

Counting The Omer A Kabbalistic Meditation Guide

Mark Horn

Counting the Omer Min Kantrowitz, 2009-12 Counting the Omer is a Kabbalistic meditation guide to understand the in-depth meanings of each of the forty-nine days between Pesach (Passover) and the Shavuot celebration of the revealing of the Torah. Rabbi Kantrowitz follows Kabbalistic guidelines to show how the unique values of the sephirot interact each day, giving the reader insight into the strengths of the day. Through this guide the reader is led to meditate on the mystical qualities of life and self.

Kabbalah: A Guide for the Perplexed Pinchas Giller, 2011-10-27

The Book of Immediate Magic - Part 2 Jacobus G. Swart, 2018-08 The Shadow Tree Series comprises a unique collection of Western Esoteric studies and practices which Jacobus G. Swart, spiritual successor to William G. Gray and co-founder of the Sangreal Sodality, has actuated and taught over a period of forty years. In *The Book of Immediate Magic - Part 1* Jacobus G. Swart perpetuates the fundamental tenets of Self Creation in which it is maintained that the Centre establishes the Circumference, and that personal reality is emanated in harmony with personal Will. Hence this tome comprises an enhancement and expansion of the magical doctrines and techniques of Practical Kabbalah addressed in *The Book of Self Creation*, *The Book of Sacred Names*, and *The Book of Seals & Amulets*. Jacobus Swart claims that working Immediate Magic is neither impossible nor difficult when we fully understand that consciousness is just one vast ocean, and that thoughts are the waves we make in it. It is all a matter of coordinating consciousness.

Tarot and the Gates of Light Mark Horn, 2020-01-07 An innovative, spiritual workbook that integrates the Tarot and the Kabbalistic tradition of Counting the Omer • Explores the origins and meaning of the 49-day Kabbalistic meditative practice of Counting the Omer and how it can lead to spiritual revelation, personal insight, and connection with the Divine • Reveals the correspondence of the Tarot's minor arcana with the Sephirot of the Tree of Life and explains how both relate to the Omer meditation • Provides a daily practice workbook that explores the related Sephirot and Tarot cards for each day, examines their Kabbalistic and spiritual meanings, and provides questions for daily reflection and meditation guidance The 49-day mystical practice known as Counting the Omer is an ancient Jewish ritual observed between the holidays of Passover and Shavuot (also known as Pentecost). As practiced by Kabbalists, it is designed to cleanse and purify the soul in preparation for spiritual revelation and a personal connection with God. The ritual creates a spiritual inner journey that

follows the path of the ancient Israelites from the moment of their physical freedom from slavery in Egypt to the establishment of their spiritual freedom forty-nine days later when they arrived at Mt. Sinai. Adeptly integrating this mystical practice with the transformative symbolism of the Tarot, Mark Horn uses the ritual of Counting the Omer as a template for a guided meditative practice that gives readers insight into their personal life journey and help in overcoming the issues that hinder their growth and spiritual awakening. Examining the correspondence of the Tarot's minor arcana with the Sephirot of the Kabbalistic Tree of Life, he shows how using the cards in connection with Counting the Omer can unlock the gates to a deep experience of the sacred. In the detailed daily practice workbook section, Horn provides day-by-day descriptions of the 49-day meditative practice of Counting the Omer. He divides the journey into seven week-long segments, which in turn are broken down into seven daily practices. For each day, he explains the related Sephirot and Tarot cards and their Kabbalistic and spiritual meanings, providing the reader with questions for daily reflection, guidance for meditation, and insight from traditional Jewish texts as well as teachings from Christian, Buddhist, Hindu, and Muslim traditions. Unveiling the relationship between Tarot and the Kabbalah, Horn shows readers how uniting these two practices can open them to a deeper experience of the Divine.

