



Tomorrow at nightfall begins the Counting of the Omer in the Jewish tradition.

From April 6 to May 25, going through the Pesaj period, Easter until Shavuot.

Pesaj supposes the liberation of the soul against the slavery of the conditioning factors of the body.

This 7-week day-by-day computation entails 49 days of a mindfulness practice where "our" consciousness is placed on the seven sefirot of the Tree of Life that are found under the superior triad, and that suppose a deep internal purification and reordering of all the dynamics connected with these sefirot: Chesed, Geburah, Tiferet, Netzaj, Hod, Yesod until reaching Malchut, the kingdom of manifestation, our manifest world.

We can go much deeper into explanations but it is not my mission with this post to do so, but to explain that every day you will see a post with a reminder of the day's count (it starts counting every day at sunset). Under the post (On Facebook, Instagram, the Community of our YouTube channel, if you wish, you can comment on synchronicities that occur on the dynamics of the day or reflections. I am not an expert in it, only a small apprentice. A few years ago I also participated in a Omer's account, from the hand of a companion, Leslie.

Happy transit through the Omer Count, happy period of purification, awareness, spiritual elevation that takes us directly to the door of day 50, the door of Binah, in the upper triad, the world of Azilut.

The account of Omer comes from the promise of Moses that 49 days after the departure from Egypt, the people of Israel would receive the Torah.

Omer is also a measure of counting wheat. On the 50th day after the Omer, the annual wheat harvest began.

On the count of the Omer, the first week is dedicated to the sefira Hesed, the second to Guevurah, third Tiferet, fourth Netzaj, fifth Hod, sixth Yesod and seventh Malchut.

Practicing Jews who follow the law and the precepts follow a series of steps when counting the Omer. Other people, perhaps not Jewish but Kabbalists or similar, use this Account as a way of meditating and contemplating the values raised each day of the count.

The counting of the Omer begins with Hesed, the most absolute Love, Mercy and benevolence of the Source.

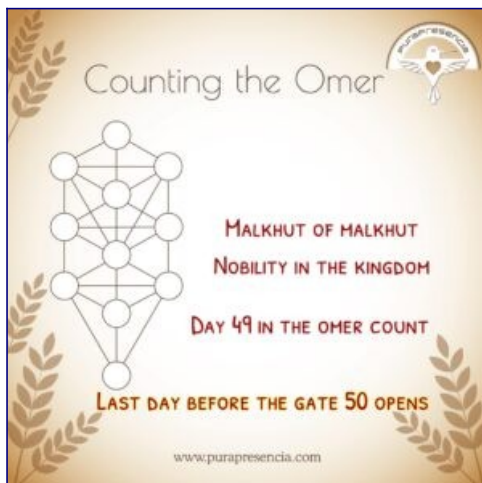
Every day in this post I will add an image with the account of the day and if inspiration arises, some reflection. Those of you who follow the Omer Account, if you wish to contribute with your perceptions, intuitions, experiences, you are welcome!!!

Blessings

Barbara

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**DAY 49 on the Count of the Omer, Nightfall from May 24 to 25, 2023, Malkhut of Malkhut, the nobility in the Kingdom.**



Today we can contemplate the Nobility in the Kingdom of our physical world, place of the manifestation of our creations. Nobility is not a noble title but a condition of the awakened and courageous heart because it dared to put its virtues before its defects for the greater good of itself and of others, not for personal glory but to glorify God, the Source.

Today we end the 49 days of semi-mourning that the counting of the Omer represents, a period between two sacred Jewish holidays (Pesaj and Savuot) that symbolize a time of purification and awareness that led the Jewish people from the liberation of Egypt to Mount Sinai to receive the tablets of the ten commandments.

The purpose of Counting the Omer is to activate our middot (virtues) in us and clean our vessels and their internal aspects in order to receive blessings when door 50 (Binah) opens, coinciding with the end of the Omer and the beginning of the festival of Shavuot.

The path traveled, as a personal desert in which we journey discovering our lights and shadows, is a path of personal growth where, perhaps, each day marked by an energy we have been discovering how our reality, our relationships have been reflecting dynamics of each day on the Counting of the Omer. Only the traveler can know the extent of the progress made and only he/she is the one who will be able to pass through gate 50 receiving the blessings of Binah.

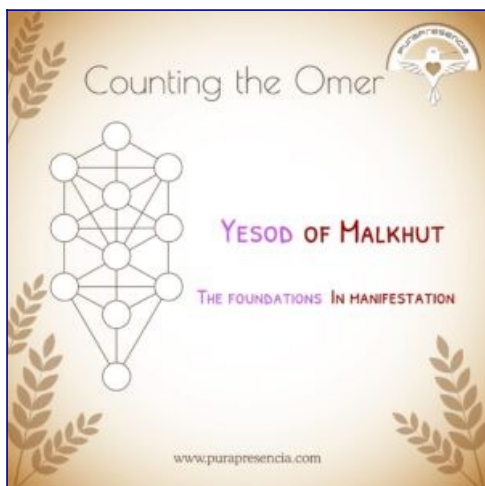
We hope this 49-day journey together has inspired and helped you along the way.

Happy triumphant entry through door 50!!!

Blessings!

Barbara Meneses

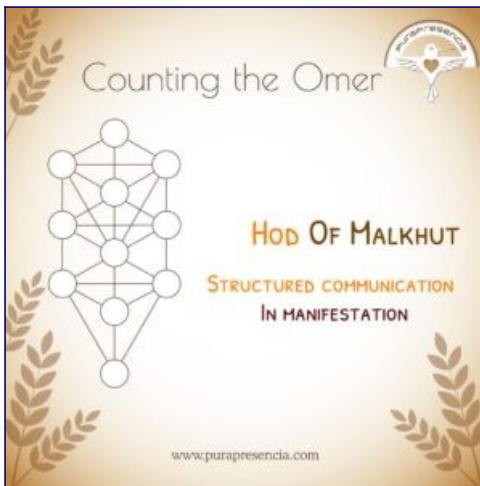
### **DAY 48 On the Count of the Omer, Nightfall from May 23 to 24, 2023, Yesod de Malchut The foundation in the manifestation**



Today we celebrate the penultimate day in the count of the Omer, Yesod de Malchut, where we can contemplate the foundational bases on which we establish our incarnation on Earth, our creative manifestation in the world of matter. Yesod is represented and guarded by Patriarch Yosef Al Tsadik, Yosef the Just, who achieved that title after overcoming the sexual temptation to which he was subjected. And it is that Yesod can suffer many short-circuits to the point of stopping the river of blessings that come from the dimensions of the superior triad, due to our sexual behavior. Sodom and Gomorrah were good examples of this, of how to fall from grace due to the depravity of uncontrolled instincts. Yesod are also our ties, the family, the clan, the primary relationships that can affect us or drive us on the path towards the manifestation of our best goals.

Today is a good day to contemplate the impact of our sexuality on our creations and that of our most primary bonds.

Happy exploration!

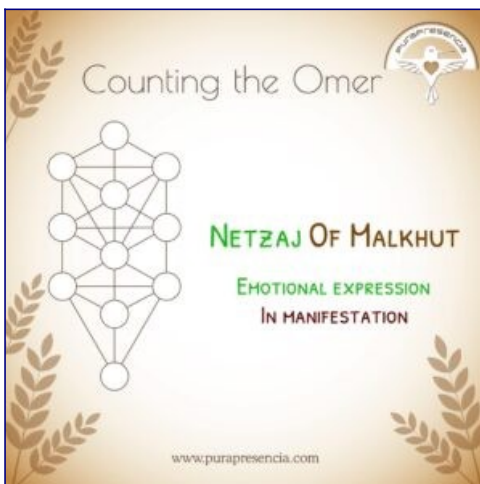


**DAY 47 On the count of the Omer, Dusk from May 22 to**

**23, 2023, Hod of Malkhut, the language structured in the kingdom, the manifestation**

Today we can contemplate from the privileged space of Cohen Gadol, the High Priest, the power that our words have to manifest our reality. Do we use words and their vibration for good? Or do we perform "black magic" to ourselves with the weight of our viperine verb? In this sefira, Hod, they give away soap to wash our mouths when we have fallen into Lashonara, the vice of speech (its a joke, no free soap!)... This is clearly seen in our manifestations, in the kingdom, the physical world in which we are incarnated, since we are the result of our creative verb. Are our creations sweet or bitter?... Entering the inner temple, as high priests, well requires this training in the power of the verb, power for life, power for death. Happy exploration!

**DAY 46 On the Count of the Omer, Nightfall from May 21 to 22, 2023, Netzaj of Malkhut, the emotional expression in the kingdom, in the manifestation**

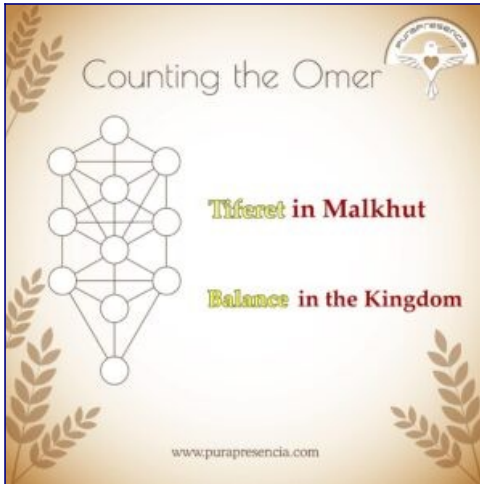


Today we can contemplate if we really communicate our

emotions in a creative way in our inner kingdom, in our fertile land in such a way that our creations manifested on solid ground can accommodate that expression of our authentic and true feeling. If we get frustrated and repress that feeling, our creations are marked by blocks, short circuits, broken dynamics that prevent our offerings from flowing. We oscillate between insecurity, fear of expressing ourselves, falsehood, conformism, seeking to please everyone knowing that it is impossible, excessive diplomacy that in the end breaks the pitch when the repressed energy of anger and despair arises, neither accepted nor accepted. recognized.

Happy day of exploration of our feelings. Moses, patriarch of this sefira, is not precisely because of his emotional parsimony, on the contrary... he became very desperate with his people... to the point of sending the tables to "hell". Luckily, tradition says that the letters fled before breaking.

