

## היום ארבעה ושלשים יום שהם ארבעה שבועות וששה ימים בעומר

### Today is Thirty Four Days Of the Omer

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

1. Reflect on the fact that in order to be a proper receptacle to praise Hashem properly, you must increase the holiness of all your body parts. Focus on this fact when you say the words: "In the midst of the holy ones He is praised" in the Nishmas prayer. What do your praises help if you yourself are so removed from the holiness that Hashem wants from you.
2. To enhance the point above, focus specifically on the holiness of your tongue, since that is the actual body part that says praises to Hashem. The Chofetz Chaim gives a beautiful analogy to this in terms of a craftsman who can not do a satisfactory job if his tools are broken. So too, our praise can not be satisfactory if our tool of praise, our mouth, is broken with impurity through vulgar and forbidden speech.
3. Reflect on fundamentals of faith which are sourced in Yesod, and try to understand them well. This will cause you to get enthused about praising Hashem, when you understand how fortunate is the portion of the Jews, and your portion in particular. Specifically think about:
  - Torah & Mitzvos are given from Hashem.
  - The Sinai revelation with thunder and lightening, and how Hashem commanded the Jews to purify themselves beforehand.
  - How the entire Jewish people said "Na'aseh Vemishma."

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

1. Make sure to praise Hashem with enthusiasm and with great publicity, so that others who observe you will also get enthused to praise Hashem like you. You will thereby merit to see "fruits" from your praise.
2. Whenever meeting with people about matters relating to this world, make an effort to mix in stories from the true Tzaddikim that have the power to draw the hearts of the listeners. Choose to speak about Tzaddikim who excelled in the aspect of Yesod who were able to control the purity of their bodies in areas such as circumcision, speech, etc. Focus in relating their great power of self - control in these areas, until these people will praise the actions of these Tzaddikim. This itself publicizes praise of Hashem when people see how much effort the Tzaddikim made to sacrifice for Hashem.
3. Make efforts to love and pursue peace between mankind in general, and particularly between a husband and wife. Bring them proofs from how much Hashem does in order to make peace in the world, such as:
  - Hashem allows His name to be erased to make peace between a Sotah and her husband.
  - Hashem makes peace in the Shomayim above between fire and water.
 After people learn from you and peace is made, they will want to praise your actions; however, you will say that you should praise Hashem, because it was from Him that you learned to make peace.

#### **Body Part:**

1. Use your left leg when going to Tzaddikim, when making peace, and when making "fruits" for the fundamentals of faith.

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

1. Make efforts to host guests, assist in establishing places of holiness and purity, and to stand on guard for modesty in the morning, especially on a Thursday.
2. Concentrate on the blessing of "Sim Shalom" about the times when 1) you took credit for your own success and did not attribute it to Hashem, causing you to 2) not be satisfied with your own portion, which caused you to 3) be involved in strife after money that really was not supposed to be yours.
3. Concentrate when saying the name of **שד-י** when reading verses from the prophets or verses referencing Aharon the Priest.

**Quality to Acquire Torah: Shuns Honors - מתרחק מן הכבוד** - Not only does he refrain from pursuing honor, but shuns it even when it is offered to him. He does not learn in order to receive honor - rather he learns because he loves Hashem. He will go out of his way to not walk past people if they would be required to stand in honor of him. Even if he is very wise, he won't refrain from asking someone younger than him for assistance, even though it would diminish his honor.