


# KAVANOT OF SEFIRAT HAOMER – 5770

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

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