

THE SEFIRAS HaOMER CHART

Please note:

If you don't have Hebrew on your computer, the Hebrew words in **The Sefiras HaOmer Chart** will probably show up as question marks or some other mark. Therefore, we have added the English translation after every Hebrew word. We have, however, only transliterated the Hebrew words of the Sefiros (Chesed, Gevurah, etc.), their characteristics can be found enumerated in the heading sections for each week.

For a further explanation of what the Sefiros mean, see our product idea, **The Identity Finder**.

WEEK ONE חסד Chesed	<p>חסד, Chesed, means kindness. General Characteristics: Doing kind acts. Loving Hashem. Represented By: Avraham Avinu. Representative Body Part: Right hand.</p>
	<p>THE WORK OF THE WEEK: Being nice to people and doing acts of kindness with all of your abilities. Strengthening yourself in emunah so that you can reach the level of loving Hashem. Voiding your wills and desires to those of Hashem. Guarding yourself from any form of cruelty, jealousy or anger.</p>
<p>חסד שבחסד טז ניסן, א' בעומר Chesed in Chesed 16th of Nissan 1 of the Omer</p>	<p>Strive to do real kindness with people without looking for a reward of any kind. Love Hashem and serve Hashem with a complete love, even when He corrects you. Be nice to everyone, even to those people whom Hashem uses "against" you in His yisurim. Judge every person favorably.</p>
<p>גבורה שבחסד יז ניסן, ב' בעומר Gevurah in Chesed 17th of Nissan 2 of the Omer</p>	<p>Put appropriate limits on your expressions of kindness. Fight against those forces, both inside you and outside of you, that interfere with your properly expressing your kindness. Don't give the recipients of your kindness, including your children, more than what is good for them or more than they can tolerate. Say no when you need to, kindly and as an act of kindness.</p>
<p>תפארת שבחסד יח ניסן, ג' בעומר Tiferes in Chesed 18th of Nissan 3 of the Omer</p>	<p>Be nice to people in a way that brings glory to Hashem. Remove your sense of self from your acts of kindness and replace it with gratitude to Hashem and to the recipients of your kindness for giving you the opportunities to act kindly.</p>
<p>נצח שבחסד יט ניסן, ד' בעומר Netzach in Chesed 19th of Nissan 4 of the Omer</p>	<p>Defeat everything that interferes with your dispensing your good qualities to people. Teach to others that which you've learned from the Written Torah (the written Torah is rooted in נצח, Netzach). Moshe Rabeinu's middah was נצח, Netzach; therefore, strive to be like him in that he put himself in the other person's place and helped to carry his burden with him. Repeat your acts of kindness even a hundred times or more if necessary, performing the last time as enthusiastically as the first.</p>
<p>הוד שבחסד כ ניסן, ה' בעומר Hod in Chesed 20th of Nissan 5 of the Omer</p>	<p>Strive to make sure that all your acts of kindness bring honor and praise to Hashem. Praise and thank Hashem for having given you the power and ability to be kind to others and that he made us be people who love to do kind deeds. Realize that everyone with whom you do kindness is merely a shliach of Hashem and make that person also realize that Hashem is the one Who is doing him the kindness through you. Be very humble while being kind to others, never feeling proud or angry. Teach to others that which you've learned from the Oral Torah (the Oral Torah is rooted in הוד, Hod). Sing praises to Hashem for all His great kindnesses. Strive to bring peace between people (which is the greatest kindness one can do) like Aharon HaCohen, whose middah was הוד, Hod.</p>
<p>יסוד שבחסד כא ניסן, ו' בעומר שביעי של פסח Yisod in Chesed 21st of Nissan 6 of the Omer SHEVII SHEL PESACH</p>	<p>Repeat and combine all the week's work into this day. Strive to make your acts of kindness bear fruit for generations to come. Teach your children to be kind to other people. Let other people realize how much you love Hashem. "Circumcise" and soften your heart, thereby removing the barrier that blocks the flow from Above. Support Chesed institutions.</p>
<p>מלכות שבחסד כב ניסן, ז' בעומר Malchus in Chesed 22nd of Nissan 7 of the Omer</p>	<p>Bring to actuality all the work of this past week. When giving tzadakah to a poor person, say something nice and have a pleasant expression. Pray not just for your own needs but for other people's as well. Pray to Hashem that He presents you with proper people who really need your expressions of kindness.</p>

