

Counting the Omer

A Non-Technical Guide for Traversing the
Non-Orientable Soul



Shleesh

A Transformation Matrix

There is a concept in mathematics called a transformation matrix, which describes how a system changes from one state to another over time. Each state, or attribute, when combined with every other state, produces a new identity based on their interaction and influence on each other that determine how the whole system reshapes itself. A new whole forms, reimagined from the alchemy of emanation, ready to receive the wisdom of every iteration that has come before.

2026	CHESED	GEVURAH	TIFERET	NETZACH	HOD	YESOD	MALCHUT
CHESED	1 April 2 Lovingkindness aspect of Lovingkindness א	2 April 3 Strength aspect of Lovingkindness ב	3 April 4 Beauty aspect of Lovingkindness ג	4 April 5 Endurance aspect of Lovingkindness ד	5 April 6 Splendor aspect of Lovingkindness ה	6 April 7 Foundation aspect of Lovingkindness ו	7 April 8 Divine presence aspect of Lovingkindness ז
GEVURAH	8 April 9 Lovingkindness aspect of Strength ח	9 April 10 Strength aspect of Strength ט	10 April 11 Beauty aspect of Strength י	11 April 12 Endurance aspect of Strength יא	12 April 13 Splendor aspect of Strength יב	13 April 14 Foundation aspect of Strength יג	14 April 15 Divine presence aspect of Strength יד
TIFERET	15 April 16 Lovingkindness aspect of Beauty טו	16 April 17 Strength aspect of Beauty טז	17 April 18 Beauty aspect of Beauty יז	18 April 19 Endurance aspect of Beauty יח	19 April 20 Splendor aspect of Beauty יט	20 April 21 Foundation aspect of Beauty כ	21 April 22 Divine presence aspect of Beauty כא
NETZACH	22 April 23 Lovingkindness aspect of Endurance כב	23 April 24 Strength aspect of Endurance כג	24 April 25 Beauty aspect of Endurance כד	25 April 26 Endurance aspect of Endurance כה	26 April 27 Splendor aspect of Endurance כו	27 April 28 Foundation aspect of Endurance כז	28 April 29 Divine presence aspect of Endurance כח
HOD	29 April 30 Lovingkindness aspect of Splendor כט	30 May 1 Strength aspect of Splendor ל	31 May 2 Beauty aspect of Splendor לא	32 May 3 Endurance aspect of Splendor לב	33 May 4 Splendor aspect of Splendor לג 	34 May 5 Foundation aspect of Splendor לד	35 May 6 Divine presence aspect of Splendor לה
YESOD	36 May 7 Lovingkindness aspect of Foundation לו	37 May 8 Strength aspect of Foundation לז	38 May 9 Beauty aspect of Foundation לח	39 May 10 Endurance aspect of Foundation לט	40 May 11 Splendor aspect of Foundation מ	41 May 12 Foundation aspect of Foundation מא	42 May 13 Divine presence aspect of Foundation מב
MALCHUT	43 May 14 Lovingkindness aspect of Divine Presence מג	44 May 15 Strength aspect of Divine Presence מד	45 May 16 Beauty aspect of Divine Presence מה	46 May 17 Endurance aspect of Divine Presence מו	47 May 18 Splendor aspect of Divine Presence מז	48 May 19 Foundation aspect of Divine Presence מח	49 May 20 Divine presence aspect of Divine Presence מט

Liturgical Flowhart

The Omer count is made starting at the evening of each day. When the count happens at night the blessing is said, when the count happens during the daytime the blessing is not said. One who is able stands when counting the omer.

Reflection

Behold, I am prepared and ready to perform the mitzvah of counting the Omer, as is written in your Torah:

“You are to count from the end of the rest day. From the day you brought the waived Omer-offering, they [the counting] shall be seven complete weeks. Until the end of the seventh week you shall count fifty days and you shall offer a new grain offering to Hashem”

Hineini muchan umezuman
lekayeim mitzvat aseil shel sefirat ha'omer,
kemo shekkatuv vattorah:
usefartem lachem mimmochorat hashabbat
miyyom havi'achem et-omer hattenufah
sheva shabbatot temimot tihyeinah.
ad mimmochorat hashabbat hashevi'it
tisperu chamishim yom
vehikravtem minchah chadashah ladonai

