

## היום שלשה ימים בעומר Today is Three Days Of the Omer

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

1. Reflect on how the name of Hashem is glorified through the Jewish people in general, and through you specifically. As Isaiah 29,3 says: 'Yisrael, which through you I am glorified.' Have that in mind when you say the early morning blessing of "Oteir Yisroel Besifara." This will bring you to love Hashem who has chosen us within whom to be glorified.
  - Start wearing a Kipa to work
  - Wear a hat during davening
  - Do not walk arrogantly
  - Mention Hashem's name when conversing with others.
2. Do not get carried away with your own sense of self-worth, and make the mistake of thinking that God relies on us to solve the world's problems.
3. Reflect on Hashem's mercy, how He incorporated Kindness and judgment together - yet kindness is still dominant. This will further your love for Hashem as you recognize the mercy of Hashem that is aroused in the world even though it is mixed with judgment - it is still primarily kindness.
4. Reflect that in order for your love of Hashem to persevere, you must recognize and know His wisdom. This can be achieved through engaging in the study of the written Torah (Lishma - for its own sake). One's love for Hashem increases corresponding to one's recognition of the Creator.
  - Start learning the Torah portion twice a week with its understanding.

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

1. Make efforts to show mercy on others and to glorify them in their good actions.
2. Make efforts to teach others the written Torah (which is itself a merciful act). Do this until it brings them to be kind and loving of each other.
3. When doing acts of kindness to others, do it in a glorious fashion with a cheerful countenance.
  - Greet everyone with a smile.
4. Try to find a biblical source for every type of kindness you do, and think about how you are fulfilling that source when doing that act of kindness.
  - "Love your Neighbour like yourself."
5. Don't allow your kindness to become blemished through either the Yetzer Hora or others who glorify you for what you are doing. Let the act itself be glorified - not you!
6. Make sure that the glory that accompanies the act of kindness is intertwined with the act itself - so that Hashem is glorified through your good deed. Do not cause a separation between the act of kindness and the accompanying glory.

### **Body Part:**

1. Use your right hand when doing acts of mercy on others and also when engaged in the learning of the written law.

### **Time of Day:**

1. Glorify Hashem's name and show mercy upon others in the daytime - specifically in the morning.
2. Concentrate on Hashem's mercy during the blessing of 'Refa'einu' in your morning Amida prayer.
3. Concentrate on Hashem's harmonious supervision of the world when uttering the name of יהוה during the morning prayers.

**Quality to Acquire Torah: Orderly Speech - בעריכת שפתים** - verbalization is not only test of the persons comprehension, but is also a means of impressing and retaining the subject matter in his mind. A student should be fluent and use the exact words of his teacher or of the Sefer which he learned.