot are based on the teachings of Rabbi Zalman Schachter-Shalomi, z"l

Instructions: At intervals throughout each day contemplate each sephirah pair (chessed b'gevurah, etc.) in relation to your physical being, emotions, intellect, and state of your spirit. Fill with the essence of the day's pair and radiate through the sephirot and into your life.

Chessed Abundance Lovingkindness, 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
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Day 1: April 5 Chessed sheh b'chessed	Day 2: Apr 6 Gevurah sheh b'chessed	Day 3: Apr 7 Tiferet sheh b'chessed	Day 4: Apr 8 Netzakh sheh b'chessed	Day 5: Apr 9 Hod sheh b'chessed	Day 6: Apr 10 Yesod sheh b'chessed	Day 7: Apr 11 Malchut sheh b'chessed
sheh b/=within	Colors for each sephirah is that agreed upon by Rabbi Zalman Schachter-Shalomi with Rabbi Leah Novick					
Day 8: Apr 12 Chessed sheh b'gevurah	Day 9: Apr 13 Gevurah sheh b'gevurah	Day 10: Apr 14 Tiferet sheh b'gevurah	Day 11: Apr 15 Netzakh sheh b'gevurah	Day 12: Apr 16 Hod sheh b'gevurah	Day 13: Apr 17 Yesod sheh b'gevurah	Day 14: Apr 18 Malchut sheh b'gevurah
Day 15: Apr 19 Chessed sheh b'tiferet	Day 16: Apr 20 Gevurah sheh b'tiferet	Day 17: Apr 21 Tiferet sheh b'tiferet	Day 18: Apr 22 Netzakh sheh b'tiferet	Day 19: Apr 23 Hod sheh b'tiferet	Day 20: Apr 24 Yesod sheh b'tiferet	Day 21: Apr 25 Malchut sheh b'tiferet
Day 22: Apr 26 Chessed sheh b'netzakh	Day 23: Apr 27 Gevurah sheh b'netzakh	Day 24: Apr 28 Tiferet sheh b'netzakh	Day 25: Apr 29 Netzakh sheh b'netzakh	Day 26: Apr 30 Hod sheh b'netzakh	Day 27: May 1 Yesod sheh b'netzakh	Day 28: May 2 Makhut sheh b'netzakh
Day 29: May 3 Chessed sheh b'hod	Day 30: May 4 Gevurah sheh b'hod	Day 31: May 5 Tiferet sheh b'hod	Day 32: May 6 Netzakh sheh b'hod	Day 33: May 7 Hod sheh b'hod	Day 34: May 8 Yesod sheh b'hod	Day 35: May 9 Malkhut sheh b'hod
Day 36: May 10 Chessed sheh b'yesod	Day 37: May 11 Gevurah shsh b'yesod	Day 38: May 12 Tiferet sheh b'yesod	Day 39: May 13 Netzakh sheh b'yesod	Day 40: May 14 Hod sheh b'yesod	Day 41: May 15 Yesod sheh b'yesod	Day 42: May 16 Malkhut sheh b'yesod
Day 43: May 17 Chessed sheh b'malchut	Day 44: May 18 Gevurah sheh b'malkhut	Day 45: May 19 Tiferet Sheh b'malkhut	Day 46: May 20 Netzakh sheh b'malkhut	Day 47: May 21 Hod sheh b'malkhut	Day 48: May 22 Yesod sheh b'malkhut	Day 49: May 23 Malkhut sheh b'malkhut