

COUNTING

*Daily Rituals in Seven Minutes or Less*

THE OMER

# Welcome!

Welcome to Counting the Omer – 49 quick rituals to help you journey into a daily practice of mindfulness and calm.

## **What is Counting the Omer all about?**

During ancient times, an offering of grain was brought to the Temple as a sacrifice every day between Passover and Shavuot.

These seven weeks became a time of reflection and spiritual preparation, when public celebrations are put on pause.

The Kabbalists (medieval Jewish mystics) created a practice called *Sefirat HaOmer*, *Counting the Omer*. *Sefirah* means to count, but it also refers to specific traits or attributes of the Divine.

Each week of Counting the Omer, we focus on one of these seven different *sefirot* or attributes: *Chesed* (Lovingkindness), *Gevurah* (Strength), *Tiferet* (Beauty), *Hod* (Splendor), *Netzah* (Victory), *Yesod* (Foundation) and *Malkhut/Shekheina* (Sovereignty).

## **When does Counting the Omer happen? How does this thing work?**

Starting the 2nd night of Passover, we count the Omer from Day 1 on April 9, 2020 through Day 49 on May 28, 2020.

Each week, we have a daily ritual centered on that week's *sefirah* (Divine attribute) that you can do in seven minutes or less.

These rituals can help you explore and experience the *sefirah* more deeply. Do all 49 in order and check them off as you go, or pick the rituals that speak to you. It's your Omer practice.

# Chesed

7 DAY

## WEEK 1

Overflowing  
Loving  
Kindness

**1**

Take 7 minutes to meditate, sending love to your community

**2**

Donate to your local food pantry

**3**

Send a loving message to that friend

**4**

Do a small act of kindness for your postal worker

**5**

Draw or craft inspired by the idea of an open heart

**6**

Support your local restaurants by ordering takeout or buying a gift card

**7**

Journal about a time where you felt love

# Reflections



# Gevurah

גבורה

## WEEK 2

Justice  
Discipline  
Boundaries

**8**

Set a boundary, even if it's just spending a few extra minutes in the shower

**9**

Organize one little space in your home

**10**

Say a little prayer for our favorite warrior for justice, Ruth Bader Ginsburg

**11**

Write in your journal – using only six word sentences

**12**

Call your elected officials to make sure relief packages are distributed justly

**13**

Meditate for 7 minutes on a time you set (and kept) a boundary

**14**

Take an afternoon break from technology

# Reflections



# Tiferet

תפארת

## WEEK 3

Beauty  
Harmony  
Balance

**15**

Listen to music that makes you happy

**16**

Journal about changing the narrative

**17**

Express compassion to someone who needs to hear it

**18**

Take 7 minutes to have a dance party in your living room

**19**

Do a yoga pose to help you practice balance

**20**

If you can go outside, smile at someone as you pass by; if not, text a smile to a friend

**21**

Make a collage inspired by something you find beautiful

# Reflections





# Netzach

נצח

## WEEK 4

Victory  
Endurance  
Persistence

**22**

Power pose for 7 breaths

**23**

Listen, with patience, to someone who makes you impatient

**24**

Commit to one healthy new habit

**25**

Spend 7 minutes sending thoughts of victory to all the medical professionals & researchers

**26**

Journal about how you are prevailing in these challenging times

**27**

Draw a tree enduring a storm

**28**

Fight for a good cause

# Reflections



# Hood

חוד

## WEEK 5

Glory  
Humility  
Diversity

**29**

Speak with humility when you talk to a friend or family member

**30**

Meditate for 7 minutes about something splendid

**31**

Read an article on empowering diversity

**32**

Go on a virtual art museum tour

**33**

Lag B'Omer – Enjoy eating a special treat

**34**

Give gratitude for a recent insight

**35**

Make a paper crown and wear it for the afternoon

# Reflections



Yesod  
TIO'

## WEEK 6

Foundation  
Intimacy  
Generativity

**36**

Spend 7 minutes  
in a grounding  
posture

**37**

Draw with all the  
colors in the box

**38**

Give yourself a  
hug for 7 breaths

**39**

Clean the floors  
of your house

**40**

Video chat with  
someone you  
haven't seen in  
a while

**41**

Savor your  
morning tea or  
coffee

**42**

Send a postcard  
or note to  
someone you  
love

# Reflections



# Malkhut/ Shekina

מלכות / שכונה

## WEEK 7

Majesty  
Divinity in  
Nature

**43**

Take a picture  
out your window

**44**

Write a poem  
about nobility

**45**

Send a prayer of  
wisdom, insight  
& courage to our  
leaders

**46**

Follow the  
National Parks  
on Instagram

**47**

Draw a sunset

**48**

Meditate on the  
beauty of a  
waterfall

**49**

Reflect on your  
own divinity in  
the last seven  
weeks

# Reflections

