

היום שלשה ועשרים יום שהם שלשה שבועות ושני ימים בעומר

Today is Twenty Three Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of Gevura and fear that Hashem shows to the world in general, and you in particular, and how His intention thereby is to arouse mankind to believe in Hashem. We see an example of this was that Hashem's splitting the Sea and drowning the Egyptians brought the Jews to believe in Hashem. On a personal level, you should reflect on the times you were in danger from your enemies, and you did not know how to save yourself, and Hashem helped you his Gevura to take vengeance against your enemies. This will strengthen your faith in Hashem. Emuna is rooted in Netzach, because it keeps you going under all situations of diversity.
2. Reflect on how Hashem uses Gevura to overcome his Midos, as it were, all in order to vanquish the attribute of justice that should not spread over the world. The Torah says that Hashem is "slow to anger..." A person should emulate these ways of Hashem in being slow to anger and patient; thereby vanquishing the attribute of justice to not prosecute in the world.
3. Don't be satisfied with merely vanquishing your Yetzer Hora in order for you to do good or resist from doing evil - but add additional Gevura to reveal that your victory was for the sake of heaven and not for ulterior motives. Make sure your victory is complete from all angles.
 - Overcome your Yetzer Hora when you are young as there are real strong passions that need to be vanquished. Avoiding evil when you are old and don't have the strength to sin - does nothing to show your service for hashem.
 - When you abstain from sinning, do it in order to accept the yoke of Heaven upon yourself.
 - When abstaining from excessive permitted things, do it specifically to subdue your Yetzer Hora and to accept the yoke of Hashem upon yourself.
 - When learning Torah and doing good deeds, do them because you are choosing good over evil - not for superficial reasons.
 - Give Tzedakah only in honor of the creator. Don't do it just to remove your own suffering that you can't stand to see someone else suffering. When done in the latter fashion, you are not vanquishing the Yetzer Hora - rather, he is vanquishing you as he is compelling you to give the Tzedakah only for your own selfish reasons.

Bein Adam Lachaveiro - Between Man and Others:

1. When you need to stand in the breach to defeat those that are destroying the religion, use your Gevura to win in an uncompromising, unmerciful way. In this way, your victory will be eternal. Reflect on how Chava's downfall happened because she was willing to engage the snake in a discussion. Had she steadfastly refused to engage in any dialogue, there would have been no opening for her to be seduced.
2. Look for sources from the oral law when engaged in topics of faith and when teaching it to others.
3. Add Gevura to perfect good deeds that you do towards others, so that they will remain eternal. This will prove that your intentions were sincere and pure and without ulterior motives. That is because you were not merely satisfied with your good action alone, but you did them with alacrity, and in a fashion like pt. #3 between yourself and Hashem.

Body Part:

1. Use your right leg when doing these types of Gevura.

Time of Day:

1. Make effort to fear Hashem in the daytime, especially on a Wednesday.
2. Concentrate on the blessing of "Re'eh Na" in the Amida about the times you had doubts in your faith in Hashem during times of adversity.
3. Concentrate when saying the name of אל-הים when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

Quality to Acquire Torah: Uncomplaining Acceptance of Suffering - בקבלת היסורים - If suffering comes upon a person, he should accept it willingly and not rebel against it. Suffering should not cause him to neglect the study of torah or rebel against Hashem, and he should not feel that his toil was in vain.