

B"H

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## Kavanot of Sefirat HaOmer – 5768

Based on the Ari'zal from Sefer Ma'aseh Hoshev, Rimon 16, by Rabbi Avraham Azulai

ליקציה"ו	Gadlut 1 Abba (Yisrael Saba)	Gadlut 1 Imma (Tevunah)	Katnut 2 Abba & Imma	Gadlut 2 Imma	Katnut 1 Abba & Imma	Reshimu Gadlut 2 Abba	Essence Gadlut 2 Abba
Week #1 <a href="#">Hokhma</a> of HaBaD HaGTaM	Omer – 1 Hesed D'Hesed Monday 16 Nisan April 21	Omer – 2 Gevurah D'Hesed Tuesday 17 Nisan April 22	Omer – 3 Tiferet D'Hesed Wednesday 18 Nisan April 23	Omer – 4 Netzah D'Hesed Thursday 19 Nisan April 24	Omer – 5 Hod D'Hesed Friday 20 Nisan April 25	Omer – 6 Yesod D'Hesed Shabat 21 Nisan April 26	Omer – 7 Malkhut D'Hesed Sunday 22 Nisan April 27
Week #2 <a href="#">Binah</a> of HaBaD HaGTaM	Omer – 8 Hesed D'Gevurah Monday 23 Nisan April 28	Omer – 9 Gevurah D'Gevurah Tuesday 24 Nisan April 29	Omer – 10 Tiferet D'Gevurah Wednesday 25 Nisan April 30	Omer – 11 Netzah D'Gevurah Thursday 26 Nisan May 1	Omer – 12 Hod D'Gevurah Friday 27 Nisan May 2	Omer – 13 Yesod D'Gevurah Shabat 28 Nisan May 3	Omer – 14 Malkhut D'Gevurah Sunday 29 Nisan May 4
Week #3 <a href="#">Hasadim</a> of HaBaD HaGTaM	Omer – 15 Hesed D'Tiferet Monday 30 Nisan May 5	Omer – 16 Gevurah D'Tiferet Tuesday 1 Iyar May 6	Omer – 17 Tiferet D'Tiferet Wednesday 2 Iyar May 7	Omer – 18 Netzah D'Tiferet Thursday 3 Iyar May 8	Omer – 19 Hod D'Tiferet Friday 4 Iyar May 9	Omer – 20 Yesod D'Tiferet Shabat 5 Iyar May 10	Omer – 21 Malkhut D'Tiferet Sunday 6 Iyar May 11
Week #4 <a href="#">Gevurot</a> of HaBaD HaGTaM	Omer – 22 Hesed D'Netzah Monday 7 Iyar May 12	Omer – 23 Gevurah D'Netzah Tuesday 8 Iyar May 13	Omer – 24 Tiferet D'Netzah Wednesday 9 Iyar May 14	Omer – 25 Netzah D'Netzah Thursday 10 Iyar May 15	Omer – 26 Hod D'Netzah Friday 11 Iyar May 16	Omer – 27 Yesod D'Netzah Shabat 12 Iyar May 17	Omer – 28 Malkhut D'Netzah Sunday 13 Iyar May 18
Week #5 <a href="#">Hesed</a> of HaBaD HaGTaM	Omer – 29 Hesed D'Hod Monday 14 Iyar May 19	Omer – 30 Gevurah D'Hod Tuesday 15 Iyar May 20	Omer – 31 Tiferet D'Hod Wednesday 16 Iyar May 21	Omer – 32 Netzah D'Hod Thursday 17 Iyar May 22	Omer – 33 Hod D'Hod Friday 18 Iyar May 23	Omer – 34 Yesod D'Hod Shabat 19 Iyar May 24	Omer – 35 Malkhut D'Hod Sunday 20 Iyar May 25
Week #6 <a href="#">Gevurah</a> of HaBaD HaGTaM	Omer – 36 Hesed D'Yesod Monday 21 Iyar May 26	Omer – 37 Gevurah D'Yesod Tuesday 22 Iyar May 27	Omer – 38 Tiferet D'Yesod Wednesday 23 Iyar May 28	Omer – 39 Netzah D'Yesod Thursday 24 Iyar May 29	Omer – 40 Hod D'Yesod Friday 25 Iyar May 30	Omer – 41 Yesod D'Yesod Shabat 26 Iyar May 31	Omer – 42 Malkhut D'Yesod Sunday 27 Iyar June 1
Week #7 <a href="#">Tiferet/Malkhut</a> of HaBaD HaGTaM	Omer – 43 Hesed D'Malkhut Monday 28 Iyar June 2	Omer – 44 Gevurah D'Malkhut Tuesday 29 Iyar June 3	Omer – 45 Tiferet D'Malkhut Wednesday 1 Sivan June 4	Omer – 46 Netzah D'Malkhut Thursday 2 Sivan June 5	Omer – 47 Hod D'Malkhut Friday 3 Sivan June 6	Omer – 48 Yesod D'Malkhut Shabat 4 Sivan June 7	Omer – 49 Malkhut D'Malkhut Sunday 5 Sivan June 8