Kabbalistic Teachings of the Female Prophets J. Zohara Meyerhoff Hieronimus, 2008-07-21 The spiritual teachings of Israel's biblical prophetesses from a kabbalistic perspective • Explores the lives and symbolic significance of seven female prophets: Sarah, Miriam, Devorah, Chanah, Avigail, Chuldah, and Esther • Uses the gematria of Jewish metaphysics to demonstrate that prophecy is a mystical initiatory path by which Divine Will is made known, not only a tool for telling the future • Presents practical applications of kabbalistic teachings for spiritual development The seven prophetesses of Israel--Sarah, Miriam, Devorah, Chanah, Avigail, Chuldah, and Esther--lived between 1800 and 350 BCE. Their combined lives reflect a kabbalistic path of spiritual evolution that is as pertinent to our lives today as it was for the biblical communities in which they lived. From her studies of the Torah and classical gematria, Zohara Hieronimus shows that each prophetess is linked to a Sefirah on the kabbalistic Tree of Life: from creation (Sarah) through learning correct moral action (Devorah) to the promise of redemption and ultimately resurrection (Esther). Using the stories of their lives and teachings, Hieronimus reveals the relationship of each prophetess to the seven days of the week, the seven sacred species of Israel, the human body, and Jewish holidays and rituals. This book presents the kabbalistic teachings of these holy women and what they reveal about the initiatory path of individual development and redemption. The seven prophetesses show that every person has a part to play in the repair of the world, and Hieronimus gives a practical set of maps and spiritual guidelines for that journey.

Sanctuary of the Divine Presence J. Zohara Meyerhoff Hieronimus, 2012-03-26 Kabbalistic initiatory teachings for becoming a vessel for illumination, prophecy, and peace by creating an inner dwelling place for God's divine presence • Reveals practices for self mastery and revelation based on the holy design of the first Hebrew Sanctuary, the lives of the

Hebrew Prophets, and the Tree of Life • Shows how the Tree of Life's ten sefirot correspond to the Torah's prophetic Ten Songs of Creation; to alchemical ritual practices of fire, water, air, and earth; and to specific parts of the body, emotions, and aspects of the soul Many synagogues and churches, including the First and Second Temples of the Hebrews, follow an archetypal design first used in the Ohel Moed, or Tent of Meeting, and its sacred Tabernacle, which housed the Ark of the Covenant and the Ten Commandments. Drawing from a wealth of sources including the Hebrew Bible, the oral Mishnaic tradition of Judaism, and 16th-century Judaic texts, Zohara Hieronimus explains how, like the Ohel Moed, we are designed to receive and reflect the divine qualities of the Creator. Exploring the kabbalistic initiatory teachings within the Chassidic tradition of Judaism and the lives and writings of the Hebrew prophets, she reveals how our physical and spiritual worlds are not separate but interdependent, one affecting the other, often in unexpected and sometimes miraculous ways. Examining the ten-part system of Kabbalah's Tree of Life as reflected in the holy design of the Hebrews' first Sanctuary, Hieronimus shows how the Tree of Life's ten sefirot correspond to the Torah's prophetic Ten Songs of Creation; to alchemical ritual practices of fire, water, air, and earth; and to specific parts of the body, emotions, and aspects of the soul. Starting from Malchut (Kingdom) at the bottom of the Tree of Life and ascending to Keter (Crown) at the top, the author discusses related biblical and scholarly texts and traditional Hebrew practices and teachings that can lead to spiritual enlightenment, illumination, and peace, allowing each of us to become a sanctuary for God's presence through self-refinement, ritual devotion, and prayer, as practiced since biblical times.

The Kabbalah Sutras Marcus Freed, 2019-03-24 The Kabbalah has never been taught through the body - until now. We are hungry for a deeper meaning in life, thirsty for Higher wisdom and ready to step into our fullest potential. But how? Our lives can feel fragmented, not-quite-what-we'd-hoped-for and many of us are carrying a deeper sense of frustration. In The Kabbalah Sutras, Marcus J Freed presents a system which infuses ancient Kabbalistic wisdom with modern physical meditation in a way that you can apply directly to your everyday life - at home, play and at work. Using the ancient wisdom we can dissolve obstacles and create the life we love. This book contains 49 practical lessons that can be applied through meditation, yoga, physical gym workouts and throughout the entire day.

Toward Sinai Rachel Barenblat, 2015-12-09 The Omer is the period of 49 days between Pesach (Passover) and Shavuot. Through counting the Omer, we link liberation with revelation. Once we counted the days between the Pesach barley offering and the Shavuot wheat offering at the Temple in Jerusalem. Now as we count the days we prepare an internal harvest of reflection, discernment, and readiness. Kabbalistic (mystical) and Mussar (personal refinement) traditions offer lenses through which we can examine ourselves as we prepare ourselves to receive Torah anew at Shavuot. Here are 49 poems, one for each day of the Omer, accompanied by helpful Omer-counting materials. Use these poems to deepen your own practice as we move together through this seven-week corridor of holy time. Rachel Barenblat has gifted her readers with a set of