הִנְנִי מוכָן וּמְזוּמָן
לְקַיֵּם מִצְוַת עֲשֵׂה שֶׁל סְפִירַת הָעוֹמֵר,
כְּמוֹ שֶׁכָּתוּב בַּתּוֹרָה:
וּסְפַרְתֶּם לָכֶם מִמַּחֲרַת הַשַּׁבָּת
מִיּוֹם הַבִּיאָכֶם אֶת־עֹמֵר הַתְּנוּפָה
שִׁבְעַת שַׁבָּתוֹת תְּמִימֹת תִּהְיֶינָה:
עַד מִמַּחֲרַת הַשַּׁבָּת הַשְּׁבִיעִית
תִּסְפְּרוּ חֲמִשִּׁים יוֹם
וְהִקְרַבְתֶּם מִנְחָה חֲדָשָׁה לַיהוָה:



Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Blessing

Baruch atah adonai eloheinu
melech ha-olam asher
kid'shanu b'mitzvotav v'tzivanu
al s'firat ha-omer.

בָּרוּךְ אַתָּה יְיָ אֱלֹהֵינוּ
מֶלֶךְ הָעוֹלָם, אֲשֶׁר
קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוִּינוּ
עַל סְפִירַת הָעוֹמֵר.



Count (Day 1 Sample)

Today is Day One of the Omer. (Chesed within Chesed).

Hayom yom echad la-omer.
Chesed shebeChesed.

הַיּוֹם יוֹם אֶחָד לַעֹמֵר:
(חֶסֶד שֶׁבְּחֶסֶד)



Post Count: Psalm 67

For the leader; with instrumental music. A psalm. A song.
May God be gracious to us and bless us,
showing us favor, selah
that Your way be known on earth,
Your deliverance among all nations.
Peoples will praise You, O God;
all peoples will praise You.
Nations will exult and shout for joy,
for You rule the peoples with equity,
You guide the nations of the earth. Selah.
The peoples will praise You, O God;
all peoples will praise You.
May the earth yield its produce;
may God, our God, bless us.
May God bless us,
and be revered to the ends of the earth.

Lammenatzech binginot mizmor shir.
V elohim yechonnenu vivarechenu
ya'er panav ittanu selah.
Lada'at ba'aretz darkecha
bechol-goyim yeshu'atecha.
Yoducha ammim elohim
yoducha ammim kullam.
Yismechu virannenu le'ummim
ki-tishpot ammim mishor
ule'ummim ba'aretz tanchem selah.
Yoducha ammim elohim
yoducha ammim kullam.
eretz natenah yevulah
yevarechenu elohim eloheinu.
Yevarechenu elohim
veyir'u oto kol-afsei-aretz.

לְמַנְצֵחַ בְּגִיטֹת מִזְמוֹר שִׁיר:
בְּ אֱלֹהִים יִחַנְּנוּ וַיְבָרְכֵנוּ
יְאֵר פְּנֵי אַתְּנוּ סֵלָה:
לְדַעַת בְּאֶרֶץ דְּרָכְךָ
בְּכָל־גּוֹיִם יִשְׁמַעְתָּךְ:
יִדְּוֹךְ עַמִּים | אֱלֹהִים
יִדְּוֹךְ עַמִּים כָּלָם:
יִשְׂמְחוּ וַיִּרְנְנוּ לְאַמִּים
כִּי־תִשְׁפֹּט עַמִּים מִיִּשׂוֹר
וְלְאַמִּים | בְּאֶרֶץ תִּנְחַם סֵלָה:
יִדְּוֹךְ עַמִּים | אֱלֹהִים
יִדְּוֹךְ עַמִּים כָּלָם:
אֶרֶץ נָתַתָּה יְבוּלָהּ
יְבָרְכֵנוּ אֱלֹהִים אֱלֹהֵינוּ:
יְבָרְכֵנוּ אֱלֹהִים
וַיִּירָאוּ אֹתוֹ כָּל־אֲפֵסֵי־אֶרֶץ:

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

בְּרָכָה

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתֶיךָ, וְצִוֵּנוּ עַל סְפִירַת הָעֹמֶר.