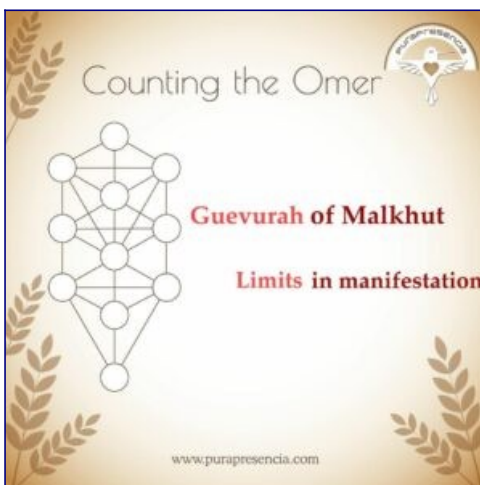
**DAY 45 in the Account of the Omer, Nightfall from May 20 to 21, 2023, Tiferet of Malkuth, harmony and balance in the Kingdom.**



Today, holding hands with Archangel Michael, we can rise in Tiferet de Malkuth towards Keter of Malkuth, through that central axis within the sefira of Malkuth that recreates the alignment that leads us directly to God, Yashar-El. Today, we balance the forces of Giving and Receiving, characterized by the dynamics of the previous two days, through Tiferet, the solar force from the center of the Tree of Life In Malkuth, the Kingdom. We therefore bring beauty and balance to the physical world of manifestation, to our incarnation, our creations.

happy exploration and dance between goodness and rigor, balancing today in our internal and external kingdoms.

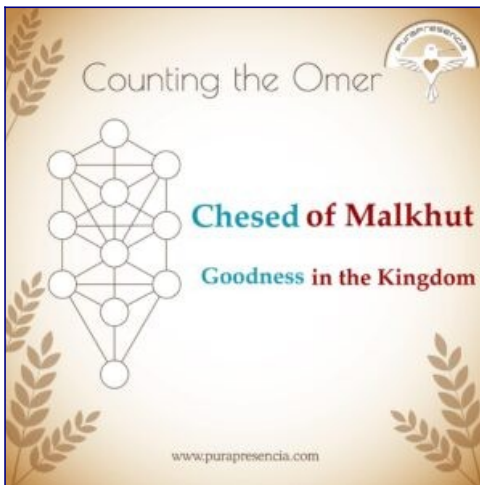
**DAY 44 in the Count of the Omer, Dusk from May 19 to 20, 2023, Guevurah of Malkhut, the rigor, the limits in the kingdom, the manifestation.**



Today we can contemplate the limits imposed on Malkhut by the left side of the Tree of Life, rigor, judgment. Traditionally, rigor was applied to the fallen forces, not to man, but they used this energy to hit the human being hard, enhancing their disconnection from the Source of all goodness. To rebalance this, we can use the limits in the manifestation of our

sovereignty and leadership in such a way that we turn around that historical envy of fallen angels towards Humanity. Without returning an eye for an eye, rather applying in a positive and constructive way the force and power of rigor, limits, justice to those manifestations in our life, our kingdom that require it. A delicate work of balance, honesty, sincerity with himself. Happy exploring!

**DAY 43 on the Count of the Omer, Nightfall from May 18 to 19, 2023, Chesed in Malkhut, Goodness in the Kingdom of manifestation.**



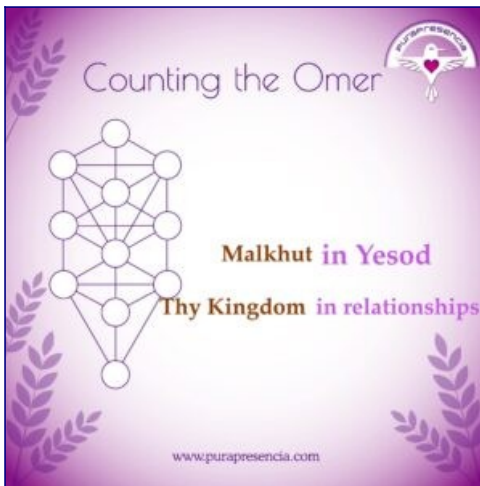
Today we begin the last week of the Counting of the Omer, it has been a journey through 7 sefirot until we reach the kingdom of King David who is us, incarnated in the manifest world. Apparently so far removed from the superior spheres and yet in a direct line with Source, Ein Sof,... We *fell* with Adam, we had a body in which our Soul was sheathed, perhaps before its time, hence the perception of "fall"... yes... but once here... we take advantage of the experience to learn?, to create? To manifest? To reconnect with our essence and the creative principle of the Source of All that is?

Today we can contemplate the goodness of divine mercy and its infinity of actions in our lives, supporting our incarnation in the manifested world. The invisible help we receive, the blessings that come to us by solving problems, difficulties, challenges... the help to rest, let go, heal, the havens of peace that we find at different times of the day... the breathing of the vital breath that is given to us... Kindness opens the doors to gratitude, allows us to be more present in our lives knowing that everything we do not see with appreciation disappears from our lives.

Happy contemplation!

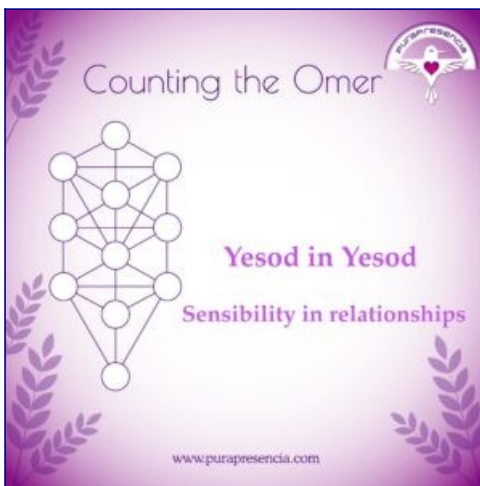
**DAY 42 in the Count of the Omer, Nightfall from May 17 to 18, 2023, Malkhut in Yesod, the Kingdom in relationships, bonds, the foundation, the Alliance.**





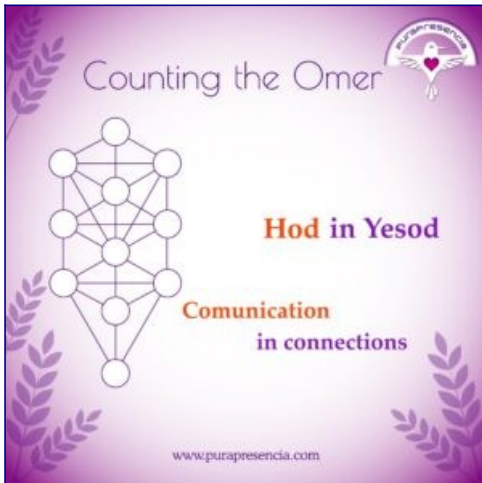
Today we contemplate the potential that Malkhut has to connect us directly to Keter, the portal to Infinity, Ein Sof, the Source, through the direct line of the center of the Tree of Life, pointing directly towards the portal of incarnation, in Yesod. The astral and lunar influence, the bonds and relationships. Can we manifest the glory of the Kingdom in our relationships?... Can we see the sacredness of our connections in such a way that we allow Divine Grace to flow through them without controlling, without manipulating, without seeking to dominate the other, simply recognizing that the other is equally in essence One with Source? Happy contemplation, that we can re-establish the Kingdom in the fertile Land of our relationships in order to finally Incarnate, Heaven on Earth.

**DAY 41 in Counting the Omer, Nightfall from May 16 to 17, 2023, Yesod in Yesod, sensitivity in relationships**



Today we contemplate the power of Yesod squared, the lunar influence, the maximum receptivity, in relationships, connections, the special sensitivity of intuition that allows us to discern between lunar illusions and fantasies and the pure reflection of reality. This aspect also tells us about the transition from one incarnation to another passing through the portal of what we call "death" and the memory or forgetfulness of the promises we made before incarnating, the purposes of performing *teshuva*, rectifications correcting our *tikkun*, the causes and consequences that led us to experience short circuits in the past and that now we have a new opportunity to solve. Happy contemplation on this doubly yesodic day!

**DAY 40 in the Account of the Omer. Nightfall from May 15 to 16, 2023, Hod de Yesod, communication in bonds, relationships.**

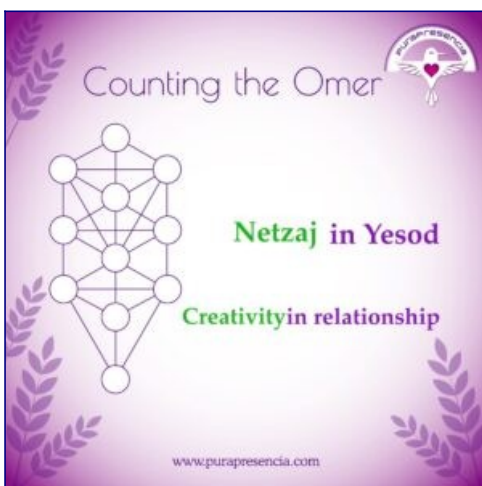


Today we can contemplate the power of structured language, of mental clarity, of honesty and personal integrity in our bonds, our relationships, or the lack thereof. Hod en Yesod enhances our cognitive abilities and the power of healing our mental patterns thanks to the exploration of the mind and psyche. We return to the left side of the Tree of Life where we explore the limits that we place on ourselves, anchored in the Subconscious and mobilizing the internal forces of personal resistance to change, improvement.

Happy exploring!

Blessings. [#omer](#)

**DAY 39 in the Account of the Omer. Nightfall from May 14 to 15, 2023, Netzaj in Yesod, perseverance in relationships, creativity, emotional expression in relationships.**



Those who connect the Omer with astrology will be able to see that Netzaj in Yesod is related to Aquarius, so we could well be in this whole new age that is opening before us having to harmonize this aspect.