WEEK TWO גבורה Gevurah	גבורה , Gevurah, means strength. General Characteristics: Overpowering the yetzer hora and turning all its desires to the service of Hashem, thereby converting them to good. דין, Judgment. Fear of Hashem. Represented By: Yitzchak Avinu. Representative Body Part: Left hand.
	THE WORK OF THE WEEK: Triumphant over your yetzer hora and any bad or evil people who interfere with your or other people's serving Hashem. Suppressing those physical desires of yours which are not for the needs of serving Hashem. ¹ Strengthening yourself in fear of Heaven and fear of sin. Guarding all negative commandments, מדאורייתא ומדרבנן (according to the Torah or according to the Rabbonim).
חסד שבגבורה כג ניסן, ח' בעומר Chesed in Gevurah 23rd of Nissan 8 of the Omer	Use kindly means to overpower both your internal and the external yetzer hora for the purpose of benefiting other people. Scold and display what appears to be anger to any people who are doing anything that will hurt themselves or other people, and try to get them to stop. Use kindly means to punish your children. Pray on behalf of anyone who is suffering. Strive to "sweeten" any strict judgments by praying more, learning more Torah, and doing mitzvos with greater cavannah. Really believe that everything that Hashem does is for the good.
גבורה שבגבורה כד ניסן, ט' בעומר Gevurah in Gevurah 24th of Nissan 9 of the Omer	With all your powers, battle against bad and evil, evil people and the yetzer hora. Overpower your yetzer hora by doing the exact opposite of what it entices you to do; for example, if it prompts you to be angry, be extremely tolerant and easy to appease. Rid yourself of any slackness in your performance of mitzvos. Give yourself over to Hashem completely. Sweeten any strict judgments immediately upon seeing them, by clarifying and separating out the good from the bad and exposing Hashem's presence in everything "bad," and thereby bring light out of the darkness.
תפארת שבגבורה כה ניסן, י' בעומר Tiferes in Gevurah 25th of Nissan 10 of the Omer	Make sure that your battles against bad and evil are done in a respectful way that brings you glory. Be respectful of and courteous to the people whom you are chastising. Punish your children in a way that is respectful of them and that doesn't disgrace them in any way. Help to strengthen people who are learning Torah and battle against those things that interrupt them from their learning.
נצח שבגבורה כו ניסן, יא בעומר Netzach in Gevurah 26th of Nissan 11 of the Omer	Overpower bad and evil so that it is conquered forever and suppress it completely under the forces of holiness, so that you no longer have to get angry time after time, rather nullify it completely. Strive to uproot your yetzer hora from its root and to prevent it from overpowering you by guarding yourself from anything that can bring you to sin. Commit yourself to a constant battle against bad and strive to be victorious in the battle on all sides. Pursue to save the oppressed from the oppressor.
הוד שבגבורה כז ניסן, יב בעומר Hod in Gevurah 27th of Nissan 12 of the Omer	Battle against the bad in ways that sanctify the name of Hashem in public and don't use improper means to accomplish your goal. By raising your voice in praise of Hashem you will suppress the powers of evil. Each time you are able to overpower your yetzer hora, set aside a specific time to thank Hashem for His helping you do it. Overpower your own desire to enter into arguments that are not for the sake of Heaven. When battling against someone who is doing something wrong, make sure you use the middos of Aharon: loving peace and seeking peace. Get advice from a Rav on ways to battle your yetzer hora.
יסוד שבגבורה כח ניסן, יג בעומר Yisod in Gevurah 28th of Nissan 13 of the Omer	Strive to make your work of this current week last for generations. Battle and overpower the yetzer hora in all areas that disturb the "holiness of the camp," especially in the area of modesty and in bris kodesh. Engage in marital relationships only for the sake of Heaven and not for your own pleasure, in order to give birth to holy children. Teach your children to battle against evil and to guard themselves from every sin. Be extremely fearful of anything that might damage the holiness of the bris kodesh and flee from it like fleeing from fire.
מלכות שבגבורה כט ניסן, יד בעומר Malchus in Gevurah 29th of Nissan 14 of the Omer	Overpower both the bad that is within you and that which is outside of you until you rule over it like a king rules over his people. During davening, work very hard to think of and pray for the needs of the Shechinah, since the work of prayer is to fix up מלכות, malchus. Ask Hashem to help you to overpower all the forces that interrupt you from serving Him. Pray for your livelihood and wealth, and in order to facilitate that, turn to the left a bit while davening. In everything that you do in supplying the needs of your family, don't think of the pleasure it gives you, rather think of the pleasure it gives the Shechinah. Strive to reach complete teshuvah on that which you are lacking in your service of Hashem.

¹ See our product idea, **The Torah Diet**.

