

B"H

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## Kavanot of Sefirat HaOmer – 5769

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

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

