

## היום שלשה עשר יום שהם שבוע אחד וששה ימים בעומר

### Today is Thirteen Days Of the Omer

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

1. A person should reflect that in order to merit fear of Hashem, a person should grab onto the level of being a "tzaddik", and especially make effort with all one's strength to guard the covenant through his tongue and reproductive organ. We find this regarding Yosef, when after he withstood his test with the wife of Potiphar and guarded the covenant, he merited to the description of "tzaddik." He testified about this himself before his brothers and said: "אֶת הָאֱ-לֹהִים אֲנִי יָרָא" - I fear God.
2. A person should reflect that in order to achieve fear of Hashem, one should engage in self control from all cravings and passions in general, and with safeguarding the covenant, specifically. The Sefer Reishis Chochma states: A meal that is giving you pleasure - pull your hand away from it." ('bread' is symbolic of one's wife). Any withholding oneself from his passions is considered as self -flagelation, fasting, and brings atonement for sins.
  - End your meal before you are totally satisfied.
3. Make efforts to stand before any breaches involving yourself or others in the area of safeguarding the covenant, and set up fences and safeguards. Wherever you find safeguards to immorality - you find holiness. Reflect on the fact that the Talmud refers to a person, who chooses not to take a circuitous route to avoid walking passed an area full with women, as a Rasha. Reflect on what Rabbi Shimon Bar Yochai admonished his students: "If there is no other alternative and you must pass by an area where there are women, you are obligated to guard your eyes and not stumble - in order to not be referred to as an idol worshipper." The Yetzer Hora only desires to cause a person to sin in the area of immorality, as it is the source all of one's body desires and evil characteristics. The Mida of Yisod is the root of all good Midos.
  - Put a strong filter on your electronic devices.

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

1. When using Gevura when rebuking others or protesting, concentrate on doing it for the sake of Heaven and with holiness - not for the sake of receiving a reward or to fulfill his own personal pleasure. Even if it is impossible to avoid the pleasure or public honor or notoriety of that activity, still do not have that in mind when doing your action.
2. When hosting guests, see to it to arouse them to fear Hashem and to tell them about the many acts of Gevura that Hashem does in general to the creation and specifically to each creature, until you have drawn them to fear Hashem and to want to overcome their Yetzer Hora. This will enable you to perfect your Gevura with others through your hospitality.
3. Make efforts to institute fences and safeguards, doing activities that have Gevura and holiness, such as protests or similar things to it, which will increase fear of Hashem.
  - Establish groups that supervise areas of Tznius.
  - Assist in publishing materials / works that have words of Mussar in general, and fences of Tznius in particular.

#### **Body Part:**

1. Use your left hand when setting up fences and safeguards to create results and publicizing fear of Hashem in the world.

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

1. Make effort to create results in the area of Gevra and Kedusha and publicizing fear of Hashem in the afternoon.
2. Concentrate where mentioning the blessing of "Sim Shalom" in the afternoon Amida.
3. Concentrate when saying the name of ש-ד-י during the afternoon prayer.

**Quality to Acquire Torah: Knowledge of the Scriptures - במקרא** - The scriptural texts are the foundation of all the Torah learning that exists, whether it be Mishne, Talmud, Halacha, Musar, Midos, etc. The text of the Torah is where heaven (Hashem's intellect) and earth (mankind's observance of it) merge. Therefore, one must be an expert in this area.

- Learn a few Pesukim in this week's Parsha to the point of mastery of the text.