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## DAY 49

\*\*\*\*\* The Count (using the I-Count Card) \*\*\*\*\*

Please follow the "5 steps of counting the Omer" on the I-Count Card (which can be downloaded at <http://omerproject.com/assets/docs/I-Count.pdf>). When you arrive at Step #3, please use the following for the count:

Rabbinic: Ha-yom tisha v'arbaim yom, shehaym shiv-a shavuot la-omer.

Today is forty-nine days, which are seven weeks of the Omer.

Kararite: Today is the fifth day of the seventh week of seven weeks. Today is the forty-seventh day of the counting of fifty days from the day of the waving of the Omer on the morrow after Shabbat.

\*\*\*\*\* Sing \*\*\*\*\*

Ana B'Koach represents the seven sefirot and is recited in Rabbinic prayers wherever there is a symbolic ascent of Divine energy from a lower plane to a higher one, or whenever there is any movement from one reality into the next:

A·na, b'cho·ach g'du·lat y'min·cha ta·tir tz'ru·rah

(Please, with the power of Your great right hand free the bound.)

\*\*\*\*\* This Week According to Rabbinic Mystical Teachings \*\*\*\*\*

Week Seven: Malchut / Shechina. Majesty, Divine Presence, Grounding, Nobility, Sovereignty, Leadership.

Malchut is a sense of belonging. Knowing that you matter and that you make a difference. That you have the ability to be a proficient leader in your own right. It gives you independence and confidence. A feeling of certainty and authority. When a mother lovingly cradles her child in her arms and the child's eyes meet the mother's affectionate eyes, the child receives the message: "I am wanted and needed in this world. I have a comfortable place where I will always be loved. I have nothing to fear. I feel like royalty in my heart."

David represents kingdom, or sovereignty during this week.

\*\*\*\*\* This Day According to Rabbinic Mystical Teachings \*\*\*\*\*

This day: Malchut shebe'Malchut. Majesty within Majesty, Groundedness within Groundedness, Nobility in Nobility

One thought for Malchut of Malchut: Note accurately what you have learned.

\*\*\*\*\* This Day's Biblical Figure \*\*\*\*\*

\*\*\*\*\* with the Rabbinic Mystical Quality of the Day \*\*\*\*\*

The handmaiden & attendant: On this day we prepare ourselves to greet the bride, Shekhinah, as she descends on Mount Sinai for the revelation of Torah. According to the Zohar, we are all her attendants as she prepares herself for the moment of union. Every new interpretation we create is a jewel to adorn the Holy Blessed One.

Shekhinah, G-d's immanent presence on earth: In the kabbalah, malkhut, royalty or majesty, is the sefirah of the Shekhinah, who in mystical texts is called queen, princess, crown, and other royal names. The "Sabbath queen" whom Jews greet on Friday night in synagogues is the Shekhinah in her queenly aspect. These royal images are meant to convey both the

Shekhinah's power and her involvement in the welfare of those who dwell in Her world.

There is also a dark side to malkhut—it is the part of God closest to physical reality and therefore closest to death. The Shekhinah is said to share the human experience of pain and loss. When the Jews go into exile, she goes with them. The messianic age will come to pass when Her exile ends and She is reunited with the transcendent Holy One.

The forty-ninth day of the Omer is the day before Shavuot, the festival of the giving of the Torah. On Shavuot, the Shekhinah descends on Mount Sinai to grant revelation to the people. The first section of the Zohar teaches concerning the first night of Shavuot: “Those who stay up all night to wait with the bride, the bride will not enter the wedding canopy except in their company.” So it is appropriate on the day before Shavuot, the final day of the Omer <<or not>>, to meditate on God's feminine presence and prepare to greet Her.

\*\*\*\*\* This Day's Rabbinic Refinement of Moral Character \*\*\*\*\*

Examine the sovereignty of your sovereignty.

Ask yourself:

Does it come from deep-rooted inner confidence in myself?

Or is it just a put-on to mask my insecurities? Does that cause my sovereignty to be excessive?

Am I aware of my uniqueness as a person?

Of my personal contribution?

Exercise for the day:

Take a moment and concentrate on yourself, on your true inner self, not on your performance and how you project to others; and be at peace with yourself knowing that G-d created a very special person which is you.

\*\*\*\*\* Thoughts for Tomorrow in Rabbinic Calendar \*\*\*\*\*

After the forty-nine days of counting the Omer, after having fully achieved inner renewal by merit of having assessed and developed each of our forty-nine attributes, we will arrive tomorrow at the fiftieth day. On that day we celebrate the Festival of Shavuot, the giving of the Torah. After we have accomplished all we can through our own initiative, then we are worthy to receive a gift from Above which we could not have achieved with our own limited faculties. We receive the ability to reach and touch the Divine; not only to be cultivated human beings who have refined all of our personal characteristics, but divine human beings who are capable of expressing ourselves above and beyond the definitions and limitations of our beings.