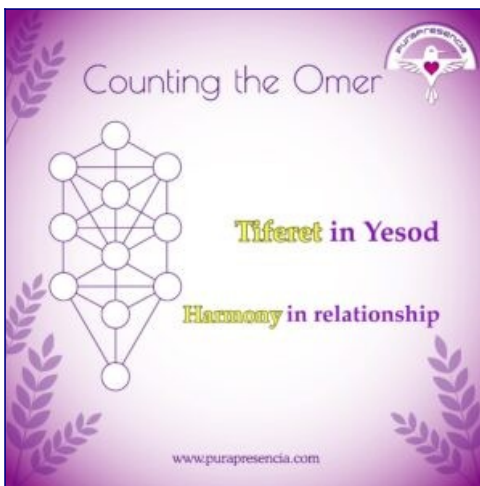


This dynamic speaks to us of Nature, and of Creation, the creative manifestation. It also tells us about the first sentence of the Torah of the Old Testament, "Bereshit Bara Elohim" a phrase that has represented so many rivers of ink due to its multiple interpretations, especially as far as the word "Elohim" is concerned, considered in Kabbalah as the forces of Nature, astral forces that we activate to generate positive events in our lives or, on the contrary, to suffer the rigors of their most severe manifestation.

As far as this Omer day is concerned, this dynamic in our relationships invites us to apply the right balance between Giving and Receiving, between compassion and kindness on the one hand and strictness and limits on the other.

The principle of creativity in relationships, as I sense, might connect with the soul aspect of our relationships, in order to get out of the toxic astral influence and thus appeal to the highest spiritual manifestation in these relationships that we have with everything in life. Being able to reach that level of connection only happens through the recognition of the intrinsic Unity of all relationships, as the Divine principle of Unity...so well stated in the Hebrew word "Ejad" (in the Shema) and the balance between Chesed and Gevurah, kindness and mercy and rigor, severity, limits.

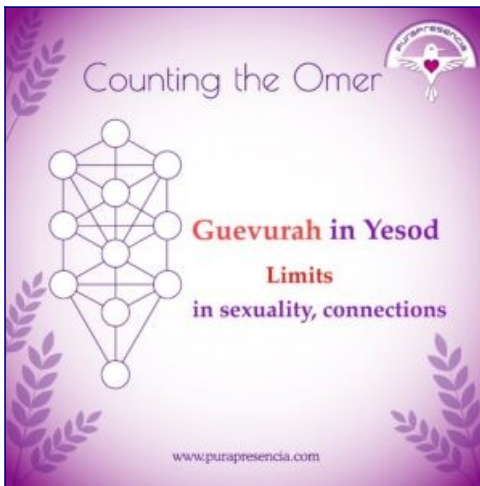
### **Day 38 in the Count of the Omer, nightfall from May 13 to 14, 2023, Tiferet of Yesod, the balance between Sun and Moon**



Today we can contemplate the ability of the sefira Tiferet to balance between Chesed and Gevurah in Yesod, the foundation, the alliance, our social and family ties, our sexual creative energy. Tiferet is Yacob and Israel which is the name that Yacob adopts when he rises towards Keter. So we balanced the previous two days with his forces of mercy but also of rigor and limits. Tiferet of Yesod also tells us about temperance and raising our egoic perception of ourselves towards the reality of our inner Self, our essence, an essence that seeks to connect with Keter, the crown, to get closer to the Source, crossing the abyss, the perception of emptiness and touching the Infinity that represents the portal of Keter.

Happy contemplation today! happy tiferetic harmonization that is not tifer-heretical hehe

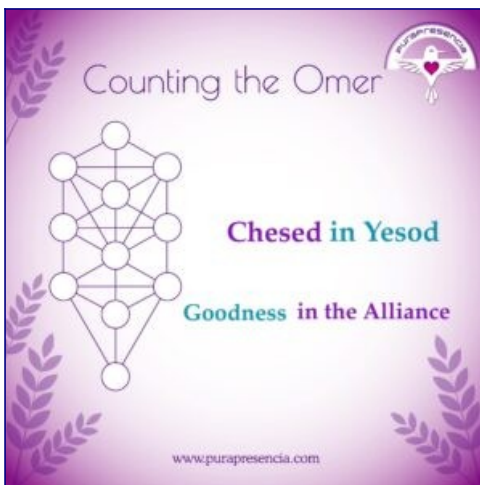
### **Day 37 in the Count of the Omer nightfall from May 12 to 13, 2023, GUEVURÁ OF YESOD, rigor, limits in relationships, in sexuality**



Today we can contemplate our sexuality and whether we really honor it, both honoring ourselves and the other person with whom we share intimacy. In Yesod, the sacred conjugal relationship is important to preserve the seed, the Yod, the Divine spark that flows from the giving masculine to the feminine. (I know now those who confuse masculine/feminine with gender will jump). Masculine in Kabbalah is the giving principle, whether you are a man, a woman or however you define yourself, and feminine is the receiving principle. Whatever you are, there is a masculine/feminine principle in you.

Happy contemplation today of the limits, the rigor, the severity, in the foundation, in sexuality, in our links with others, in the lunar astral influences that reach us, especially in the decreasing phase of the moon, that is to say, from full to new.

**DAY 36 in the Count of the Omer, Nightfall from May 11 to 12, 2023, Chesed of Yesod, Goodness in the Alliance**

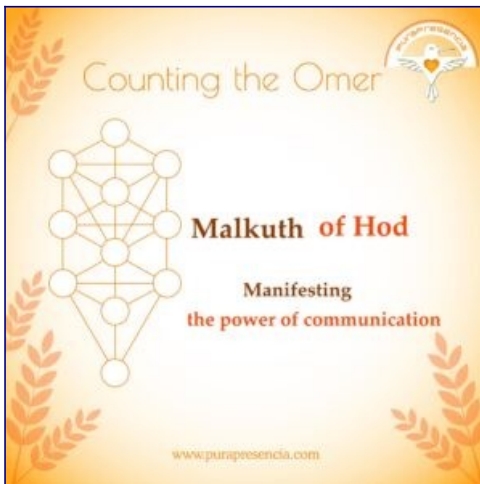


Today we start a week going through the dynamics of the Sefira of Yesod, representing the Moon, the reflection of our personality, the astral forces and personal connections. Yesod is called the Foundation, and governs the sacred conjugal relationship, and by reflection, the Heaven-Earth union. In Judaism this is called the Berit Alliance. In the Tree of Life, everything comes together from the superior dimensions to Yesod, where a "funnel" is generated through which all the light, the vital life force, the blessings flow downwards or, on the contrary, are blocked, leaving Malkuth, the kingdom, the physical world dry and undernourished. That is why working with Yesod is important to help us make everything flow in the Tree of Life.

Today we address the highest aspect of Yesod, Chesed of Yesod, embodied by the radiation of the patriarch Abraham, in the sefira of Yosef al Tsadik, who achieved the title of "tsadik", "just one" for having overcome the temptation of falling into the arms of another woman and who he managed to overcome it when the face of his father, Yacob, patriarch of the sefira Tiferet, appeared to him. The goodness in the Alliance, tells us about the fidelity, tenacity, dedication of Abraham who hosted the angels of God in his home, including the Angel of the Alliance (God himself) applied to Yesod, the Moon, the bonds, the ego, the foundation.

Happy transit through this day and this new week in the account of the Omer that is making its way today!

**Day 35 in the Count of the Omer, Nightfall from May 10 to 11, 2023, Malkuth of Hod, manifesting the power of communication**

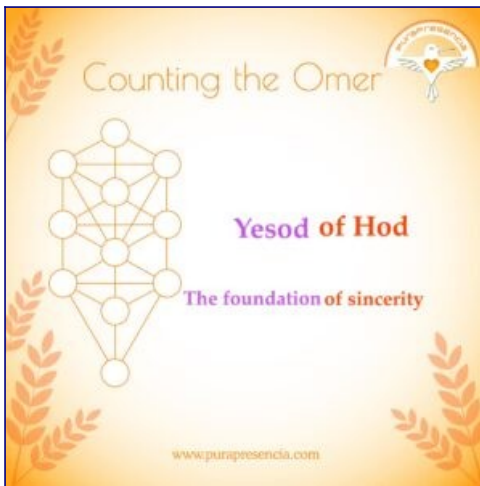


Today we go down the Tree of Life to the world of manifestation, of the incarnation in Hod, the sefirotic aspect that speaks to us of humility, sincerity, structured language, communication, power of expression of our intellect. Today is a day to "walk what we express" as they say in English to "walk the talk". How coherent are we in the world of physicality with respect to our great and beautiful words?... Are we capable of anchoring and really living what we express from our thinking heads, our intellect?...

Happy exploration, let's not forget that we are in the left column on the Tree of Life, then it may be difficult for us to see our "shadow" that which is difficult for us to recognize in ourselves... that speck in the other's eye hehehe... .

Blessings! Berachot!

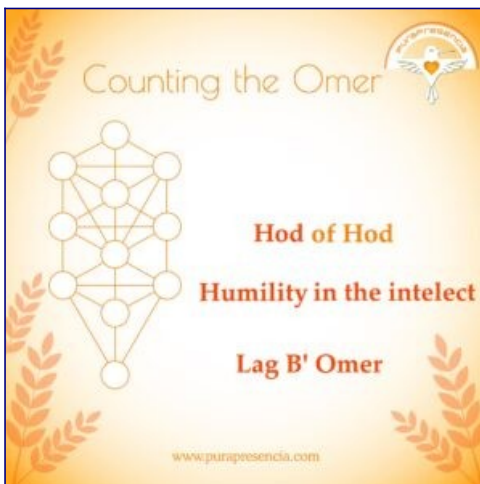
**Day 34 in the Count of the Omer nightfall from May 9 to 10, 2023, Yesod de Hod, the foundation of sincerity in our expression**



Today is a day in which we can contemplate the Alliance that supposes our commitment with the Source, with our vital purpose, our reason for incarnating here, rectifying in this case precisely the foundation of our sincerity, of our structured, articulated expression of how we perceive the reality and how we perceive ourselves and present ourselves to the world, which can be positive, negative or well balanced.

Happy contemplation on the values that constitute our vital commitment and our way of expressing ourselves in and through them to be consistent with the truth of our being.