insightful poems to accompany our journey through the wilderness during the Counting of the Omer. Deft of image and reference, engaging and provocative, meditative and surprising, this collection is like a small purse of jewels. Each sparkling gem can support and enlighten readers on their paths toward psycho-spiritual Truth. -- Rabbi Min Kantrowitz, author of *Counting the Omer: A Kabbalistic Meditation Guide* Rachel Barenblat comes bearing a rich harvest. In *Toward Sinai*, her series of poems to be read daily during the counting of the Omer, a poem chronicles every step between Exodus and Sinai. The poems exist in the voices of the ancient Hebrews measuring grain each day between Passover and Shavuot, and also in a contemporary voice that explores the meaning of the Omer in our own day. Together, the poems constitute a layered journey that integrates mysticism, nature, and personal growth. As Barenblat writes: *Gratitude, quantified*. -- Rabbi Jill Hammer, author of *The Omer Calendar of Biblical Women*

Blessed Are You Jeffrey Cohen, 1993 The author offers the layperson a one-volume presentation of various aspects of prayer in Judaism. He looks at the historical development of prayer, the role of the synagogue ...

The Oxford Dictionary of the Jewish Religion Adele Berlin, 2011 Hailed by Library Journal as the best ready-reference access point to the Jewish religion, and as essential by CHOICE in its First Edition, *The Oxford Dictionary of the Jewish Religion* has been the go-to resource for students, scholars, and researchers in Judaic Studies since its 1997 publication. Now, *The Oxford Dictionary of the Jewish Religion, Second Edition* focuses on recent and changing rituals in the Jewish community that have come to the fore since the 1997 publication of the First Edition, including the growing trend of baby-naming ceremonies and the founding of gay/lesbian synagogues Under the editorship of Adele Berlin, nearly 200 internationally renowned scholars have created a new edition that incorporates updated bibliographies, biographies of 20th-century individuals who have shaped the recent thought and history of Judaism, and an index with alternate spellings of Hebrew terms. Entries from the previous edition have been revised, new entries commissioned, and cross-references added, all to increase ease of navigation research. The Dictionary covers more than three millennia of Jewish religious thought, custom, law, and practice, from traditional approaches to Reform, Conservative, Reconstructionist, and post-denominational Judaism. Brief definitions and longer essays, all supplemented with bibliographies, enlighten readers about the major figures, folklore, and events in the history of Judaism throughout the world.

Through the Gates Susan Windle, 2013-04-05 This is the full color edition, with stunning photographs by Matthew van der Giessen. The first edition, published as an ebook, is available in the Kindle Store . A third, black and white print edition is forthcoming in 2013. *Through the Gates* is a series of evocative letters and poems leading the reader through the practice of counting the Omer. Poet Susan Windle writes to a group of spiritual companions who share the same contemporary Jewish mystic for a teacher, Rabbi Shefa Gold, and who are engaged together in the spiritual discipline of the Omer, an ancient practice marking the forty-nine days between the spring festival of Pesach (Passover) and the early summer festival of

Shavuot, (the Festival of Weeks.) In the course of counting the days, Susan tells the story of her convergence with Judaism. Methodist by heritage, with a long connection to Unitarian Universalism, she became Jewish by choice in 2008. A bridge builder in many ways, Susan Windle has been described as a multi-faith community within herself. In these intricate writings- poems within letters, letters within larger letters- offering both spiritual memoir and guidance for daily practice, the poet explores the rhythms and textures of daily life, inviting the reader into intimate engagement with the mystery of life itself. Susan's story, as it unfolds through the seven weeks of the Omer, is celebratory, sweetly challenging, and deeply satisfying. From the author's Introduction: How to Use this Book These writings offer company and encouragement as you move through the practice of counting the Omer. The daily reflections and poems I've included are an invitation to attend to the quieter voices and subtler energies of your life, voices easy to miss in the rush-rush, flash-flash of contemporary daily life. The book is meant to be read day by day, each passage on its numbered day. For those new to the practice of counting the Omer, I include instructions on how to count the traditional way-beginning the second night of Passover, standing, after sundown, on the eve of each changing day.....I recommend saying the prayers in the traditional way at the traditional time-sometime during the dark of the evening, perhaps just before bed-and counting in the formal way. Doing so, we set our intentions for the following day, and we affirm our connection with generations who have counted before us. Having said that, let it be known the first year I counted I did none of this. I jumped in feet first-I wasn't even officially Jewish yet. Knowing very little about the Omer except the chart of daily attributes, I experienced the days as I found them. You, too, will find your way. ...The important thing here is to do something with the Omer, not just think, but do. As I've said, counting the Omer by the Tree of Life is more than a mental exercise or a topic of discussion. The [days] are portals, actual gateways to a deepening and expanding awareness of an extraordinary beauty: the heaven that hovers within and all around our so-called ordinary lives. The gates open to us when we open to them. between the doors all things are possible i don't mean my house or yours i don't mean inside or out that space between is where i'll meet you let's stop this back and forth let's stay right here in the doorway where all wars cease it may seem like a narrow place where nothing much could happen but we can not know the size of openings we do not see nor feel the breadth of that which waits for us the other side of what seems impossible Through the gates we go then-let's see what awaits us. Susan Windle