Date	Count	English	Transliteration	Hebrew
Thursday, April 2, 2026	1	Today is Day One of the Omer. (Chesed within Chesed).	Hayom yom echad la-omer. Chesed shebeChesed.	הַיּוֹם יוֹם אֶחָד לְעֹמֶר: (חֶסֶד שֶׁבְּחֶסֶד)
Friday, April 3, 2026	2	Today is Two Days of the Omer. (Gevurah within Chesed).	Hayom sh'nei yamim la-omer. Gevurah shebeChesed.	הַיּוֹם שְׁנֵי יָמִים לְעֹמֶר: (גְּבוּרָה שֶׁבְּחֶסֶד)
Saturday, April 4, 2026	3	Today is Three Days of the Omer. (Tiferet within Chesed).	Hayom sh'loshah yamim la-omer. Tiferet shebeChesed.	הַיּוֹם שְׁלֹשָׁה יָמִים לְעֹמֶר: (תִּפְאֶרֶת שֶׁבְּחֶסֶד)
Sunday, April 5, 2026	4	Today is Four Days of the Omer. (Netsach within Chesed).	Hayom arbaah yamim la-omer. Netzach shebeChesed.	הַיּוֹם אַרְבָּעָה יָמִים לְעֹמֶר: (נֹצֵחַ שֶׁבְּחֶסֶד)
Monday, April 6, 2026	5	Today is Five Days of the Omer. (Hod within Chesed).	Hayom chamishah yamim la-omer. Hod shebeChesed.	הַיּוֹם חֲמִשָּׁה יָמִים לְעֹמֶר: (הוֹד שֶׁבְּחֶסֶד)
Tuesday, April 7, 2026	6	Today is Six Days of the Omer. (Yesod within Chesed).	Hayom shishah yamim la-omer. Yesod shebeChesed.	הַיּוֹם שֵׁשָׁה יָמִים לְעֹמֶר: (יְסוּד שֶׁבְּחֶסֶד)
Wednesday, April 8, 2026	7	Today is Seven Days, which are One Week of the Omer. (Malchut within Chesed).	Hayom shivah yamim shehem shavua echad la-omer. Malchut shebeChesed.	הַיּוֹם שִׁבְעָה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד לְעֹמֶר: (מַלְכוּת שֶׁבְּחֶסֶד)
Thursday, April 9, 2026	8	Today is Eight Days, which are One Week and One Day of the Omer. (Chesed within Gevurah).	Hayom sh'monah yamim shehem shavua echad v'yom echad la-omer. Chesed shebe Gevurah.	הַיּוֹם שְ�מוֹנָה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שֶׁבְּגְבוּרָה)
Friday, April 10, 2026	9	Today is Nine Days, which are One Week and Two Days of the Omer. (Gevurah within Gevurah).	Hayom tishah yamim shehem shavua echad ushnei yamim la-omer. Gevurah shebeGevurah.	הַיּוֹם תִּשְׁעָה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וּשְׁנֵי יָמִים לְעֹמֶר: (גְּבוּרָה שֶׁבְּגְבוּרָה)
Saturday, April 11, 2026	10	Today is Ten Days, which are One Week and Three Days of the Omer. (Tiferet within Gevurah).	Hayom asarah yamim shehem shavua echad ushloshah yamim la-omer. Tiferet shebeGevurah	הַיּוֹם עֲשָׂרָה יָמִים, שֶׁהֵם שְׁבוּעַ אֶחָד וּשְׁלֹשָׁה יָמִים לְעֹמֶר: (תִּפְאֶרֶת שֶׁבְּגְבוּרָה)

