

היום ארבעה ועשרים יום שהם שלשה שבועות ושלשה ימים בעומר

Today is Twenty Four Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on how Hashem is glorified through the Jewish people in general, and specifically by you. As Yeshaya says: "Yisroel, which I am glorified through you" regarding the Jews in general. Have in mind for yourself in particular when you say the early morning blessing of "Oteir Yisroel Besifara." This will bring an increase to your stamina to defeat your evil inclination, since you acknowledge that Hashem is observing you and wants your victory in order for Him to be glorified through you.
2. To the degree that you recognize Who Hashem is, to that degree you will want to continually vanquish your Yetzer Hora, who is trying to stop you. Therefore, make the effort to recognize and know the wisdom of Hashem, which can be accomplished by engaging in the study of the Written Torah (which is rooted in Tiferes).
3. Make sure that you are balanced in your Midos, so that you will be able to consistently vanquish the Yetzer Hora. Always take the middle path, balanced between kindness and restraint. Extremism is not sustainable.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to show compassion to mankind to the point that they are inspired from your compassion and will come to recognize their faith in Hashem.
 - Poor and sick people have a tendency to complain about their lot in life. By being compassionate and kind to them, you can cause them to stop complaining against Hashem. They can go back to believing that Hashem is good and does good. They will also seek forgiveness from Hashem for ever complaining.
2. When learning the written Torah and teaching it to others, see to it to glorify and explain well any teachings that has the topic of overcome the Yetzer Hora.
 - Teach stories like Yosef overcoming the seductions of the wife of Potifar, so that the students become inspired to the point that they too can acquire the attribute of victory.
 - Specifically teach your friends whom you know are in the midst of these kinds of tests, and need encouragement in overcoming their evil inclination.
3. When you defeat your friend in a permitted fashion or do a good action for another person which maintains a consistency, see to it that your actions are done with Tiferes and perfection - specifically make sure that you do not veer away from the truth in the process in order to achieve your victory.

Body Part:

1. Use your right leg when acting compassionately towards mankind and when studying the written torah..

Time of Day:

1. Make effort to be compassionate to mankind and learn the written Torah in the daytime, especially on a Wednesday.
2. Concentrate on the blessing of "Refa'einu" in the Amida about the times that you did not defeat your Yetzer Hora.
3. Concentrate when saying the name of יה-וה when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

Quality to Acquire Torah: Who Knows His Place - המכיר את מקומו - Know where you fit in your group of friends whom study Torah with you. Don't speak out of turn towards those who are greater than you, yet don't shy away from what needs to be said when around others who are lower than you.