Counting the Days Lea Gavrieli, 2016-04-12 What values are most important to us? What is true strength? What constitutes real kindness? How and when can the average 21st century family discuss these questions? There are few opportunities for parents and children to think together about values and spirituality in our always-on, very connected and busy culture. This book invites parents, teens and school-aged children to indulge together in meaningful conversation during the seven weeks between Passover and Shavuot. The spiritual path of Counting the Omer is, of course, not only for children. This guide is child-friendly, but not child-only. Counting the Omer, the Biblical command to attend closely to the 49

days separating Passover and Shavuot, was transformed by ancient mystics into an invitation to contemplate God's attributes and learn to emulate them wisely. The Omer began as the celebration of the new harvest; so too can it be a time for growing our humanity by enriching it with sparks of Divinity. With quotes from philosophers, scientists, artists, historical personalities, and authors, Counting the Days builds a framework for appreciative self-reflection on the structure of the Sefirot the mystics' description of seven discernable traits of the Divine. It is designed for use year after year, with simple contemplative exercises and meditations offered for those ready to dive more deeply than they can through words alone. With Counting the Days as your guide, you and your family can take the journey to Shavuot together, and arrive feeling grateful, renewed and connected. Advance Praise for Counting the Days Counting the Days offers a powerful way to bring the spiritual practice of Counting the Omer to the whole family with depth and meaning. It's a must-have in the Jewish home. -- Rabbi Danya Ruttenberg, Author of Nurture the Wow: Finding Spirituality in the Frustration, Boredom, Tears, Poop, Desperation, Wonder, and Radical Amazement of Parenting Lea Gavrielli has written a beautiful, wise and compassionate guide through the Omer. It is filled with practical mindfulness instructions, ideas and quotes that open the heart and stimulate the mind. I could see using it over and over again throughout the whole year and not just the 7 weeks. --Larry Schwartz, Chair of the Institute for Jewish Spirituality Counting the Days is an invitation to adventure, using the Counting of the Omer as a framework for family conversation about ideas, values and the tradition. From Helen Keller to Herzl, Mother Teresa to Jason Mraz, wisdom and insights from a wide range of times and perspectives gather on the page to offer different pathways to insight and truth. Having watched some of these ideas engage our school's students and teachers, I highly recommend this text as a way to reinvigorate the tradition of the Counting of the Omer, ensuring that the journey from Pesach to Shavuot is one filled with discovery and delight. --Rabbi Andrew Davids, Head of School, Beit Rabban Day School, New York City

Meditations for the Counting of the Omer Theodore G. Falcon, 1989

The Oxford Dictionary of the Jewish Religion Raphael Jehudah Zwi Werblowsky, R. J. Zwi Werblowsky, Geoffrey Wigoder, 1997 The combined effort of Israeli, American, and European scholars, this dictionary reflects the great variety of Jewish religious expression, from the traditional approaches to such recent variations as Reform, Conservative, and Reconstructionist Judaism.

A Spiritual Guide to the Counting of the Omer Simon Jacobson, 1998

A Spiritual Guide to the Counting of the Omer Simon Jacobson, G. Rae Ekman, 1996

Journey Through the Wilderness Rabbi Yael Levy, 2012-03-06 In this book, Rabbi Yael Levy gathers wisdom from Psalms and the Jewish mystical tradition into a unique Mindfulness approach to the ancient Jewish practice of Counting the Omer during the 49 days between Passover and Shavuot. This 96-page, full-color guide includes the Omer blessings in

Hebrew and English, daily teachings and intentions, pages for reflections and photographs to inspire meditation. Daily suggestions for action deepen the experience of counting each day and making each day count. Using insights gained from more than a decade of her own spiritual exploration with the Omer, Rabbi Levy has created a guide for spiritual growth for beginners and those who have experience with this practice.