WEEK THREE תפארת Tiferes	תפארת , Tiferes, means splendor. General Characteristics: Learning Torah. אמת, Truth. Beautifying holy things. Represented By: Yaakov Avinu. Representative Body Part: Whole body
	THE WORK OF THE WEEK: Learning Torah with diligence and perseverance, and teaching it to others. Guarding yourself from bitul Torah and from any conceit with your students. Being absolutely truthful in all matters and distancing yourself from every manner of falsehood. Beautifying everything that is holy: the beis hakinesses and beis hamedrash, your tefillin, your clothes, your body by bringing it to a state of health. Not allowing yourself to eat anything not absolutely kosher.
חסד שבתפארת ל ניסן, טו בעומר א' ראש חודש אייר Chesed in Tiferes 30th of Nissan 15 of the Omer 1st day of ROSH CHODESH	Do kindly acts regarding learning Torah and beautifying holy things. Learn Torah with other people. Support people who are learning Torah. Work on finding a chavrusa for someone who doesn't have one and on starting shiurim in places that don't have them. Help Talmidei chochomim and Cohanim to have nice clothing. Donate money to your shul and beis hamedrash. Help people who are truthful. Carry seforim to people who need them and put them back on their shelves so people can find them easily.
גבורה שבתפארת א אייר, טו בעומר ב' ראש חודש אייר Gevurah in Tiferes 1st of Iyar 16 of the Omer 2nd day of Rosh Chodesh	Overpower the yetzer hora and everything that weakens or interferes with learning Torah. Don't let people or your own thoughts or worries about worldly matters interrupt you while you're learning. Learn Torah with all your strength. Protest against those who disturb the honor and glory of the beis hakinesses and beis hamedrash by acting and talking in it like they do when they're outside. Fight against all falseness. Don't allow any food that is not absolutely kosher to enter your body.
תפארת שבתפארת ב אייר, יז בעומר Tiferes in Tiferes 2nd of Iyar 17 of the Omer	Do all the matters of this week in the best way possible way and in a way that brings great splendor to Hashem: in learning Torah, in being absolutely truthful, in beautifying holy things, in matters of your body and health. Learn seforim that deal with the sin of bitul Torah, such as נפש החיים שער ד' וכדומה. Come up with some divrei Torah in order to glorify the Torah. Teach others the beauty of the Torah and the happiness that is hidden inside it.
נצח שבתפארת ג אייר, יח בעומר Netzach in Tiferes 3rd of Iyar 18 of the Omer	Work to ensure that the honor of the glory of Hashem should last forever. Make sure you learn a fixed schedule every day that you never skip. Speak the truth and if you promise something make sure to do it. While learning, stand on your feet (the right foot is rooted in נצח, Netzach) and use your feet to walk to hear Torah. Train your feet to lead you to the beis hamedrash over any other place.
הוד שבתפארת ד אייר, יט בעומר Hod in Tiferes 4th of Iyar 19 of the Omer	Thank Hashem for everything that you are able to understand in your learning and especially for any chidushim that He lets you merit to think of. Stand on your feet for the honor of Torah (left foot is rooted in הוד, Hod), especially to stand for a talmid chochom and to run to hear Torah. Admit to any mistakes you might make in learning in order to give honor to the Torah. Learn in a way that gives honor to Hashem, namely don't interrupt other people who are learning, don't ask someone a question that you know he won't be able to answer, don't argue with your partner if you know he won't admit to his mistakes. Make all your learning be ways of peace (which is the midah of Aaron whose root is הוד, Hod). Be a proper student and submit yourself to your teacher. Give over your soul to accept and to learn the Torah.
יסוד שבתפארת ה אייר, כ בעומר Yisod in Tiferes 5th of Iyar 20 of the Omer	Combine all the work of the week into this day and ensure that it brings forth fruit in your children and students. Strive to establish students who will continue your way of learning. Publish your חידושי תורה (unique Torah thoughts), so they will be available to future generations. Educate your children in such a way that their actions will be a glory to Hashem. Put all your thoughts and desires on divrei Torah, and don't remove your thoughts from your learning. ²

² See our product idea, **The Thinking-In-Learning-Room Picture**.

