

## היום ששה ושלישים יום שהם חמשה שבועות ויום אחד בעומר

### Today is Thirty Six Days Of the Omer

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

1. Reflect on the acts of kindness and love that Hashem does for His people in general, and specifically with you; whose goal is to assist the one who wants to purify himself, as the Talmud says: "He who comes to purify, they assist him." Knowing that Hashem is assisting you, will bring you to run after purity.
2. Further reflect how Hashem in His great kindness created the world and chose the descendants of Avraham to be His beloved ones and the choicest of creations. Reflect on how Hashem supports and sustains us, and that His wish is that we should emulate Him and will sustain Hashem's creations as well. King David said, "Give strength to Hashem." Reflecting on this will give you extra strength to do Hashem's will, and you will become conduit to sustain His creations.
3. In order to reach the level of being a Tzaddik, you must be kind to your Creator in general, and specifically when dealing with the holiness of the Bris. For example, increase your love for Hashem, which will enable you to fulfill your Mitzvos with joy and vigor, and to sanctify your eyes and reproductive organ even in areas of permissibility.

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

1. Reflect on the fact that your kindness should not be in opposition to your holiness and your holiness should not be in opposition to your kindness. Your reproductive organ should be directed to others by building a family and doing kindness with your spouse, which all build and maintain the world. King David said: 'The world is built on kindness.' Additionally, you should cause a bride and groom to rejoice, for there is no kindness greater than that. Do not be a "Chosid Shoteh" - who will not touch a person of the opposite gender when their lives are in danger. Do not weaken your body with extensive self-flagellation, which will cause you to be depressed. You are obliged to be kind to your own body as Hillel did when running to do the Mitzvah of bathing himself.
2. Increase doing kindness with mankind in areas that are called an "Os" - a sign - such as Tefilin, Shabbos, and Milah.
  - Help others to procure kosher and beautiful Tefilin.
  - Help others to obtain their Shabbos needs in an expansive way.
  - Help others prepare for a Bris and its celebratory meal.
  - Take in guests with a favourable countenance.
3. Increase making peace between people, especially between spouses. Do it all with love and a favourable countenance.

#### **Body Part:**

1. Purify yourself in the waters of kindness by immersing in a Mikveh before you perform positive Mitzvos and kindness to others. Go to the Mikveh especially when it is necessary. It would be wonderful if you would train yourself to go to the Mikveh daily, and to focus that is being done to bring holiness to your Positive Mitzvos and acts of kindness

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

1. Make efforts to love Hashem and do acts of kindness in the day, especially morning, especially on a Friday for the needs of Shabbos.
2. Make efforts to concentrate on the blessing of "Slach Land" in the Amida for blemishing your holy Bris in general and specifically for not abstaining in areas of the permitted; and for the times you did not act kindly towards Hashem - causing you to be distanced from holiness.
3. Concentrate when saying the name of א-ל especially in the morning, especially on Friday and Shabbos.

**Quality to Acquire Torah: Does Not Delight in Dictating Decisions - ואינו שמח בהוראה -** He is always concerned with the possibility of error, and fears Divine retribution if he would err. He also has humility and does not want to publicize his wisdom through publicly disseminating opinions in law.