

## היום תשעה עשר יום שהם שני שבועות וחמשה ימים בעומר

### Today is Nineteen Days Of the Omer

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

1. Praise Hashem for the glorious wealth that Hashem has given you - and do not take credit for it. This will result in your continued giving money to Tzedakkah and spending money on Mitzvos.
2. Even though you have asked Hashem to have mercy on you and give you achievement in Torah - especially the written Torah - and Hashem has answered your request, and you are glorified before Hashem through the Torah insights you have produced, and gloried by mankind through your wisdom - do not take credit for your accomplishments, but show your gratitude and praise Hashem.
  - Concentrate on the Torah blessings you say in the morning
  - Say the prayer of Nechunya ben Hakana before and after learning. "May it be Your will, O Lord my God, that no stumbling block should occur through me, that I shall not fail in a point of law so that my colleagues rejoice because of me, that I shall not declare the impure pure or the pure impure, and that my colleagues shall not fail in a point of law so that I will rejoice because of them." & "I thank You, O Lord my God, that You have put my lot with those who sit in the Study Hall, and that You did not put my lot with those who sit at the street corners. Both I and they arise early — I arise for words of Torah, and they arise for worthless things. Both I and they labor — I labor and receive reward, and they labor and do not receive reward. Both I and they run — I run to the World to Come, and they run to the nethermost Pit."
3. Thank Hashem for being chosen to be glorified with the privilege of wearing Tefilin. Tefilin are called a "glory."

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

1. Show gratitude and thank all those that have assisted you in learning the written Torah, especially your teachers and students.
2. When engaged in business dealings or Torah study with others, and you see that the truth is with your friend, immediately admit to him that you were wrong and don't stubbornly hold on to your opinion. Thank your friend for illuminating your eyes and setting you on the truthful path.
3. Do what you can to assist and support those engaged in Torah study in general, and specifically the written Torah.
  - Support them with food, money, etc. so that they need not waste time from their Torah study.
  - Be careful not to denigrate them or cause them to slacken off from their learning.
  - Encourage them by honoring and praising their learning and good deeds.
  - Buy them Seforim to learn from.
  - Provide them with a strong atmosphere for learning.

#### **Body Part:**

1. Use your upper body when admitting, praising and showing gratitude towards others for what they have done for you.

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

1. Make effort to praise Hashem and thank others in the daytime, especially on a Tuesday.
2. Concentrate on the blessing of " Mekabeitz Nidchei Amo Yisroel " in the evening Amida.
3. Concentrate when saying the name of **א-לוקים צבא-ות** especially when you are reading pesukim from the prophets, a Pasuk which mentions Aharon HaKohen, and during the evening prayer.

**Quality to Acquire Torah: Moderation in Worldly Affairs - במיעוט דרך ארץ** - One should spend a minimum time in social, civic, and communal affairs. One should practice moderation in marital relations. Excessiveness in all these areas will limit his ability to concentrate his mind on Torah study. It will weaken him both physically and spiritually.