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

בְּרָכָה

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Date	Count	English	Transliteration	Hebrew
Sunday, April 12, 2026	11	Today is Eleven Days, which are One Week and Four Days of the Omer. (Netzach within Gevurah).	Hayom achad asar yom shehem shavua echad v'arbaah yamim la-omer. Netzach shebeGevurah.	הַיּוֹם אֶחָד עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וְאַרְבָּעָה יָמִים לְעֹמֶר: (נְצַח שְׁבַגְבוּרָה)
Monday, April 13, 2026	12	Today is Twelve Days, which are One Week and Five Days of the Omer. (Hōd within Gevurah).	Hayom sh'neim asar yom shehem shavua echad vachamishah yamim la-omer. Hod shebeGevurah.	הַיּוֹם שְׁנַיִם עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וְחַמֵּשָׁה יָמִים לְעֹמֶר: (הוֹד שְׁבַגְבוּרָה)
Tuesday, April 14, 2026	13	Today is Thirteen Days, which are One Week and Six Days of the Omer. (Yesod within Gevurah).	Hayom sh'loshah asar yom shehem shavua echad v'shishah yamim la-omer. Yesod shebeGevurah.	הַיּוֹם שְׁלֹשָׁה עָשָׂר יוֹם, שֶׁהֵם שְׁבוּעַ אֶחָד וְשֵׁשֶׁה יָמִים לְעֹמֶר: (יְסוֹד שְׁבַגְבוּרָה)
Wednesday, April 15, 2026	14	Today is Fourteen Days, which are Two Weeks of the Omer. (Malchut within Gevurah).	Hayom arbaah asar yom shehem sh'nei shavuot la-omer. Malchut shebeGevurah.	הַיּוֹם אַרְבָּעָה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שְׁבַגְבוּרָה)
Thursday, April 16, 2026	15	Today is Fifteen Days, which are Two Weeks and One Day of the Omer. (Chesed within Tiferet).	Hayom chamishah asar yom shehem sh'nei shavuot v'yom echad la-omer. Chesed shebeTiferet.	הַיּוֹם חַמֵּשָׁה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שְׁבַתְפָּאֲרֵת)
Friday, April 17, 2026	16	Today is Sixteen Days, which are Two Weeks and Two Days of the Omer. (Gevurah within Tiferet).	Hayom shishah asar yom shehem sh'nei shavuot ushnei yamim la-omer. Gevurah shebeTiferet.	הַיּוֹם שִׁשָּׁה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעֹמֶר: (תְּפָאֲרֵת שְׁבַתְפָּאֲרֵת)
Saturday, April 18, 2026	17	Today is Seventeen Days, which are Two Weeks and Three Days of the Omer. (Tiferet within Tiferet)	Hayom shivah asar yom shehem sh'nei shavuot ushloshah yamim la-omer. Tiferet shebeTiferet.	הַיּוֹם שִׁמוֹנָה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נְצַח שְׁבַתְפָּאֲרֵת)
Sunday, April 19, 2026	18	Today is Eighteen Days, which are Two Weeks and Four Days of the Omer. (Netzach within Tiferet).	Hayom sh'monah asar yom shehem sh'nei shavuot v'arbaah yamim la-omer. Netzach shebeTiferet.	הַיּוֹם שְׁמוֹנָה עָשָׂר יוֹם, שֶׁהֵם שְׁנֵי שְׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נְצַח שְׁבַתְפָּאֲרֵת)