**Day 33 in the Count of the Omer evening from May 8 to 9, 2023, Hod of Hod, humility in the intellect, humility in humility, Lag B'Omer  
Hilulah of Rabbi Shimon Bar Yochai**

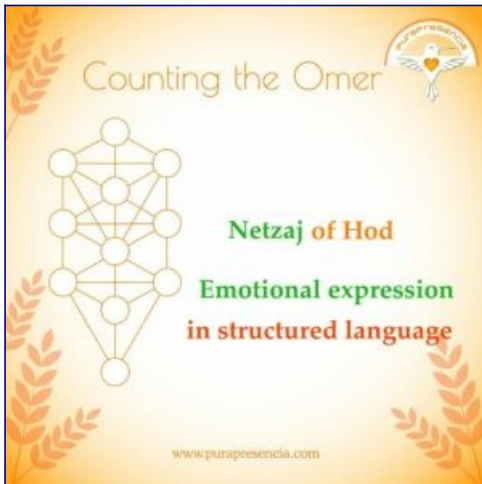


Today is a special day in the Counting of the Omer for two celebrations, the lag b'Omer, a festival that commemorates the moment when a plague that killed many students of the Kabbalist Rabi Akkiva stopped. The Omer is a period of mourning and Lag B'Omer marks a small stop in that mourning process. Likewise, today is the day of the passing of Rabbi Shimon Bar Yochai, to whom tradition attributes the authorship of the Zohar (although other sources consider that the Zohar was written by several authors).

Hod of Hod channels the infinite beneficent energy of the Creator, it is the power of the attributes of the Sefira Hod squared: humility, sincerity, mental powers, oral expression, structured language,

priesthood, communication between the world spiritual and the world of incarnation.  
May today we receive the blessings of the Radiance, The Zohar!

**Day 32 in the Count of the Omer, Nightfall from May 7 to 8, 2023, Netzaj of Hod, the emotional expression in language**

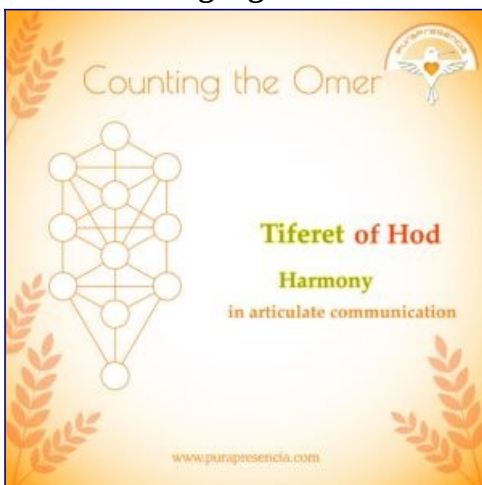


Today we can contemplate the impact of our emotions, their expression or lack of in the structured language with which we relate to others. Do we really express what we feel? do we repress? Do we fall prey of aggressiveness for not being able to creatively and constructively channel our emotions? Do we hurt ourselves or others in our emotional communication? How emotionally intelligent are we really?

A good day to contemplate all this!

Happy transit through a dynamic that undoubtedly shakes our egos!

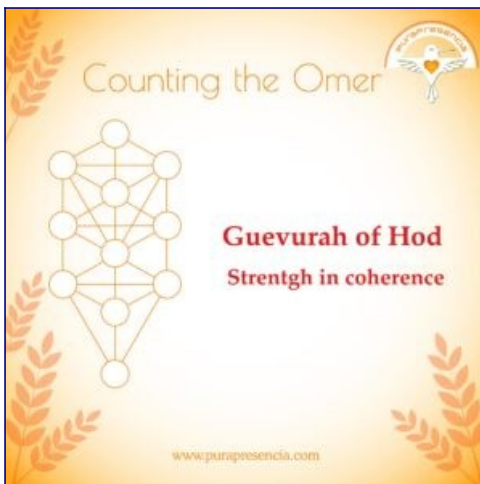
**Day 31 in Counting the Omer, Nightfall from May 6 to 7, 2023, Tiferet of Hod, Harmony in structured language**



Tiferet of Hod comes to balance the energies of the two previous days, combining Chesed and Gevurah ofHod. Some writings about the Omer mention as a quality of this day, that of the Sun of Truth illuminating the mind. Harmony in language involves

maintaining coherence from the sincerity and humility of someone who remembers that words and language are only reflections of a greater reality with many nuances and levels of depth and understanding, therefore, from an integral attitude, the beauty of the forms is reached, the one through which we can articulate the reality that surrounds us, who we are, where we are going and what is our vital purpose, in this sefira, marked by the tikkun of the word, of our way of communicating and expressing ourselves.  
Happy transit through this day!

**Day 30 on the Count of the Omer, evening from May 5 to 6, 2023, Gevura of Hod, strength in coherence**

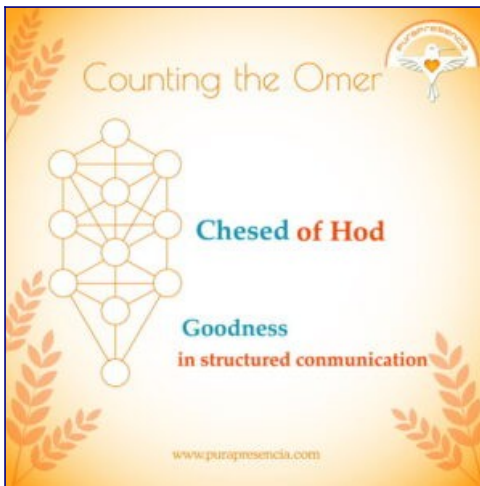


Today we can contemplate the rigor in humility, the severity in sincerity, the strength in the coherence of thought, word and action... dynamics, all of them reflected by the combination of two sefirot in the left pillar of the Tree of Life and especially as far as Hod is concerned, the ability to structure through language, the spoken and written word our internal and external reality.

Happy to travel through this vibration that catches us in the middle of the lunar eclipse!  
Blessings  
Barbara

**DAY 29 in the Omer Count, evening May 4 to 5, 2023 Chesed de Hod, Goodness in structured language, in humility, in gratitude.**





The sefira Hod connects many concepts, all of them in one way or another linked to the power of language to expression through the structure of language. This sefira governed by Aaron the Cohen Gadol, high priest evokes the power of language to create angels or demons and *Lashonara* the vice of "evil speaking", which causes curses and fissures between heaven and earth.

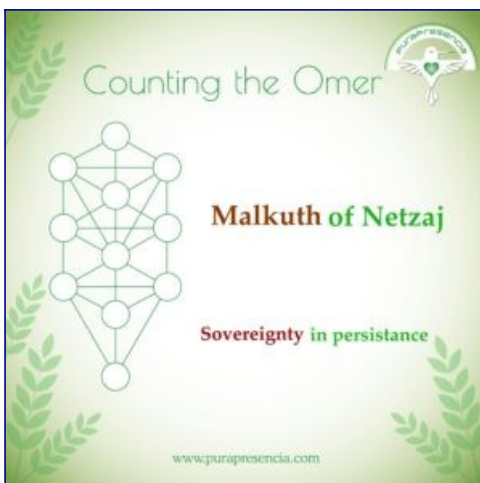
Today we begin the sefirotic week with the blessing of Chesed, the kindness applied to the qualities of Hod, a way of radiating towards the remaining days the compassionate and giving Love of the Source.

This week moves us to the left side of the Tree of Life, and there is in Hod a level of rigor, severity, restraint that manifests itself in our speech.

Happy transit through this week of contemplation of Hod and his internal tree that we can make the rectifications that we need for our greatest good!

Blessings

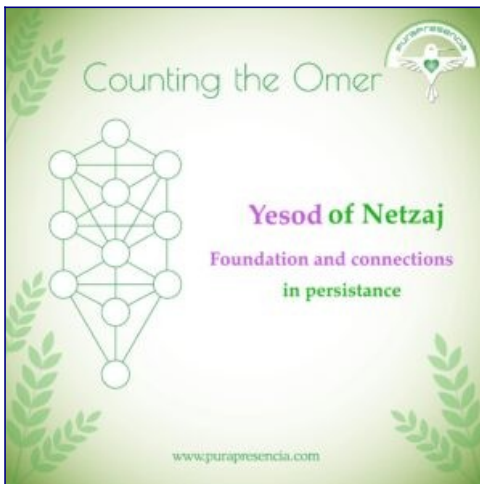
**DAY 28 On the Count of the Omer, Nightfall from May 3 to 4, 2023, Malkuth of Netzaj, sovereignty in persistence, the victory of the Kingdom of God, the Source.**



Today we can ask ourselves if our persistence is based on endowing ourselves with dignity and sovereignty, thus aligning ourselves in Malkuth, the manifested world with Keter, the celestial realm, the opening towards infinity or if, on the contrary, we persist, out of ego, losing our sense of direction. of our intention.

Happy contemplation!

**DAY 27 On the Count of the Omer, Nightfall from May 2 to 3, 2023, Yesod in Netzaj, the connections, the foundation in persistence.**

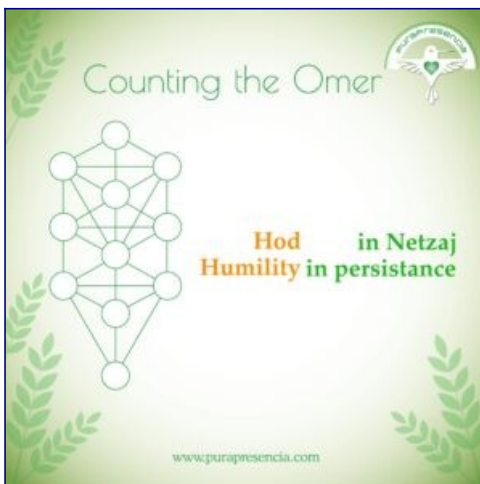


Today the dynamics between both sefirotic attributes can be understood as the establishment of the foundational base with which the Tree of Life is based, our Being, in connection with others, our significant links when it comes to persisting in reaching our goals, what we perceive to be our victory. Yesod is the sefira of Yosef Al Tsadik, Joseph the Just or the Holy... justice and rectitude therefore invite us to uphold that high ideal when it comes to establishing our connection as a way of achieving victory through persistence, the quality of Netzaj .

On a much deeper level, we would be talking about keeping the Alliance with Source alive and persisting in it in order to achieve victory, the creative expression of who we are in essence and the objectives for which we were either created, or else we have manifested ourselves in this time and space, in which ever way we want to understand our presence in this time/space experience.

