

היום חמשה עשר יום שהם שני שבועות ויום אחד בעומר Today is Fifteen Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of kindness and love the Hashem shows to the world in general, and you in particular, and how His intention thereby is to bring mankind to glorify Hashem. The Talmud tells us about Hashem's kindness towards the chicks from the cruel raven who does not take care of its young - yet Hashem causes worms come to be eaten by them. Certainly Hashem wants us to reflect on this kindness in order to glorify Him. Proverbs tells us that "The Lord made everything for His praise."
 - Reflect on the kindness Hashem does to maintain your body at all times - especially when saying the blessing of "Asher Yotzar" - which describes Hashem's incredible miracles in keeping a person alive at all times. This will inspire you to glorify Hashem for His abundant kindness.
2. When people praise you for your outstanding acts of kindness when you share your wisdom and money, do not take the glory for yourself (for that would be akin to receive a reward for his kindness) - rather you should respond by increasing your acts of kindness. This truly emulates Hashem who increases His acts of kindness when mankind praises Him for his kindness, and you will be blessed by Hashem with more wisdom and wealth in order to increase your ability to help others.
3. A king only reveals his secrets to those who love him. Similarly, a person should preface his acts of kindness towards his Creator (showing his love to Hashem) so that Hashem will gift him success in understanding His wisdom which is found in the written Torah (His secrets).

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to do great acts of kindness towards your friends (especially to males and first borns) until the friend gets excited to the point of praising Hashem through your actions. This will enable your kindness to bring glory to Hashem.
2. Make efforts to do kindness with mankind through teaching them the written Torah.
3. When the need to be compassionate to others arises, do it with love. Take to heart the statement of the Talmud: "One may give his father pheasants as food, yet [this] drives him from the world; whereas another may make him grind in a mill and [this] brings him to the world to come!" as explained in the Jerusalem Talmud.
4. Make efforts to study the written Torah with love and pleasantness. Reflect on the statement of the Talmud: "a short-tempered person cannot teach."

Body Part:

1. Use your upper body when doing kindness.

Time of Day:

1. Make effort to love Hashem and do acts of kindness in the daytime, especially on a Tuesday.
2. Concentrate on the blessing of "Slach Lanu" in the evening Amida which Yaakov established.
3. Concentrate when saying the name of א-ל during the evening prayer.

Quality to Acquire Torah: Moderation in Business Affairs - במיעוט סחורה - One must have the means to live; however, one should restrict his business activities to a minimum, and have more time to make learning Torah his primary pursuit. Even work that is not physically taxing should be kept to a minimum.