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

בְּרָכָה

בְּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Date	Count	English	Transliteration	Hebrew
Monday, April 20, 2026	19	Today is Nineteen Days, which are Two Weeks and Five Days of the Omer. (Hod within Tiferet).	Hayom tishah asar yom shehem sh'nei shavuot vachamishah yamim la-omer. Hod shebeTiferet.	הַיּוֹם תִּשְׁעָה עָשָׂר יוֹם, שְׁהֵם שְׁנֵי שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר: (הוֹד שֶׁבְּתִפְרֵת)
Tuesday, April 21, 2026	20	Today is Twenty Days, which are Two Weeks and Six Days of the Omer. (Yesod within Tiferet).	Hayom esrim yom shehem sh'nei shavuot v'shishah yamim la-omer. Yesod shebeTiferet.	הַיּוֹם עָשָׂרִים יוֹם, שְׁהֵם שְׁנֵי שָׁבוּעוֹת וְשִׁשָּׁה יָמִים לְעֹמֶר: (יְסוֹד שֶׁבְּתִפְרֵת)
Wednesday, April 22, 2026	21	Today is Twenty-One Days, which are Three Weeks of the Omer. (Malchut within Tiferet).	Hayom echad v'esrim yom shehem sh'loshah shavuot la-omer. Malchut shebeTiferet.	הַיּוֹם אֶחָד וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שֶׁבְּתִפְרֵת)
Thursday, April 23, 2026	22	Today is Twenty-Two Days, which are Three Weeks and One Day of the Omer. (Chesed within Netzach).	Hayom sh'nayim v'esrim yom shehem sh'loshah shavuot v'yom echad la-omer. Chesed shebeNetzach.	הַיּוֹם שְׁנַיִם וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שֶׁבְּנֶצַח)
Friday, April 24, 2026	23	Today is Twenty-Three Days, which are Three Weeks and Two Days of the Omer. (Gevurah within Netzach)	Hayom sh'loshah v'esrim yom shehem sh'loshah shavuot ushnei yamim la-omer. Gevurah shebeNetzach.	הַיּוֹם שְׁלֹשָׁה וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשְׁנֵי יָמִים לְעֹמֶר: (גְּבוּרָה שֶׁבְּנֶצַח)
Saturday, April 25, 2026	24	Today is Twenty-Four Days, which are Three Weeks and Three Days of the Omer. (Tiferet within Netzach).	Hayom arbaah v'esrim yom shehem sh'loshah shavuot ushloshah yamim la-omer. Tiferet shebeNetzach.	הַיּוֹם אַרְבָּעָה וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשְׁלֹשָׁה יָמִים לְעֹמֶר: (תִּפְרֵת שֶׁבְּנֶצַח)
Sunday, April 26, 2026	25	Today is Twenty-Five Days, which are Three Weeks and Four Days of the Omer. (Netzach within Netzach).	Hayom chamishah v'esrim yom shehem sh'loshah shavuot v'arbaah yamim la-omer. Netzach shebeNetzach.	הַיּוֹם חֲמִשָּׁה וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נֶצַח שֶׁבְּנֶצַח)
Monday, April 27, 2026	26	Today is Twenty-Six Days, which are Three Weeks and Five Days of the Omer. (Hod within Netzach).	Hayom shishah v'esrim yom shehem sh'loshah shavuot vachamishah yamim la-omer. Hod shebeNetzach.	הַיּוֹם שִׁשָּׁה וְעָשָׂרִים יוֹם, שְׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר: (הוֹד שֶׁבְּנֶצַח)

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

בְּרָכָה

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Date	Count	English	Transliteration	Hebrew
Tuesday, April 28, 2026	27	Today is Twenty-Seven Days, which are Three Weeks and Six Days of the Omer. (Yesod within Netzach).	Hayom shivah v'esrim yom shehem sh'loshah shavuot v'shishah yamim la-omer. Yesod shebeNetzach.	הַיּוֹם שִׁבְעָה וְעֶשְׂרִים יוֹם, שָׁהֵם שְׁלֹשָׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר: (יְסוֹד שֶׁבַענֶצַח)
Wednesday, April 29, 2026	28	Today is Twenty-Eight Days, which are Four Weeks of the Omer. (Malchut within Netzach).	Hayom sh'monah v'esrim yom shehem arbaah shavuot la-omer. Malchut shebeNetzach.	הַיּוֹם שְׁמוֹנָה וְעֶשְׂרִים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שֶׁבַענֶצַח)
Thursday, April 30, 2026	29	Today is Twenty-Nine Days, which are Four Weeks and One Day of the Omer. (Chesed within Hod).	Hayom tishah v'esrim yom shehem arbaah shavuot v'yom echad la-omer. Chesed shebeHod.	הַיּוֹם תִּשְׁעָה וְעֶשְׂרִים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שֶׁבַעחֹד)
Friday, May 1, 2026	30	Today is Thirty Days, which are Four Weeks and Two Days of the Omer. (Gevurah within Hod).	Hayom sh'loshim yom shehem arbaah shavuot ushnei yamim la-omer. Gevurah shebeHod.	הַיּוֹם שְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁנַיִם יָמִים לְעֹמֶר: (גְּבוּרָה שֶׁבַעחֹד)
Saturday, May 2, 2026	31	Today is Thirty-One Days, which are Four Weeks and Three Days of the Omer. (Tiferet within Hod).	Hayom echad ushloshim yom shehem arbaah shavuot ushloshah yamim la-omer. Tiferet shebeHod.	הַיּוֹם אֶחָד וּשְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר: (תִּפְאֶרֶת שֶׁבַעחֹד)
Sunday, May 3, 2026	32	Today is Thirty-Two Days, which are Four Weeks and Four Days of the Omer. (Netzach within Hod).	Hayom sh'nayim ushloshim yom shehem arbaah shavuot v'arbaah yamim la-omer. Netzach shebeHod.	הַיּוֹם שְׁנַיִם וּשְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נֶצַח שֶׁבַעחֹד)
Monday, May 4, 2026	33	Today is Thirty-Three Days, which are Four Weeks and Five Days of the Omer. (Hod within Hod).	Hayom sh'loshah ushloshim yom shehem arbaah shavuot vachamishah yamim la-omer. Hod shebeHod.	הַיּוֹם שְׁלֹשָׁה וּשְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר: (חֹד שֶׁבַעחֹד)
Tuesday, May 5, 2026	34	Today is Thirty-Four Days, which are Four Weeks and Six Days of the Omer. (Yesod within Hod).	Hayom arbaah ushloshim yom shehem arbaah shavuot v'shishah yamim la-omer. Yesod shebeHod.	הַיּוֹם אַרְבָּעָה וּשְׁלֹשִׁים יוֹם, שָׁהֵם אַרְבָּעָה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר: (יְסוֹד שֶׁבַעחֹד)

