

The Ladder of Transformation (Receiving Torah at Sinai)

By Sarah Hermelin (author of Journey Together: 49 Steps to Transforming a Family)

Summary: The 49 days that link Pesach to Shavuot every year are filled by the Biblical mitzvah of Counting the Omer each night. It is the Omer count that first lead to the complete transformation of recent former slaves to a nation of 3 million standing before HaShem at Har Sinai. Each year we are to replicate this opportunity for transformation (physically, emotionally, mentally and spiritually) by engaging in the 49 day counting of the Omer, where WE are supposed to identify “What Enslaves Us Today” and DO something about it.

Citing ancient and modern sources, including but not limited to, Ramban, the Zohar, Sefer HaChinuch, Chumash, Rav J.B. Soloveitchik, Rav Chaim Vital, Rav Avigdor Nevensahl, and others, we will begin to discover “the Omer count as a re-calibrator” of our lives.

We will briefly explore each of the 7 weeks of the Sefirat HaOmer:

--Chesed (loving kindness) and if we have the right balance of that in our lives.

--Gevurah (strength, restraint) and if we have this in the right balance.

--Tiferet (Harmony/Truth) which balances chesed and gevurah in the proper levels.

--Netzach (Endurance) and do we have this in the right levels and for the right motivations and causes.