Happy contemplation!

**DAY 26th in the Account of the Omer, nightfall from May 1 to 2, 2023,**



Today we count 26 days in the Account of the Omer Hod in Netzaj, humility, gratitude in perseverance.

Hod's energy brings us to the column on the left and to the structured and rational mind with which we can open ourselves to the quality of gratitude for the perseverance with which we can approach our goals. This energy that combines the two guardians of the Tree of Life, Hod and Netzaj, allows us to connect the richness of emotional creativity with the mental capacity to structure through words what we want to transmit. This combination only enriches our objectives, precisely when we

unite Truth, sincerity, humility, qualities of Hod with the emotional creativity of Netzaj.  
Happy transit through this day!  
Blessings!

**DAY 25 Today at nightfall from April 30 to May 1, 2023, we count day 25 in the Omer account, three weeks and three days in the account**

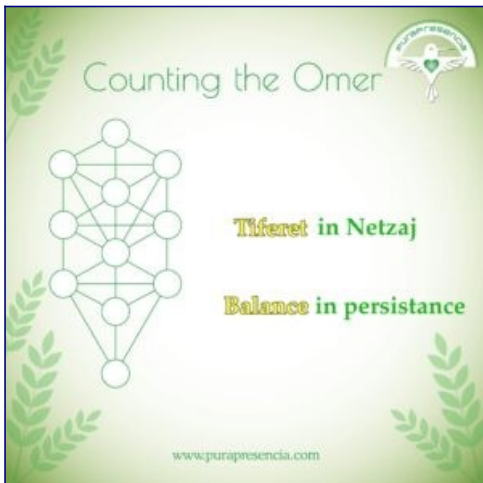


Netzaj in Netzaj, persistence in persistence, or emotional communication of emotional communication...

Today we address persistence in persistence, being persistent by persisting and also maintaining the thread of emotional communication by giving our emotions a creative outlet.

Days that are "double" like Netzaj in Netzaj are invitations to open the internal dimension of the quality that we seek to activate in ourselves. It is a way of deepening in depth... a value and its root square... In Kabbalah many things change when you "open" the letters... a name apparently associated with rigor, such as Elohim. By opening up in his letters, becomes pure Chesed, pure goodness... we live in societies where going deeper is not encouraged, because by doing so, we find answers, we find a closer approach to the truth. Our societies do not seek the truth, so they do everything possible to keep us on the surface, in the "more or less"... preventing us from being precise... careful, that we look under the curtain, because perhaps that way we will discover the hidden, the secret rules that govern our world... and perhaps, thus, we will discover who pulls the strings... who keeps us like puppets, dancing a waltz to a rhythm we ignore... towards a destination we ignore.

## DAY 24 Counting of the Omer, Sunset of the 29th to the 30th April 2023



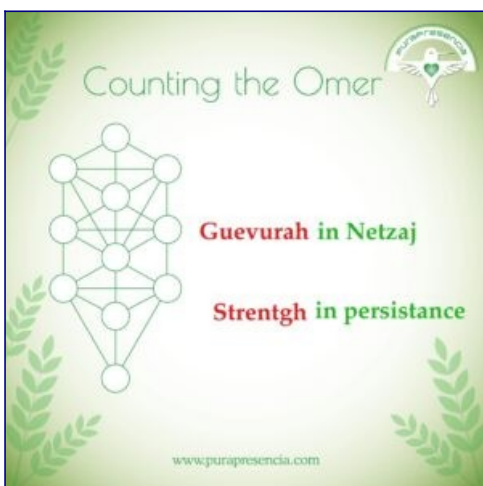
Today we count day 24, in the account of the Omer. Tiferet of Netzaj, the balance in persistence, beauty and harmony in emotional communication, all of these are dynamics that we can find on this day.

Netzaj tells us about emotional communication, about not only becoming aware of what we feel but also being able to express it through creativity. Tiferet asks us to honor our inner being and blocking emotions is a non-compassionate way of blocking the desires of our inner Self, even those of our inner child, the one who perceives in a much more fine-tuned way, the pulse of our Soul and our life purpose.

Today we seek to balance between Chesed and Guevurah in Netzach.

Happy transit for this day!

## DAY 23 in the Omer Count. from sunset April 28 to 29th 2023



Today we count day 23 in the Count of the Omer, Guevurah of Netzaj, the Force in persistence

We live in a society in which the word effort is reviled because there is a generation or two that was born without the need to make an effort just to get the things they want, everything is just a mouse click away... I remember the little son little of an acquainted who looted their bank account with the clicks on his tablet buying everything he could think of on a major online shopping site.

There is strength in persistence... there is a toughness that is important to be able to apply to certain circumstances in life or else we perish. Moses knew it well, leading his people through the desert, through the unknown, trusting only in the inspired word of God.

Things happen in the desert... I had several rape attempts precisely in Sinai... also in the Jordanian desert. Without toughness, I would not have gotten ahead. I thank my father for that "harshness". But I have not always been persistent in my goals. May we unite Gevura with Netzaj to know how to apply the right force for the right effort.

Blessings with strength and victory!

Barbara

### **DAY 22 in the Omer count, nightfall from April 27 to 28, 2023**



Today we count day 22 in the Omer, Chesed of Netzaj

We begin the fourth week, dedicated to the sefira of Netzaj, sphere of the Tree of Life connected with the patriarch Moses and the attributes of perseverance, endurance and determination, but also of emotional expression channeled through creative and inspired arts. This is a sefira on the right side of the Tree connected with the Meditation line, on the "masculine" side (not gender), giver, inseminator, with sparks of divine inspiration, secret wisdom from heaven to free us from non-beneficial influences.

Chesed of Netzaj opens the door to Goodness in perseverance, in determination. Moses looks to the Highest, to Elion, from whom he receives instructions, strength, resilience, but also, Moses was able to "discuss" with God, in order to save his people and even to save the "unsavable". ...the infiltrators who caused so much damage with the Golden Calf...

In this sefira we find the strength to recognize our mistakes and the will to persevere in a positive and constructive way to improve and grow with experience.

Happy journey through the sefira of the patriarch who led his people out of the slavery of the physical body to embrace the Soul free of conditioning factors... without a doubt, a harsh test that he went through and all incarnated beings go through.

Blessings, happy week of Netzaj, happy journey through the consciousness of Chesed of Netzaj!

### **DAY 21 on the Count of the Omer, Nightfall from April 26 to 27, 2023 Malkuth of Tiferet**

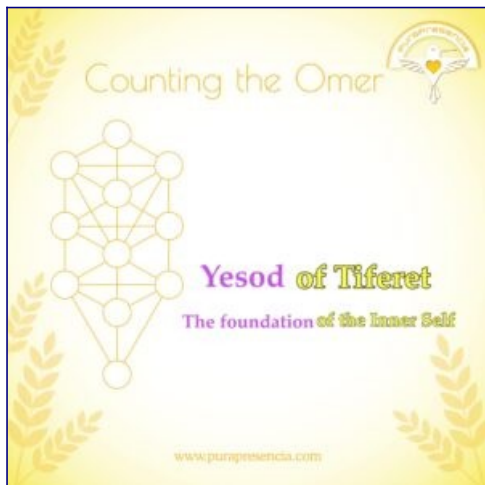
Today we count the 21st day of the Counting of the Omer, Malkuth of Tiferet... this dynamic asks us, among other dynamics, how can we embody our Inner Being, bring the kingdom to the material world, how can we articulate in the physical dimension what we carry inside, in the depths of our Soul?... It is not an easy task, Nobility, dignity, the Kingdom, are words that speak to us of royalty, not that of perhaps *posh* monarchies, but our authentic REAL divine nature. King David in his

psalms tells us, in key and code, the hard task that involves overcoming in the physical and corporeal world, the challenges that incarnating the Soul supposes...

Many of us are not even really incarnated... we walk on life, on earth, tiptoeing, prisoners of fear, comparisons, judgment, waiting for permission from others, to BE.

Let us be... in all our glory which is none but HIS Glory of him, the glory of the Source, Blessings!

**DAY 20, evening from April 25 to 26, 2023,**



Today we count DAY 20 in the Account of the Omer, Yesod of Tiferet

The dynamic of this day can be understood in many ways but we choose in this post to focus on the foundation of the Inner Self, the one that finally opens up to the TRUTH of its Being as a fractal reflection of the Divine essence that is EMET, truth.

The foundation is the link, the connection, the Alliance, the Berit, through which we overcome the negative astral influences in Yesod and open the connection with the Soul of the stars, our Soul in order to fully link ourselves to the Source of All that Is, recovering the sacred alliance that unites us in the One that we are in essence.

Tiferet is synthesis, and Yesod in Tiferet tells us about the foundations of the alliance through which we get out of egoic influences and conditioning factors, to embrace the Being... the truth of the Being

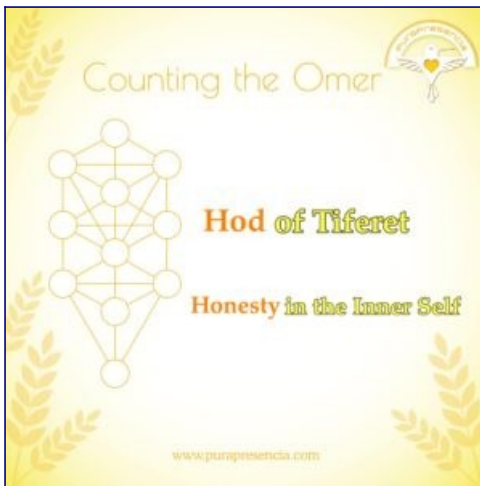
happy to transit through this special day!

Blessings

Barbara

**DAY 19 in the Omer Count, sunset between 24th and 25th April 2023**





DAY 19 of the Omer: From sunset of April 24 to 25, 2023

Today we count day 19 in the Account of the Omer, Hod of Tiferet

We transition to the left column in the Tree of Life, the one based on rigor, in this case, the tikun rectification requires sincerity, humility, gratitude, qualities and virtues to activate in our inner Self, the one which has been formed when we have transcended the egoic self in Yesod, marked by family and social conditions of our time. Hod of Tiferet reminds us not to fall into a personal deification whose imbalance is narcissism in Tiferet, the great blockage of this sefira and that prevents us from ascending towards the Source, since the narcissist, sadly, believes he is the Source. Happy transit through this day, whose prophet is Aaron, the Cohen Gadol, the high priest whose greatness lay in his humility and sincerity of heart.