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu melech ha-olam asher kid'shanu b'mitzvotav v'tzivanu al s'firat ha-omer.

בְּרָכָה

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו, וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר.

Date	Count	English	Transliteration	Hebrew
Wednesday, May 6, 2026	35	Today is Thirty-Five Days, which are Five Weeks of the Omer. (Malchut within Hod).	Hayom chamishah ushloshim yom shehem chamishah shavuot la-omer. Malchut shebeHod.	הַיּוֹם חֲמִשָּׁה וְשָׁלְשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שְׁבִיטוֹד)
Thursday, May 7, 2026	36	Today is Thirty-Six Days, which are Five Weeks and One Day of the Omer. (Chesed within Yesod).	Hayom shishah ushloshim yom shehem chamishah shavuot v'yom echad la-omer. Chesed shebeYesod.	הַיּוֹם שֶׁשָּׁה וְשָׁלְשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שְׁבִיטוֹד)
Friday, May 8, 2026	37	Today is Thirty-Seven Days, which are Five Weeks and Two Days of the Omer. (Gevurah within Yesod).	Hayom shivah ushloshim yom shehem chamishah shavuot ushnei yamim la-omer. Gevurah shebe Yesod.	הַיּוֹם שִׁבְעָה וְשָׁלְשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשְׁנֵי יָמִים לְעֹמֶר: (גְּבוּרָה שְׁבִיטוֹד)
Saturday, May 9, 2026	38	Today is Thirty-Eight Days, which are Five Weeks and Three Days of the Omer. (Tiferet within Yesod).	Hayom sh'monah ushloshim yom shehem chamishah shavuot ushloshah yamim la-omer. Tiferet shebeYesod.	הַיּוֹם שְׁמוֹנֶה וְשָׁלְשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשָׁלְשָׁה יָמִים לְעֹמֶר: (תִּפְאֶרֶת שְׁבִיטוֹד)
Sunday, May 10, 2026	39	Today is Thirty-Nine Days, which are Five Weeks and Four Days of the Omer. (Netzach within Yesod).	Hayom tishah ushloshim yom shehem chamishah shavuot v'arbaah yamim la-omer. Netzach shebeYesod.	הַיּוֹם תִּשְׁעָה וְשָׁלְשִׁים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נֶצַח שְׁבִיטוֹד)
Monday, May 11, 2026	40	Today is Forty Days, which are Five Weeks and Five Days of the Omer. (Hod within Yesod).	Hayom arbaim yom shehem chamishah shavuot vachamishah yamim la-omer. Hod shebeYesod.	הַיּוֹם אַרְבָּעִים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר: (הוֹד שְׁבִיטוֹד)
Tuesday, May 12, 2026	41	Today is Forty-One Days, which are Five Weeks and Six Days of the Omer. (Yesod within Yesod).	Hayom echad v'arbaim yom shehem chamishah shavuot v'shishah yamim la-omer. Yesod shebeYesod.	הַיּוֹם אֶחָד וְאַרְבָּעִים יוֹם, שֶׁהֵם חֲמִשָּׁה שָׁבוּעוֹת וְשֵׁשׁ יָמִים לְעֹמֶר: (יְסוֹד שְׁבִיטוֹד)
Wednesday, May 13, 2026	42	Today is Forty-Two Days, which are Six Weeks of the Omer. (Malchut within Yesod).	Hayom sh'nayim v'arbaim yom shehem shishah shavuot la-omer. Malchut shebeYesod.	הַיּוֹם שְׁנַיִם וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשׁ שָׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שְׁבִיטוֹד)

Blessing

Blessed are You, Adonai our God, Ruler of the universe, who sanctifies us with mitzvot, and commands us concerning the counting of the Omer.