<p>מלכות שבתפארת ו אייר, כא בעומר Malchus in Tiferes 6th of Iyar 21 of the Omer</p>	<p>Just like מלכות, Malchus, receives the שפע (shefa, flow) from above, you also strive to learn Torah from everyone and to accept the truth from those who say it. Accept upon yourself all the difficulties involved in learning Torah. Learn out loud when you learn, not silently (מלכות, Malchus, is represented by the mouth). Exile yourself to a place of Torah (just like מלכות, Malchus, is in galus). Beautify the place where you pray and wear nice clothes when you pray. Pray to Hashem that He supply you with what you need so that you'll be able to learn Torah, and pray that you'll be able to understand what you learn (prayer is rooted in מלכות, Malchus). Pray to Hashem that you find favor in people's eyes so that you can be a glory and honor to Him. Pray for sick people on account of how much bitul Torah and decrease in service of Hashem their sickness causes, and by so doing you will awaken compassion on them. Understand the meaning of the words that you say while davening.</p>
<p>WEEK FOUR נצח Netzach</p>	<p>נצח, Netzach, means victory or forever. General Characteristics: It is rooted in the Written Torah (תורה שבכתב) and is a derivative of the midah of חסד, Chesed. Learning Torah. Victory over the yetzer hora and forces of bad. Working to guarantee that your works will last forever. Represented By: Moshe Rabbeinu. Representative Body Part: Right leg. THE WORK OF THE WEEK: Fulfilling all the good that you promise to give to others. Bringing about a victory in the battle against everything that disrupts the good of clal Yisrael, physically and spiritually. Emulating the qualities of Moshe Rabbeinu: great humility, a "good eye" and a generous spirit, carrying other people's burdens with them and feeling the situation of the other person. Strengthening the written Torah.</p>
<p>חסד שבנצח ז אייר, כב בעומר Chesed in Netzach 7th of Iyar 22 of the Omer</p>	<p>Fulfill all the kindnesses that you promise to perform and never retract on your words. Repeat your acts of kindness a hundred times or more if necessary. Judge clal Yisrael favorably and thereby cause Hashem to be kind to us. Help spiritually lost Jews (drunks, sinners, desolate people) find their way to the Torah. Supply the needs of people who are learning Torah. Fight the battles of the poor and the outcast and save them from their oppressors. Help carry other people's burdens of life with them.</p>
<p>גבורה שבנצח ח אייר, כג בעומר Gevurah in Netzach 8th of Iyar 23 of the Omer</p> <p>תפארת שבנצח ט אייר, כד בעומר Tiferes in Netzach 9th of Iyar 24 of the Omer</p>	<p>Overcome those who interfere with your carrying out acts of kindness. Overpower the yetzer hora and laziness which prevent you from constantly bestowing good on others. Overpower those people who find fault with clal Yisrael and by so doing awaken strict judgments upon us. Fight the battle against bad and evil in the name of Heaven. Overpower everything that interferes with people who are learning the written Torah.</p> <p>Make sure all the work that you strive to establish for generations is done in a way that brings glory to Hashem and to yourself. With great beauty, support those who learn the written Torah. Do your mitzvos in public and with great honor to Hashem so that others will learn from your actions. Write or buy seforim and let others borrow them. Stand up before those who learn Torah. When you vanquish your enemies, do it in a way that honors them and not that disgraces them; and don't stray from the way of truth while doing so.</p>
<p>נצח שבנצח י אייר, כה בעומר Netzach in Netzach 10th of Iyar 25 of the Omer</p>	<p>Do all the work of נצח, Netzach, with full force, namely, destroying bad and evil, seeing that your good deeds last forever, and being like Moshe Rabbeinu in all his middos (teaching Torah, carrying the other person's burden of life with him and having the utmost humility). Don't give up the battle over evil even for a moment until the victory is permanent and evil submits itself under the dominion of good. Strive to learn Torah, and even in your old age find a Rav to teach you Torah. Learn Torah with constancy and don't let anything interrupt your learning. Care about handing over the Torah to the next generation.</p>
<p>הוד שבנצח יא אייר, כו בעומר Hod in Netzach 11th of Iyar 26 of the Omer</p>	<p>Make sure that all the work that you do to be victorious over evil and to perpetuate your good deeds is done in a way that increases the honor of Hashem in His world. Thank Hashem for giving you the power to fulfill all that you promised to do and that you could bring your good deeds to fruition. Thank Hashem for your successes in vanquishing evil and for all the victories of all your battles, like Dovid HaMelech used to do. Thank Hashem for His having given you someone who taught you the written Torah (which has its root in נצח, Netzach). Love peace and seek peace in all your matters, like Aharon (who is represented by הוד, Hod). Be precise in all the blessings that you make to thank Hashem for all the kindnesses that He bestows on you constantly.</p>