**DAY 18th in the Omer count, at sunsent between the 23rd and 24th April 2023**



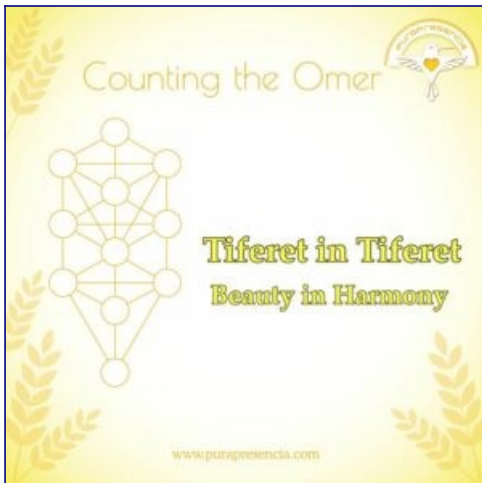
Today we count the 18th day in the Count of the Omer, Netzaj

de Tiferet

We connect with the Eternal message of the divine word every day of our lives. We see reflected in the Divine message, the eternity of his message to us. The texts with the sacred "stories" have a valuable message for us here and now. Searching for that eternity in the message, being able to activate it, live it and allow internal transformation every day is the key to rectify the unbalanced energy of this day, when we have it, it is what is called rectifying the tikun.

Victory and persistence in harmony and balance.

**DAY 17th in the Omer Count, at sunset between the 22nd and 23th April 2023**

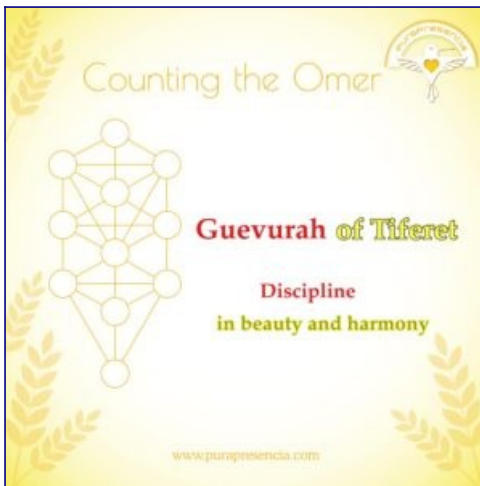


Today we count day 17 in the Account of the Omer, Tiferet of Tiferet

Beauty in harmony, harmony in balance, today we receive a double dose of the vibration of Tiferet, in the central column of the Tree of Life, in the sefira of Yacob who transformed his name into Ysrael which permuted means Yashar-El, direct to God... when we reach our true identity, overcoming the conditions of our environment and those that we brought before incarnating, we can achieve the harmony of the authentic and true Being that we are and with this, the door opens to the direct path to Keter, the Crown, the "non-goal goal" because there is no Self that reaches anywhere but rather it is a continuous delving into that opening towards the Infinite.

Happy Tiferet Day in Tiferet, let's gain strength in this radiation that points us straight to the heart of our essence!

**DAY 16 of the Omer Count from sunset of the 21st to the 22nd April 2023**

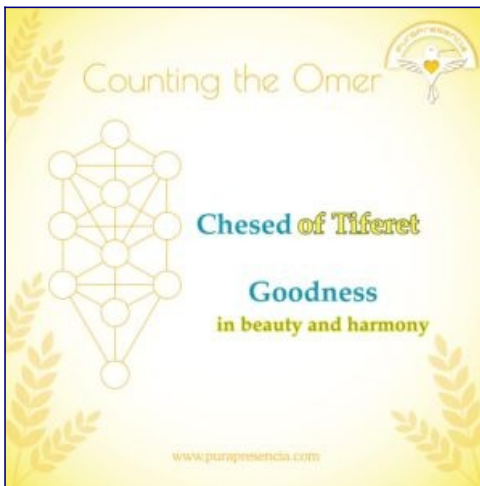


Today we count day 16 in the Account of the Omer Guevurah of Tiferet

At dusk from April 21, 2023 to April 22, 2023

We have already gone through the complementary vibration a few days ago "Tiferet of Guevurah". Today's energy allows us to become aware of the limits, the restriction, the necessary discipline in the manifestation of the inner Self, in the manifestation of beauty and harmony, because all excess, in that aesthetic becomes ugliness. The Sefira of Tiferet seeks balance in forms, in attitudes, and Guevurah reminds us that in everything beautiful, there are also limits, contraction, and restriction. Tiferet seeks the balance between Chesed and Gevurah, compassion and discipline, rigor. How do we lose ourselves in an excess/lack of goodness or in an excess or lack of rigor, discipline, restriction? These are questions that seek to balance these dynamics today.

**DAY 15th of the Omer Count from sunset of the 20th April to the 21st**



Today we count the 15th day in the Count of the Omer, Chesed of Tiferet, we begin a whole week traveling through seven dimensions of this sefira, marked by beauty, harmony, the identity of our true Self, the one who has managed to climb from Yesod to the expression of who we are inside, a very "Christic" serif.

Chesed of Tiferet tells us about opening ourselves to goodness, mercy, the qualities of the patriarch Abraham, who was hospitable to welcome into himself the Divine Presence, the Angel of the Covenant that was nothing but the manifestation of God himself.

Chesed seeks to touch Tiferet from the right side of the Tree of Life, bringing the quality of giving, the expression of the blessings of the Source. Chesed is considered the throne of God and from that

perspective, our true identity, today that runs from the evening of April 20 to 21, 2023, we can get closer to touching the goodness of the Source.

Happy to travel through this week and this special day.

Blessings. Barbara

### **DAY 14 Counting the Omer**

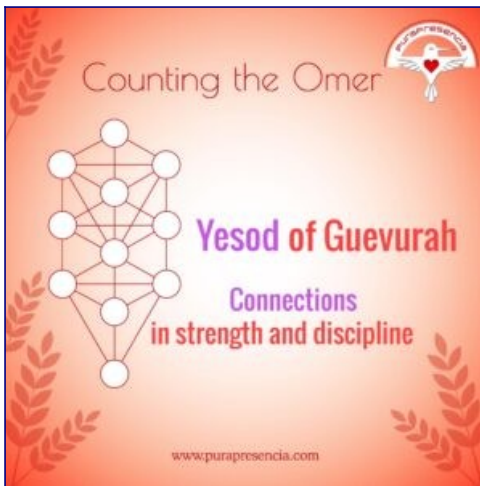


Today we count the 14th day in the account of the Omer, Malkuth of Gevurah, vibration that can be translated by dignity in strength, discipline, or the kingdom, the manifestation, embodiment of the values of Gevurah in the manifested world, kingdom associated with King David on the Tree of Life...

The apparently furthest from the Source, the Ein Sof, a humble space that we call Malkuth , is however the place from where there is a direct line that takes us directly to Keter, the crown... Therefore, going up is not always the best option, perhaps we incarnate to find the direct line right here... in Adonai....

Happy journey through the mysteries and secrets of your incarnation!

**DAY 13 In the Count of the Omer of Nightfall from the 18th to the 19th wherever you are.**  
**Today we count the 13th, Yesod de Guevura**



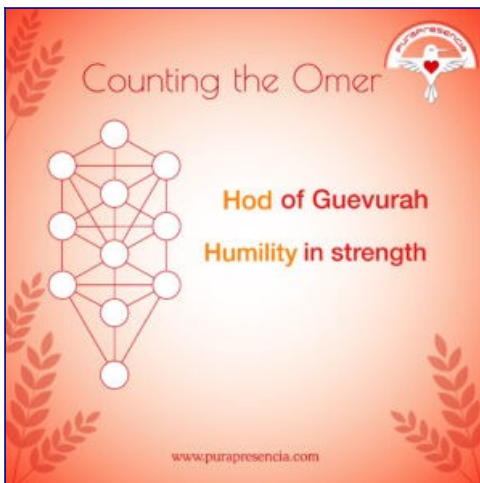
The strength of ties, including sexual ones, are part of the dynamics of this day in which we can contemplate how our ties and commitment to strength and our objectives, relationships, the foundation of our Being can lead us to happiness or chaos. according to their quality, together with our intentions.

The sefira Yesod is the sphere of the patriarch Yosef, called the just with luck because before a harsh test of sexual conduct, about to succumb, he remembered the face of his father Yacob, in the sefira of Tiferet and managed to overcome the test. Today we can contemplate our commitments, those that lead us towards our best goals or on the contrary those in which we fall prey to temptations, like Yosef.

Happy transit through today!

**DAY 12 OF THE COUNT OF THE OMER, At the sunset of April 17th to April 18th 2023**

**Today we count Hod de Gevurá. humility in strength**

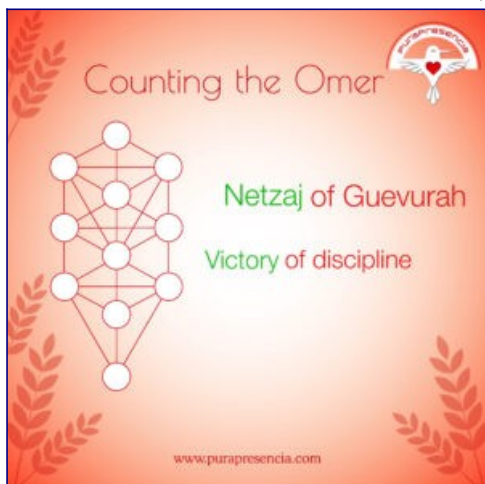


Every day with its dynamics between the sefirot can be read or perceived in different ways according to their different attributes... today we feel the call to highlight these particular attributes which invites us to maintain humility in our strength not falling into patterns of arrogance when we forget that the SOURCE of our strength is precisely THE SOURCE of all that is, not us. Our Egos are at some point in life confronted with the reality that they are not the Source, nor are they the source of the strength we display, be it physical, intellectual, or otherwise.