A Journey of Awakening Ted Falcon, 2003 The Hebrew word for Egypt means places of contraction and stuckness. For the metaphorical journey from the slavery of stuckness to the revelations high on Mount Sinai, Rabbi Ted Falcon provides 49 meditations based on the Kabbalah. His newly released book, A JOURNEY OF AWAKENING--Kabbalistic Meditations on the Tree of Life, guides readers to liberation, using an ancient system of levels--corresponding to chakras and the Tree of Life. Flexible and universal, the meditations can be implemented by practitioners of any faith tradition--at any time of the year, in any sequence. They can also be used in conjunction with the traditional, 49-day Counting of the Omer between Passover and Shavuot. No matter when the meditations are begun, they will shine a transforming light into readers lives. Writing his breathtaking truths in simple sentences, Rabbi Falcon confronts us with paradoxes, leaving us available for what we cannot hear from the places of our stuckness.

Omer/Teshuvah Shifrah Tobacman, 2013-08-26 This is the second edition of Shifrah Tobacman's unique and inspirational poetic meditations for counting the Omer or turning toward a new year. These poems will open your heart and spirit! ABOUT OMER/TESHUVAH This book invites us to breathe the air and taste the nectar of the holy, moving through multi-dimensional time, encountering the sacred in the daily. It can be read from one end or the other, offering for our delight, in the words of Gate 38, a rainbow of colours, a delicious sip of possibilities! -Professor Dr. Ibrahim Farajaje, Provost and Professor of Cultural and Islamic Studies, Starr King/Graduate Theological Union Each of the 49 gates of wisdom through which we walk during our seven-week journey from Pesach to Shavuot, and rather innovatively also during the seven weeks leading to Rosh HaShanah, are explored with poetic depth and insight by Shifrah Tobacman. Allow these daily gems to inform and enrich your pilgrimage! You will not be disappointed! -Rabbi Marcia Prager, Dean of Students, Aleph Ordination Programs, Author of Path of Blessing. The poetic meditations in this collection are drawn from the author's own practice of counting the Omer. The Omer is a forty-nine day period between the Jewish holiday of Pesach, which celebrates freedom, and Shavuot, a time of revelation. The practice also has agricultural origins linked to the spring harvest in ancient Israel. The communal and agricultural roots of the Omer period make it an excellent opportunity for considering our relationship to each other, to the Earth that sustains us, and to the Source of All Life that blesses our own lives each day. In 2006, author Shifrah Tobacman attended a seminar taught by Rabbi Zalman Schachter-Shalomi. He mentioned the idea of counting in a similar fashion for the seven weeks that lead up to Rosh Ha-shana, the Jewish new year. He had heard of this idea from Cantor Michael Esformes, who recommended counting down from forty-nine at this time. As Shifrah began to engage in this

practice, she found herself writing these poems, which turned into meditations, and finally became the substance of this book. The meditations here are well-suited for either counting the Omer, or in preparing spiritually for a new year. Shifrah is using the term Omer/Teshuvah or Omer Teshuvah for the practice of counting down to the new year. This counting begins immediately following Tisha B'av, which commemorates the destruction of the ancient Temple in Jerusalem. The Hebrew word teshuvah refers to turning or returning. It is used to describe the process of soul-searching and forgiveness that Jews engage in, particularly during the High Holy Days in the Fall, and during the weeks which precede them. One of Shifrah's teachers, Rabbi Shawn Zevit, offers these thoughts on Omer/Teshuvah. Raising up the motifs of each day and adding to our spiritual practice, this collection guides the reader from a mindset of scarcity and tentative self-realization through the sea of distraction and self-doubt to a mountain of possibility and spiritual vibrancy. Read these and help make each day count!

Sefirat HaOmer - Count Within Yourself: Count the Omer Family & Adult Coloring Book with Meditations & Mystical Kabbalistic Teachings for Spiritual Growth Rae Shagalov, 2021-03-22 Fulfill the mitzvah of Sefirat Haomer and have fun while doing it! Each year, from the second day of Pesach to the Shavuot celebration of the revealing of the Torah, we count 49 days, as the Torah commands us. The 49 meditations and teachings in this book have been adapted from a little-known video series of a leading Kabbalistic Master of our time. As you color, you can deeply contemplate and understand the in-depth meanings of each of the forty-nine days. Enjoy coloring with your family and discussing the meaning of counting each day. Makes a wonderful gift, too!

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Counting The Omer A Kabbalistic Meditation Guide Introduction

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