<p>יסוד שבנצח יד אייר, כז בעומר Yisod in Netzach 12th of Iyar 27 of the Omer</p> <p>מלכות שבנצח יג אייר, כח בעומר Malchus in Netzach 13th of Iyar 28 of the Omer</p>	<p>Strive to make sure that you bring out fruit from all your work in fighting evil and in fulfilling your promises to do good. Fight against evil publicly so that others will learn from your behavior and join in the fight themselves. Strive to establish upright and straight generations and teach them in your ways of fighting bad and perpetuating good deeds. Make sure you guard yourself in all matters of bris kodesh, making sure you don't go near places in which you will be tested in this regard, even if you have to go way out of your way to avoid them. Establish organizations that will teach young children the written Torah, for there is an extra advantage to be gained from their learning.</p> <p>Strive to bear all types of difficulties, poverties and exiles (like מלכות, Malchus – the Shechinah – which is in galus) in your perpetuation of doing kindnesses and fighting evil. Overpower both the bad that is within you and that which is outside of you until you are like a king ruling over them. Fight evil in all places, not just within your own home or neighborhood. Pray to Hashem (prayer is for the needs of מלכות, Malchus) that He helps you to fulfill your promises of good, to be victorious in your battles against evil, and to be successful in all your matters and in earning a living. Pray constantly for the geulah and for the return of the honor of Yerushalayim.</p>
<p>WEEK FIVE הוֹד Hod</p>	<p>הוֹד, Hod, means splendor. General Characteristic: During this week there is a greater ability to get closer to Hashem (זרח ח"ג קוב:) and a greater benefit to be gained in one's learning and serving Hashem. Learning the Oral Torah. All matters of praising and thanking Hashem. Diminishing yourself and elevating Hashem. Represented By: Aharon HaCohen. Representative Body Part: Left leg.</p> <p>THE WORK OF THE WEEK: Correcting one's actions. Bringing honor to Hashem and guarding yourself from anything that blemishes His honor or the honor of the buildings that were built for His honor. Suppressing your will to Hashem's will. Praising and thanking Him. Emulating Aharon: loving peace and seeking peace. Guarding yourself from anything that interferes with your learning the Oral Torah. Learning the secret parts of the Torah.</p>
<p>חסד שבהוד יד אייר, כט בעומר פסח שני Chesed in Hod 14th of Iyar 29 of the Omer PESACH SHENI</p>	<p>Strive to do kind deeds even in the face of being disgraced by it. Diminish yourself in all your actions of helping others and in bringing peace between people. Praise and thank Hashem for all his kindnesses to you and thereby cause Him to bestow greater kindnesses on you and the whole world. Thank Him for all the times He has saved you. Strive to elevate all those who feel inferior to others, especially poor people, and try to come up with proper help and advice in order to stand fallen people on their feet again, to lead them on the proper path and to establish peace among people. Stand (הוֹד, Hod, is represented by the left leg) to give honor to old people and to talmidim chochomim. Support people learning the Oral Torah and supply them with all their needs so they will be free to learn.</p>
<p>גבורה שבהוד טו אייר, ל בעומר Gevurah in Hod 15th of Iyar 30 of the Omer</p>	<p>Overpower those things that interfere with the honor of Hashem. Overpower your yetzer hora when it prevents you from praising and thanking Hashem, either by reasons of laziness, boredom or insincerity, and when it causes you to be lax in performing mitzvot properly. Think constantly about the greatness of Hashem. Overpower those things that interfere with the maintenance of the Oral Torah. Overpower your desire to have your own will fulfilled and yield to the other person's will wherever possible, and by so doing you will establish peace between people.</p>
<p>תפארת שבהוד טז אייר, לא בעומר Tiferes in Hod 16th of Iyar 31 of the Omer</p>	<p>Increase the honor of Hashem by learning Torah properly and by striving to reveal its truth and its depth. Take extra care to make sure that all your actions are truthful (אמת, Truth, is rooted in תפארת, Tiferes) and thereby bring honor to Hashem. Speak only the truth and distance yourself from all falsehood and by so doing you will distance yourself from arguments and increase peace. Decide that you will never profit by any false means. Beautify the place where you learn the Oral Torah and help talmidei chochomim to have nice clothes. Bow to Hashem with your whole body (תפארת, Tiferes, is represented by the whole body) for all His goodnesses and for all His kindnesses.</p>