Stepping into to the reality of Humility connects us with the Cohen Gadol, the High Priest capable of blessing with the Force of Source, precisely because He-She recognizes himself as mere channel of Divine Light.

Happy to transit consciously through this understanding

**DAY 11 in the account of the Omer, today we count Netzaj of Guevurah**

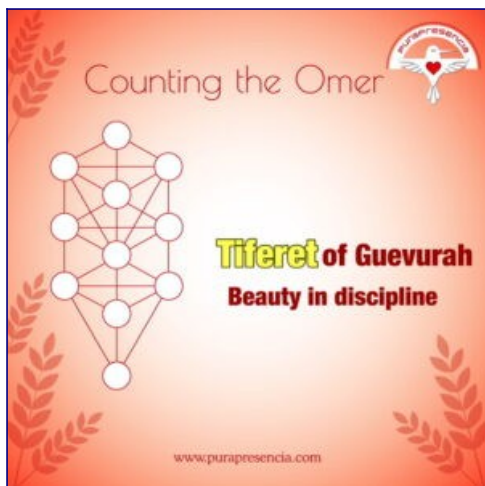


Today the strength of Netzaj's victory is added to the strength, rigor, and discipline of Guevurah to offer us a vibrational combination of this day in the Counting of the Omer, in which the creative expression of our emotions can come together in a harmonious way. to the strength that the left side of the Tree of Life proposes to us, when we know how to accept the challenges that are proposed to us from rigor.

Happy transit through this day! May the influences of Moses, patriarch of the sefira Netzaj help us to enhance the strength and resilience that Isaac, the patriarch of Guevurah, proposes to us.

**DAY 10 on the Omer count: Tiferet of Guevurah from April 16th at dusk to April 16th 2023**

Day 10 on the count of the Omer, Tiferet de Guevura



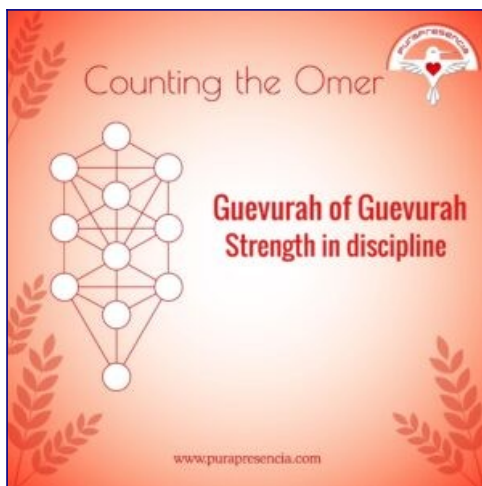
Today we travel through the vibration of Harmony and beauty at the limits, discipline, strength and rigor, vibrations that we might not understand well or not know how to connect with unless we focus, as James Redfield said in the nine revelations, on the beauty of everything around us, including the beauty of limits, restrictions. Being able to see in it what is beautiful and harmonious, because it is in our gaze of beauty, how we can activate that radiation on what we place our eyes and consciousness on.



Tiferet also connects us with our inner Self, with the being that we are, free from socio-family conditions and allows us to connect with gevurá from our essential values.

Happy to travel through the vibrations of this day!

### **DAY 9 on the Omer Count: Guevurah of Guevurah from April 14th at dusk to April 15th 2023**



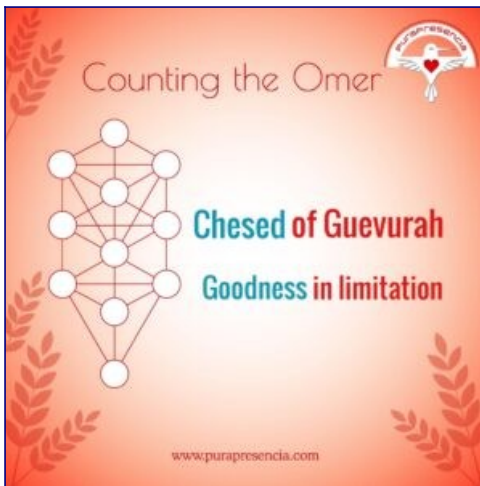
Today we count day 9 in the Count of the Omer, Guevurá de Guevurá at dusk from April 14 to April 15, 2023 wherever you are.

The energy dynamics of this day can be hard and complicated or, on the contrary, help us to focus with strength, discipline, motivation to make the changes and actions that we need to undertake. I personally know a lot about this sefira on the left side of the Tree and when it is well "aspected" and focused, it is a powerful ally for everything we wish to undertake.

Happy to travel through Gevurá de Gevurá, strength, firmness, rigor, discipline in strength, rigor, discipline. A potential energy squared so that if we channel it wisely, we can benefit from this dynamic.

Are we firm in our best intentions and in working hard and firm to achieve our goals or do we easily throw in the towel...? Are we capable of limiting ourselves to limit the expansion of what we do NOT want in our lives or, on the contrary, do we surrender to fate? These are questions that can help us turn in a new direction if the answer left us with a frown ;)

### **WEEK 2, DAY 8 on the Omer Count: Chesed of Guevurah: the goodness in limitation and restriction**



Today begins the second of the seven weeks of Counting Omer. Today we count the 8th day, Chesed of Guevurah. We open this week focused on the sefira of Gevurah, considered the dimension of limitation, rigor, restrictions. Can we see the good in restrictions, discipline, authority? How expansive can we be to contain ourselves, restrict ourselves, limit ourselves in our obsessions, addictions, behaviors, thoughts, fears, restricting our restrictions and limitations precisely?... This week triggers issues related to rigor, to the judgment of the negative decrees that fall from the astral world, when we fall prey to the left side of the Tree of Life and we do not know how to navigate and overcome rigor, which in origin was only created to be enforced upon the negative forces but sadly, was turned against us. Gevurah is associated with the name Elohim (forces of nature). When in Genesis it is said that the world was created by Elohim, the Kabbalists interpret it as the forces of rigor, that is to say that it is a world created by severity although with the presence of mercy. Rigor is applied to the body but we are more than a physical vessel, we are Soul and as such we can activate benevolence to counteract the rigor that falls on us through negative events, karma, causes and consequences of non-beneficial past conditioning factors. The patriarch associated with this sefira is Yitzak.

Safe and mindful journey through this week where we explore the restrictions, the limits, the contractions, the rigor in our lives.

**Day 7 on the Count of the Omer: Malchut of Chesed, the manifestation of Love, Kindness, mercy**

At dusk on the 12th April to the 13th April 2023



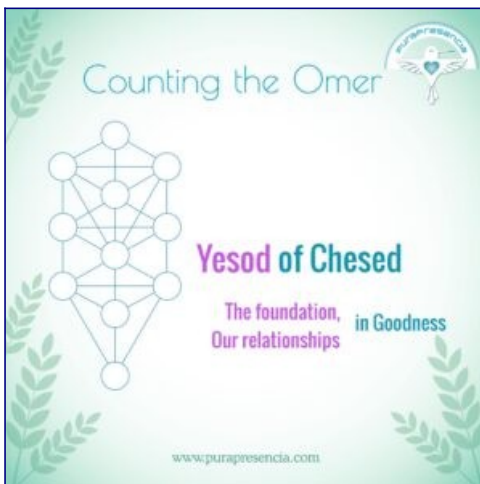
Today we step into matter, specifying everything that Chesed represents, which has been considered the Throne of God, the highest representative of Love and mercy in this tradition.

Malchut is the physical world, but we are talking about Malchut of Chesed, the physical aspect of Goodness and Love, the concrete, what we manage to manifest after bringing down the Divine life force through the Tree of life in Chesed until the manifestation. Are we capable of concretizing Love, Kindness, mercy or does it remain only in beautiful words and intentions without a base, without foundation, without anchoring and rooting in the world of manifestation? We dream of love, that is to say that we live in the air, in the clouds, our great ideals or we are capable of undertaking concrete actions to fully give birth to matter in our love, our goodness and mercy, a reflection, although sometimes pale, of the Love of Source?

Happy contemplation of Malchut in Chesed! Blessings!

### **DAY 6 YESOD OF Chesed**

**Today we count day 6 in the Count of the Omer, Yesod of Chesed**



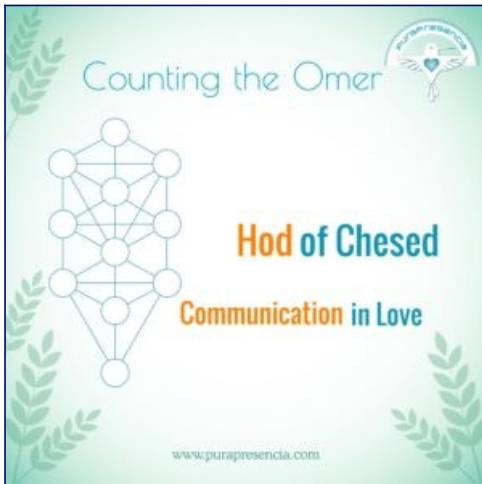
The energy of today in the count of the Omer, in that transit that goes from the exit from Egypt symbolized by slavery to the liberation in Sinai, speaks to us about the fundamentals, the bonds in Love, in Kindness, in the mercy. Yesod is a funnel sefirah in relation to Malchut since it collects all the influences superior to it, and it itself is dominated by the lunar astral influences. His patriarch Yosef al Tsadik managed to overcome the sexual temptations of breaking the Berit Alliance by remembering the face of his father, Yacob, for this reason he was called the lucky patriarch and the braid of the names YHVH and Shaddai symbolizes that liberation against the forces that seek us to fall through the temptations that cause fissures in the sky as the rupture of the Alliance with the

Source.

Today we can see how in our lives we break alliances, not only with the Source but with our relationships of Love, goodness, mercy, tempted by passing influences that make us fall into dense patterns that disconnect us from others and from Love, goodness .

Happy conscious transit through Yesod of Chesed, may the luck of Yosef Al Tsadik be with us!

### **DAY 5 Today we count day 5 in the Count of the Omer: Hod of Chesed**



#### **Hod of Chesed**

We return to the column on the left in the Tree of Life, of rigor, to connect with the mercurial energy of communication, humility and also the Glory to communicate from our analytical aspect in love, kindness, mercy. Without Hod, we lose much of our ability to express ourselves. If Netzaj is also artistic expression, Hod gives us the ability to rationalize emotions.

