

## היום ארבעה עשר יום שהם שני שבועות בעומר Today is Fourteen Days Of the Omer

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

1. Reflect that in order to merit overcoming and subjugating your evil inclination, you must conduct yourself with nobility like a king with complete dominion over his inclination - to the point where the inclination is subdued to you like a servant before his master. This only comes with powerful Gevura without any yielding or compromising at all ! A person should be so accustomed to overcoming his evil inclination to the point where his Yetzer Tov rules over him. Just like a king does whatever he wants without anyone capable of protesting, so too should a person be so engaged in Torah learning and good deeds with a good desire with all his heart and soul - as if there is nothing preventing him. Only then will he be successful in all his ways. On the other hand, if a person serves Hashem out of weakness, as if there are those preventing him, his service will not be complete, since his evil inclination still treads in his midst. This will cause Hashem's kingdom to be complete, and Hashem will be able to give us whatever He wants without anything preventing Him from doing it.
2. One should pray for Divine assistance for him to achieve this perfection in overcoming one's evil inclination. As the Talmud says: " Without Hashem's assistance, one would not be able to overcome his inclination."
3. Specifically focus your prayers before Hashem that you merit to reach the level of fear of Hashem - which is the root of overcoming your inclination. The one who has fear of Hashem, runs away from 100 measures of permissibility, so that not even one measure of doubtful prohibition should enter. Then you are nearly certain that you will not stumble from the seductions of the inclination. The Torah says: " Now, Israel, what does Hashem your Lord ask from you - but only to fear Him!" Avraham was concerned that he would be harmed from the Plishtim, as he said: " But there is no fear of God in this place, and they would kill me!"

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

1. Pray for Divine assistance to help others who: 1) are assisting you in doing Mitzvos, and 2) are struggling to fulfill Mitzvos of Hashem.
2. Overcome your inclination and rebuke others to stand on guard for the fulfillment of the many complex agricultural laws of Ma'aser in Eretz Yisroel and Shmitta because of their inherent holiness and they are the commandments that show the control of the King of the world.
  - Make sure that products you buy from Israel have been properly tithed or tithe them yourself.
  - Be scrupulous in fulfilling the Mitzvah of tithing your Tzedakah properly.
3. Pray to Hashem before you rebuke others, so that you are able to judge them favourably. This will accrue 3 benefits: 1) It will save you from any personal bias for personal hour, 2) You will not prosecute your friend while rebuking him - rather you will arouse him towards the straight path, and 3) You will merit Divine assistance that your words will enter your friends heart.

### **Body Part:**

1. Use your left hand when giving charity to the poor and for synagogue needs.

### **Time of Day:**

1. Make effort to give charity, engage in the oral law, and honor those engaged in words of Halacha in the afternoon.
2. Concentrate on all your prayers in general, and specifically in places where mentioning the Kingdom of Heaven and the Kingdom of the house of Dovid in the afternoon Amida.
3. Concentrate when saying the name of אדני during the afternoon prayer.

**Quality to Acquire Torah: Knowledge of the Mishna And Purity-** במשנה בטהרה - The study of Mishne is rooted in Gevura because Mishne tells you what Hashem wants you to do. The Torah is holy, and it must be learned in a state of purity. You will only be willing to accept the authority of Halacha if you are in a state of purity, where the Yetzer Hora has no power in preventing you from understanding the law properly.