<p>נצח שבהוד ז' אייר, לב בעומר Netzach in Hod 17th of Iyar 32 of the Omer</p>	<p>Strive to conduct all your victories against evil in a way that brings honor to Hashem, using peaceful means to bring your adversary to realize what is true. When Hashem saves you from a time of trouble, make sure you not only thank Him but also that you fulfill everything that you promised Him that you would do if He would save you. Don't be satisfied only in ending an argument, rather increase love and camaraderie among Jews to result in long-lasting peace. Thank Hashem for all your victories against the internal and the external yetzer hora. Strive to learn Torah without stopping. Try to learn the source in the Written Torah (which is rooted in נצח, Netzach) for everything that you learn in the Oral Torah (which is rooted in הוד, Hod), and by so doing your learning will be ordered and clear. Thank Hashem that He gave us the Torah through our faithful shepherd Moshe Rabbeinu (whose middah is נצח, Netzach).</p>
<p>הוד שבהוד יח אייר, לג בעומר לג בעומר Hod in Hod 18th of Iyar 33 of the Omer LAG B'OMER</p>	<p>Bend your knees and bow with your whole body to thank Hashem for all his goodness, specifically for having His revealing to us the hidden Torah through R' Shimon bar Yochai (whose yahrzeit is today). Stop and consider all the kindness that Hashem does with you, and when you are able to really feel the appropriate gratitude in your heart, then truly bow to Hashem with complete submission to Him. Thank Hashem for His having given you the ability to recognize Him and to thank Him. Cherish talmidei chochomim and old people and strive to receive all their wisdom from them. Make yourself insignificant in relation to all those who teach the Oral Torah and consider yourself nothing compared to them, and by so doing you will make yourself a true receiving vessel to receive the Torah. Void out all your feelings of self-importance and desire for honor so that you never disturb anyone, strive to make the other person king over you and worry only over the other person's honor, because love of other people and causing peace between people are great conditions for being able to receive the Oral Torah.</p>
<p>יסוד שבהוד י"ט אייר, לד בעומר Yisod in Hod 19th of Iyar 34 of the Omer</p>	<p>See to it that your work of this week bears fruit, either through your students or your children. Thank Hashem in public to publicize His kindnesses to you, so that others will learn from your actions and also thank Him – your thanking will thereby give birth to others' thanking. Thank Hashem that He cut His bris kodesh into your flesh, and that He merits you to guard your bris kodesh from defilement. Give birth to generations that thank Hashem for everything that happens to them. When your children thank you for anything that you give them make them realize that it's actually Hashem that's giving it to them and you are only His messenger. Support institutions that teach the Oral Torah. Purify your mouth by making sure you never utter an improper word, so you will be able to say your songs and praises to Hashem with a holy mouth.</p>
<p>מלכות שבהוד כ' אייר, לה בעומר Malchus in Hod 20th of Iyar 35 of the Omer</p>	<p>Tolerate all kinds of sufferings, afflictions, poverties and difficulties in order to reveal Hashem's honor in His world. Pray constantly that everyone will sanctify Hashem's name (prayer is for the needs of מלכות, Malchus). Pray to Hashem that He will allow you to reach the level where you are constantly thanking Him, and that others will reach that level also. Pray for the building of Yerushalayim and the Beis HaMikdash. Pray to Hashem that He allows you to receive the Oral Torah and have a teacher who will teach it to you, because a person is not able to learn from everyone. Pray constantly for peace and that Hashem grants a cure for all the sick of clal Yisrael, especially those with sick ideas.</p>
<p>WEEK SIX יסוד Yisod</p>	<p>יסוד, Yisod, means foundation. General Characteristics: Purity of one's mouth, heart and bris kodesh. Represented By: Yosef HaTzaddik. Representative Body Part: Male organ.</p> <p>THE WORK OF THE WEEK: Guarding the purity of your mouth, heart and bris kodesh. Guarding against seeing, thinking or saying forbidden things. Bringing out fruit from your service to Hashem. Strengthening yourself in thoughts and actions of teshuvah.</p>
<p>חסד שביסוד כ"א אייר, לו בעומר Chesed in Yisod 21st of Iyar 36 of the Omer</p>	<p>Help others to strengthen their service to Hashem and to purify their hearts and minds. Perform all your marital interactions and obligations לשם שמים, l'sheim shomaim (for the sake of Heaven). Guard your right hand from touching lower than your belt (Niddah 13b) (חסד, Chesed, is represented by the right hand). Put the other person's needs before your own. Strive to do kind deeds to all of clal Yisrael, like Yosef HaTzaddik who fed the whole world. Help others to fulfill the mitzvah of bris milah and its סעודה (meal). Help others to circumcise their hearts from desiring what is wrong and to realize the great benefits derived from guarding their bris kodesh, and work to bring them closer to the Torah. Help people find their mates, doing it only to be kind – without collecting a fee.</p>