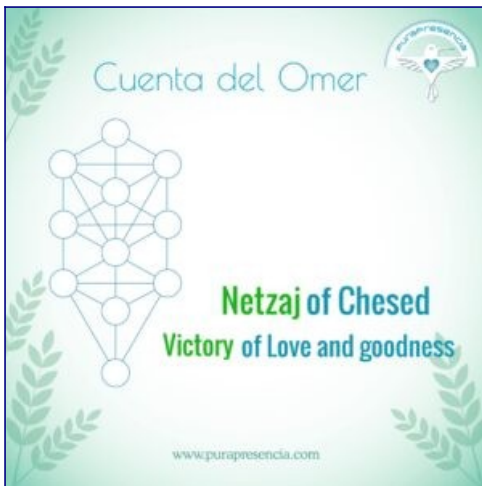
Represented by the archetype of Aaron, the Cohen Gadol, high priest, who pronounced sacred words of power in the Sanctum Sanctorum as well as the powerful blessing of the Birkat Kohanim, represented in the 72 Names of God by Yud Yud Yud.

Today we can see the weight of our words, our verbal expression or lack of it in our Love, our goodness, and our mercy. Do we hurt the other with our power of the word? Do we hurt ourselves, both because of our internal discourse, and because of what we do not confess? Are we sincere in what we say? To support this Sefira, Archangel Rafael is bringing healing to our word... healing the hurtful traces of what we say which can be a blessing or a curse for self and others.

Happy day of self-exploration in relation to Hod of Chesed!

#### **DAY 4 count of the Omer, Netzaj de Chesed, Victory in Kindness**

Today we count day 4 in the account of the Omer, Netzaj de Chesed.

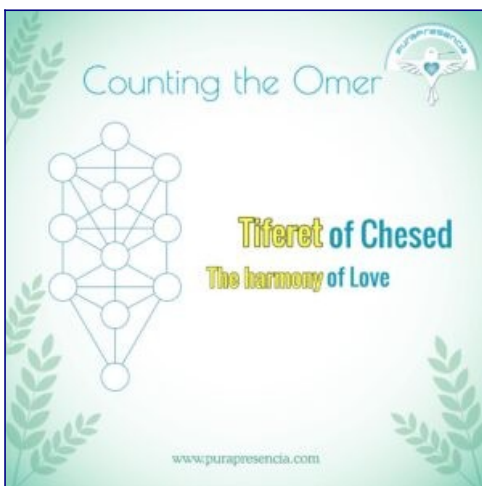


Netzaj is the sefira of the patriarch Moses, persistent and at the same time a prisoner of his emotions when he broke the tables of the law on Sinai before the fait accompli of the Golden Calf, perpetrated at the hands of the Erevrav... the Jewish infiltrators who left Egypt in search of the discovery of the secrets and the power of this people who sought to go directly to God and get out of slavery (read all this in archetypal symbolic form because I do not think that this is an insult to Egypt as such and certainly not on my part) .

After three days of oscillating and balancing different dynamics of Kindness, Love and Mercy, today is a day to celebrate Victory thanks to our persistence in wanting to get closer to knowing from deeper and deeper levels what Kindness really is. Love, Mercy, which is the purpose of this first week of conscious walking through the Counting of the Omer.

Victory always comes with effort, otherwise it is not victory... the tradition of the Kabbalah speaks a lot about deserving, deserving... without effort, without generating merit, the human being leverages himself without motivation to continue his growth process, his exit from the world of the slavery of its causes and conditions to enter its holy land, the fertile soil that meditation offers us in this case, cabalistic meditation and contemplation to go directly to God, Yashar-El, a permutation of the name "Israel"

**DAY 3 OF THE OMER COUNT, from dusk April 7th to April 8th 2023 Tiferet of Chesed**



Harmony and balance in love, kindness, mercy.

In Tiferet, our identity, freed from socio-family conditions, helps us to integrate in balance and harmony the forces of giving and receiving, the powers of expansion and contraction.

In Tiferet of Chesed we elevate our sense of being loving, compassionate, merciful from the egoic sense of self to the solar radiation of the Being that we are in essence, at the soul level.

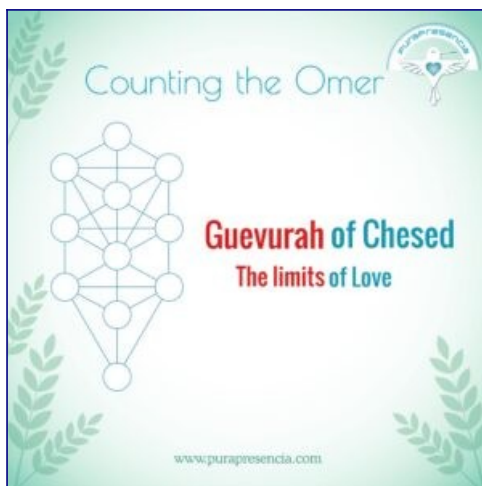
For this reason, today could be a day where we experience exactly the opposite of balance, that is, movements of oscillation that precisely invite us to harmonize, to deal with internal and external disparity, in search of that harmony that is not false, nor despotic, but rather authentic, considering everything from love and kindness to seemingly contradictory forces. In Tiferet of Chesed, there is an action of Teshuva, of bringing the other towards their own redemption, bringing us towards ours, perhaps loving the one that is most difficult for us to love, letting go of the reasons for separation, dispute, conflict in order to understand that We are all going together in the great human vessel towards the same destination in essence. On this day we unite the two previous days Chesed of Chesed, Guevurah of Chesed and we make synthesis and harmonization between both dynamics. Happy Tiferet day of Chesed!

These are just personal contemplations on this day. What are yours?

Blessings,

Barbara

#### **DAY 2 OF THE OMER COUNT, April 7th 2023, Guevurah of Chesed**



The rigor, the restriction, the limits in Love.

Today we can perceive that the energy of the day invites us to contemplate how we abuse the other and ourselves, for not setting limits to Love.

Today this concept of setting limits to the unlimitedness of Love can be understood with difficulty, but in our daily life we can see moments in which the restriction and limit to unbridled Love may be necessary. On this day abusive situations that we allow for a concept of love perhaps "misunderstood" can come to mind, when we allow ourselves to be psychologically, physically and soulfully abused for love of the other. In other less dramatic ways: do you throw yourself into your boss's neck to kiss and hug him in a fit of love when he is about to enter a delicate business meeting? Do you make yourself sick out of love or do you put a limit to that impulse if you had it as a gesture of love towards yourself?... There are moments and moments. We empty ourselves so much in giving love that we fall into the rigor and severity of judgment or punishment towards ourselves for giving so much to the other?... The ocean is precious where it is, in its place, but if there were no limits and the ocean If it entered the living room of our home, we would have a

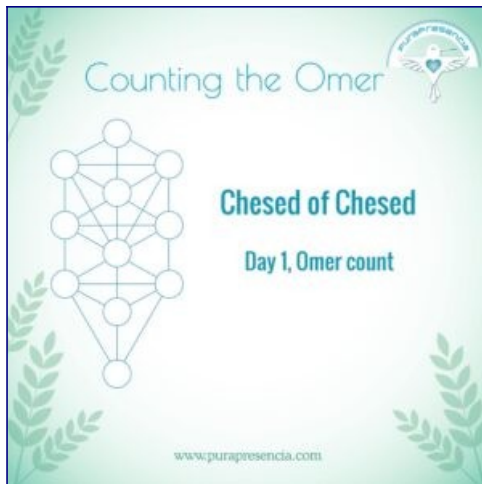


"problem"... he is too big a guest to be able to contain him. Gevurah comes to put those limits on the expansion that Chesed wants. There is a wisdom in the limits of Love, find out about it today.. Happy Gevurah Day in Chesed! Love and mercy with the function that limits fulfill in Love.

Blessings

Barbara

## **DAY 1 OF THE OMER COUNT, April 6th at dusk... CHESED OF CHESED**



The counting of the Omer begins with Chesed, the most absolute Love, Mercy and benevolence of the Source.

Chesed of Chesed: Goodness in love, in mercy, in benevolence.

On this day we can meditate on love, on our ability to love others and ourselves, on the actions or omissions we do/don't do out of love for love, out of mercy in mercy. Questions that invite us to reflect on the sincerity of our love, how open we are to receive the love of the Source and to share it, with known people, strangers, with Life itself... Do we love Love?

Chesed is giving, this sefira is connected with the patriarch Abraham recognized for his hospitality, the ability to house the Divine Presence within himself.

Have mercy on our own Soul, the suffering it has when it sees us go astray or move away from our vital purpose...

Chesed is placed on the Tree of Life, in front of Geburah, Gevura, rigor, judgment. Chesed is located on the right side of the Tree of Life, considered the side of Mercy, the most expansive and giving side, where we also find Chochmah above Chesed and Netzaj below.

Chesed as mercy is one of the attributes of God. If we move away from Love, goodness and mercy, we move away from the Source and fall squarely into the world of rigor, judgment.

Psalm 86 says that God is slow to anger... and the Kabbalists teach us that this means that God gives us a margin of time so that the rigor resulting from our less beneficial actions does NOT end up falling with all its weight on us, but instead it allows us to rectify and transform our destiny through a change of consciousness. I remember reading a book years ago on the decoding of the Bible and what most caught my attention in that work is that a question was repeated throughout this ancient text... "Are you going to change it?"... In His goodness, the Source, gives us the opportunity to turn the tables, destiny... but we have to want it and walk in that direction. When we take one step towards the Source, He-She-It takes two steps towards us.

Actions that can help us this week and this day to activate Chesed, is Tsadaka, charity, meditation focused on God, ensuring not to fall into pride, anger, envy, evil speaking...

Jewish wisdom is interesting to say the least... it tells us how God operates and works from an angle that perhaps we had not contemplated, which opens and softens our hearts and thus allows us to better understand the Source. This tradition tells us that God does not send a "poor" into our life so that we can give him charity, but to give us the opportunity to be generous and thus generate the merit that we do not have now to receive from God something he wants to give us: a raising consciousness, a teaching, an opportunity in our lives...

Happy Chesed day of Chesed!

Blessings

Barbara