

## היום יום אחד בעומר

### Today is One Day Of the Omer

#### **Bein Adam Lamakom - Between Man & God:**

1. Reflect on the kindness that Hashem bestows upon His creatures in general and you, in particular, - even though we may not be worthy to be the recipients of that kindness. This will cause you to be inspired and to greatly love Hashem.
  - This is what the Seder night is all about - "Dayeinu".
2. This will help you acquire the attribute of dealing kindly with Hashem - to conduct yourself beyond the letter of the law. This is the behaviour of a "Chasid."
  - Do a particular Mitzvah at the Seder in a stricter fashion: 1) in saying over the Hagadah 2) various requirements when eating for a Mitzvah, 3) Drinking the wine, etc.
3. When you are engaged in an act of kindness, have in mind to arouse the supernal attribute of kindness, which will flow fully down to bestow kindness to the world. This perpetuates the attribute of kindness in the world through your initial act of kindness.

#### **Bein Adam Lachaveiro - Between Man and Others:**

1. Look at the behaviour of others with a good eye and with love, thereby enabling you to judge his actions favourably. By seeing the good that is in others, you are dealing kindly with them.
  - Guests & family at the Seder table
2. Make efforts to do good and bestow kindness upon sinners (but to not support their wrong doing) in a way that they will be inspired by your deeds. This will bring them to recognize the goodness of Hashem who has commanded them to do kindness, and they will do Teshuva. This will achieve kindness in others through your own kindness.
  - Be extra kind to secular guests at your Seder or the "Rasha" child at your Seder.
3. Be prepared to forego your piety in order to fulfill the Mitzvah of bestowing kindness with others.
  - Say less words of Torah / do less stringencies in order to involve others & make others feel comfortable at the Seder.
4. When receiving kindness from others, try to do Chesed with the benefactor by not troubling him too much. (Avraham would only ask others to bring a little water, while he prepared a lot )
  - Don't take advantage with guests who are helping you with the Seder.
5. In every Chesed, try to achieve more Chesed.
  - Escort your Seder guest part of the way home; have them sleep over; let them feel good about being at your Seder.
6. Try to do Chesed when it is really needed.
  - Invite people to your Seder who really need the invitation. Give a compliment when someone is feeling low. Give charity when the person really needs it.

#### **Body Part:**

1. Use your right hand to achieve your kindness, such as when giving charity to the poor or when giving food to a guest.
2. Hug your child or friend with your right hand.

#### **Time of Day:**

1. Concentrate on this during the Shacharis prayer especially during: 1) the two blessings before the Shema; 2) during the Amida in the blessing of "Selach Lanu."
2. Think of Hashem's kindness when saying His name of "Eil" - especially during the morning prayer.
  - "Ha'Eil Besa'atzumas" - beginning of Shacharis

**Quality to Acquire Torah: Study - בתלמוד** personal instruction from a teacher. Unlike secular subjects the knowledge and understanding of Torah cannot be attained from self - study or from books.

- Make it a point to learn as much Torah as you can on the second Day of Yom Tov.