<p>גבורה שביסוד כב אייר, לו בעומר Gevurah in Yisod 22nd of Iyar 37 of the Omer</p>	<p>Overpower the internal and external yetzer hora in all the ways that it tries to disturb or destroy the holiness of the bris kodesh, the holiness of the “camp” or matters of צניעות (modesty). Make fences for yourself so that you don’t come to be tested in matters of שמירת הברית (shemiras habris). Guard yourself from all things that bring you to forbidden thoughts. Guard your left hand from touching lower than your belt (Niddah 13b) (גבורה, Gevurah, is represented by the left hand). When you decide to make some rectification in middas hayisod, pay no attention to those who might try to convince you to lighten up on the matter, rather subdue them to your viewpoint. Void out all your wills and desires that are for your own needs and love of yourself, rather make all your actions be for the sake of Heaven, and by so doing you will be a true tzaddik.</p>
<p>תפארת שביסוד כג אייר, לח בעומר Tiferes in Yisod 23rd of Iyar 38 of the Omer</p>	<p>Spend more time learning the matters of kedushas habris and its rectification and teach them to others (learning Torah is rooted in תפארת, Tiferes), and help them realize the splendor that comes from guarding it and from a Jewish household that is based on טהרת אמת (family purity). Be a true guard of your mouth and tongue (the middah of אמת, Truth, is rooted in תפארת, Tiferes). Learn specific sections of Shas that deal with middas hayisod, like the 2nd perek of Niddah, the 6th and 8th of Yevamos and the 19th of Shabbos. Make sure that the esras noshim in your shul is constructed properly, with the women upstairs and a proper mechitzah. Think in learning constantly so that you don’t remove your mind from learning for even one moment, even if it means just thinking one posuk from davening.³</p>
<p>נצח שביסוד כד אייר, לט בעומר Netzach in Yisod 24th of Iyar 39 of the Omer</p>	<p>Make your guarding your bris kodesh (שמירת הברית, shemiras habris) like an actual battle and something that you battle constantly, not just periodically. Fight this constant battle in all ways and at all times and don’t give the enemy even the slightest chance to enter within the holy camp. Go to a Rav who will teach you the halachos from the Written Torah (the Written Torah is rooted in נצח, Netzach) that relate to שמירת הברית, shemiras habris. Guard your feet (נצח, Netzach, is represented by the right foot) from leading you to a place that is not guarded in matters of צניעות (modesty) where you will be tested in שמירת הברית, shemiras habris, even if you have to go way out of your way to avoid it. Help others to learn about שמירת הברית, shemiras habris, and help them live by it.</p>
<p>הוד שביסוד כה אייר, מ בעומר Hod in Yisod 25th of Iyar 40 of the Omer</p>	<p>Go to a Rav who will teach you the halachos from the Oral Torah (the Oral Torah is rooted in הוד, Hod) that relate to שמירת הברית (shemiras habris), for most of the halachos are not written down. Thank Hashem that He made His bris kodesh with us. For every temptation and test in shemiras habris that you are able to withstand, thank Hashem for helping you to withstand it. Make sure that all the things you do in shemiras habris don’t disturb your shalom bias by speaking pleasantly and using nice words. Run away from any place (הוד, Hod, is represented by the left foot) where you see that you are being tested in shemiras habris.</p>
<p>יסוד שביסוד כו אייר, מא בעומר Yisod in Yisod 26th of Iyar 41 of the Omer</p>	<p>Fulfill all the matters of this week with all your strength and power. Withstand all tests regarding the guarding of your eyes and thoughts from anything that disturbs kedushas habris. Adopt as many stringencies upon yourself as you can regarding shemiras habris. Strive that others should learn from your ways and guard themselves also. When your children reach the proper age, teach them all the particulars of shemiras habris. Strive to be a true tzaddik, sanctify yourself in all your desires and make all your actions לשם שמים, for the sake of Heaven, and not for yourself. Separate yourself from the delights of this world and by so doing your actions will be with the ultimate of kedushah. Conduct yourself with the utmost of צניעות (modesty).</p>
<p>מלכות שביסוד כז אייר, מב בעומר Malchus in Yisod 27th of Iyar 42 of the Omer</p>	<p>Pray to Hashem (prayer is rooted in מלכות, Malchus) that He helps you to guard your bris kodesh, that your yetzer hora doesn’t disturb you with foreign thoughts and that you will be able to rule over your thoughts. Pray for the ingathering of the exiled (קִיבוּץ גְלוּיֹת). If you find yourself in a place where people don’t act with צניעות (modesty), immediately exile yourself (like מלכות, Malchus, and the Shechinah are in galus) to a place of Torah, and don’t let anything stop you. Increase prayer to Hashem that your children involve themselves with Torah, mitzvos and total shemiras habris. Guard your mouth (מלכות, Malchus, is represented by the mouth) from any forbidden or ugly speech. Make yourself always be a vessel prepared to accept kedushah (like מלכות, Malchus, accepts all the influence from the upper world for the needs of those in the lower world).</p>

³ See our product idea, **The Thinking-In-Learning-Room Picture**.