Bracha

Baruch atah adonai eloheinu
melech ha-olam asher
kid'shanu b'mitzvotav v'tzivanu
al s'firat ha-omer.

בְּרָכָה

בָּרוּךְ אַתָּה יי אֱלֹהֵינוּ מֶלֶךְ
הָעוֹלָם, אֲשֶׁר קִדְּשָׁנוּ בְּמִצְוֹתָיו,
וְצִוָּנוּ עַל סְפִירַת הָעֹמֶר

Date	Count	English	Transliteration	Hebrew
Thursday, May 14, 2026	43	Today is Forty-Three Days, which are Six Weeks and One Day of the Omer. (Chesed within Malchut).	Hayom sh'loshah v'arbaim yom shehem shishah shavuot v'yom echad la-omer. Chesed shebeMalchut.	הַיּוֹם שְׁלֹשָׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְיוֹם אֶחָד לְעֹמֶר: (חֶסֶד שֶׁבְּמַלְכוּת)
Friday, May 15, 2026	44	Today is Forty-Four Days, which are Six Weeks and Two Days of the Omer. (Gevurah within Malchut).	Hayom arbaah v'arbaim yom shehem shishah shavuot ushnei yamim la-omer. Gevurah shebeMalchut.	הַיּוֹם אַרְבָּעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וּשְׁנֵי יָמִים לְעֹמֶר: (גְּבוּרָה שֶׁבְּמַלְכוּת)
Saturday, May 16, 2026	45	Today is Forty-Five Days, which are Six Weeks and Three Days of the Omer. (Tiferet within Malchut).	Hayom chamishah v'arbaim yom shehem shishah shavuot ushloshah yamim la-omer. Tiferet shebeMalchut.	הַיּוֹם חֲמִשָּׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וּשְׁלֹשָׁה יָמִים לְעֹמֶר: (תִּפְאֶרֶת שֶׁבְּמַלְכוּת)
Sunday, May 17, 2026	46	Today is Forty-Six Days, which are Six Weeks and Four Days of the Omer. (Netzach within Malchut).	Hayom shishah v'arbaim yom shehem shishah shavuot v'arbaah yamim la-omer. Netzach shebeMalchut.	הַיּוֹם שֵׁשָׁה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְאַרְבָּעָה יָמִים לְעֹמֶר: (נִצְחָה שֶׁבְּמַלְכוּת)
Monday, May 18, 2026	47	Today is Forty-Seven Days, which are Six Weeks and Five Days of the Omer. (Hod within Malchut).	Hayom shivah v'arbaim yom shehem shishah shavuot vachamishah yamim la-omer. Hod shebeMalchut.	הַיּוֹם שִׁבְעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְחֲמִשָּׁה יָמִים לְעֹמֶר: (הוֹד שֶׁבְּמַלְכוּת)
Tuesday, May 19, 2026	48	Today is Forty-Eight Days, which are Six Weeks and Six Days of the Omer. (Yesod within Malchut).	Hayom sh'monah v'arbaim yom shehem shishah shavuot v'shishah yamim la-omer. Yesod shebeMalchut.	הַיּוֹם שְׁמוֹנָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שֵׁשָׁה שָׁבוּעוֹת וְשֵׁשָׁה יָמִים לְעֹמֶר: (יְסוּד שֶׁבְּמַלְכוּת)
Wednesday, May 20, 2026	49	Today is Forty-Nine Days, which are Seven Weeks of the Omer. (Malchut within Malchut).	Hayom tishah v'arbaim yom shehem shivah shavuot la-omer Malchut shebeMalchut.	הַיּוֹם תִּשְׁעָה וְאַרְבָּעִים יוֹם, שֶׁהֵם שִׁבְעָה שָׁבוּעוֹת לְעֹמֶר: (מַלְכוּת שֶׁבְּמַלְכוּת)