WEEK SEVEN מלכות Malchus	<p>מלכות, Malchus, means Kingship. General Characteristics: Supplying the needs of others. Making Hashem to be King over you. The Shechinah. Galus. Prayer. All mitzvos dependent on speech. Shabbos. Represented By: Dovid HaMelech. Representative Body Part: Mouth.</p> <p>THE WORK OF THE WEEK: Working to bring to actuality all the work of the past six weeks. Being a vessel prepared to receive all the influence from the preceding weeks. Working to bring the Shechinah out of galus through learning Torah, prayer, teshuvah and good deeds. Uniting all Jews together in preparation for kabalas haTorah on Shavuos. Guarding yourself from all sins which prolong the galus, such as Sinas Chinum (unwarranted hate). Guarding your mouth from any speech which is not in the honor of Hashem.</p>
<p>חסד שבמלכות כח אייר, מג בעומר Chesed in Malchus 28th of Iyar 43 of the Omer</p>	<p>Do kind deeds which increase the honor of Hashem's Kingship in the world. Supply the needs of proper poor and displaced people, and don't belittle them in your heart or elevate yourself above them, rather help to carry their burden with them. Pray to Hashem that He shows compassion to all the needy, that He helps you to be able to help them, and that He forgives all sins. Support charity organizations. Say encouraging words to unfortunate people (מלכות, Malchus, is represented by the mouth). Make sure that your household has everything that it needs for Shabbos. Make sure your right hand (which represents חסד, Chesed) never makes any movement that is not in the honor of Hashem.</p>
<p>גבורה שבמלכות כט אייר, מד בעומר Gevurah in Malchus 29th of Iyar 44 of the Omer</p>	<p>Overpower the internal and the external yetzer hora that interferes with the revelation of Hashem's Kingship in His world. Void out all your wills to the will of Hashem. Overpower all those who disgrace poor or unfortunate people. Overpower the yetzer hora who constantly boasts in a world that is not his and realize that all who boast and attribute greatness to themselves insult the Kingship of Hashem. Hold yourself back from every sin because of fear of Hashem, fear of His greatness and the honor of His Kingship. Overpower those people who interfere with the honor of Shabbos. Overpower your yetzer hora that prevents you from guarding your tongue, and consider each word before it leaves your mouth so that there is no lying or loshon hora in your speech.</p>
<p>תפארת שבמלכות א ניסן, מה בעומר ראש חודש ניסן Tiferes in Malchus 1st of Sivan 45 of the Omer ROSH CHODESH SIVAN</p>	<p>Strengthen yourself in the attribute of truth and in learning Torah (both of which are rooted in תפארת, Tiferes). Make sure you don't become conceited or arrogant from learning Torah and specifically don't elevate yourself over poor people because of it. Tolerate disgrace and difficult times for the sake of truth and don't give yourself an excuse to lie even if it means being exiled from your place. Learn Torah even in places where people make fun of you because of it. Learn Torah out loud and not just with your thoughts. Pray to Hashem that you should be able to understand what you are learning. Increase your Torah learning on Shabbos and make sure you learn the halachos of Shabbos.</p>
<p>נצח שבמלכות ב ניסן, מו בעומר Netzach in Malchus 2nd of Sivan 46 of the Omer</p>	<p>Defeat all the enemies of Hashem and strengthen all the servants of Hashem, in order to establish Hashem's Kingship in the world. Strengthen yourself in learning the written Torah (which is rooted in נצח, Netzach) and exile yourself to a place where you can learn the written Torah from a Rav. Pray constantly for the geulah (מלכות, Malchus, – the Shechinah – is in galus). On Shabbos go to a Rav to learn Torah (נצח, Netzach, is represented by the right leg). Make sure your legs don't lead you to a place that doesn't guard Shabbos properly. Be victorious in all your battles against evil, and make sure your battles are for the honor of Hashem and not for yourself.</p>
<p>הוד שבמלכות ג ניסן, מז בעומר Hod in Malchus 3rd of Sivan 47 of the Omer</p>	<p>Increase your praises and thanks to Hashem, like Dovid HaMelech did (who is represented by מלכות, Malchus). Strengthen yourself in learning the Oral Torah (which is rooted in הוד, Hod). Make sure you do nice things to the unfortunate and the exiled, help them to see all the kindnesses that Hashem does for them and teach them to thank Hashem everyday for those kindnesses. Thank Hashem for all His goodness and don't take credit for yourself for anything that He gives you. Thank Hashem for all the trials and tribulations that He causes to come upon you, and fix in your mind that they are true and kind, either to increase your reward or to atone for your sins. Be very careful about honoring Shabbos and thank Hashem for giving it to us. Be very careful that everything you do on Shabbos at home is in the way of peace (which is the middah of Aharon, who is represented by הוד, Hod) and don't make any arguments with anyone, even in the name of Heaven.</p>

<p>יסוד שבמלכות ד ניסן, מח בעומר Yisod in Malchus 4th of Sivan 48 of the Omer</p>	<p>See to it that all your work of this week bears fruit to increase Hashem's Kingship in the world. Give birth to children and raise them to Torah and mitzvos, teach them to properly accept on themselves Hashem's Kingship, and teach them to honor Shabbos. Guard yourself from causing any blemish in your bris kodesh out of great fear of Hashem's Kingship. Pray that Hashem helps you to be able to guard your bris kodesh and all matters of modesty, and that you have no bad thoughts. Establish shiurim that teach the laws of Shabbos. Support institutions that work to guard the honor of Shabbos.</p>
<p>מלכות שבמלכות ה ניסן, מט בעומר ערב שבועות Malchus in Malchus 5th of Sivan 49 of the Omer EREV SHAVUOS</p>	<p>Today represents the revelation of Hashem's Kingship in His world in all its force and power. Strive to make Hashem the King over all your limbs and void out all your wills and desires to the will of Hashem. Concentrate very hard on accepting Hashem's Kingship when you say krias sh'mah. Say "Aleinu l'shabeiach" with great happiness. Make sure all your movements are for the honor of Hashem and constantly remember that you are always standing in front of the great King. Speak only words of Torah and kedushah on Shabbos and don't say anything that would blemish the honor of Shabbos. Pray to Hashem that all Jews will honor Shabbos and that He accept all of our prayers with compassion.</p>