

היום שבעה ושלשים יום שהם חמשה שבועות ושני ימים בעומר

Today is Thirty Seven Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. The Talmud says that Hashem is meticulous in judging the righteous like the thread of a hair." Reflect on Hashem's acts of Gevurah when he disciplines the righteous in order to purify them in order to bequeath to them eternal life in the World to Come. This will bring you to be meticulous in your actions and to exercise Gevurah over your evil inclination until you reach the level of 'fear of sin.' (which is rooted in Yesod) You will run away from many permitted areas in order not to stumble upon any type of sin.
2. A person does not merit to be called a tzaddik unless he is able to withstand tests in life, as we see by Yosef Hatzaddik. These tests are called the 'birth pangs of Moshiach.' These tests usually involve issues of lewdness, lust, and heresy which will be prevalent in the generation before Moshiach. However, it is even better to prepare strategies before you are tested, when you are in a state of 'expanded consciousness' - so that you will be ready when tested in the state of 'constricted consciousness.' The more of an impression you have made on yourself at the former stage, will enable you to overcome the Yetzer Hora at the later stage.
3. Hashem gave mankind a powerful lust for sexuality in order to propagate people in the image of Hashem. This lust is able to control all your body organs. However, Hashem wants us to control those drives, even in areas of permissibility in order to keep them in check. We should not be a 'Naval Berushus Hatorah' and overindulge in areas that are Halachikally permitted, yet lower our Divine nature. We are commanded not to have excess over what is necessary - "Kedoshim Tihiyu." This is especially true in areas of sexuality - do not overindulge even with your spouse.

Bein Adam Lachaveiro - Between Man and Others:

1. The Mida of Yesod is meant to be used in regard to your sexuality in order to have children, in order to build up the world. Therefore, if you see people stumbling in this area, which includes areas of Tznius, and they don't realize the destruction it brings to the world, arouse yourself to overcome and rebuke them with all your might - especially in public gatherings during holidays or Simchas where there is a lot of commingling of the sexes.
2. Stand in fear and awe before: 1) Tzadikim ("The fear of your Rabbi should be like the fear of Heaven."), 2) When you visit Kivrei Tzaddikim ("They are greater in death than in their lifetimes."), 3) Before everyone (because it is possible for them to change instantly into a complete Tzaddik.)
3. Train yourself, your family, and arouse others to conduct all matters of Yesod with alacrity, such as...
 - Putting on Tefilin early in the morning.
 - Take in Shabbos when it is still daylight.
 - Daven Musaf on time.
 - Accustom yourself to go to the Mikveh
 - Do not throw away left over pieces of bread the size of a Kezayis.
 - Increase peace.

Body Part:

1. Use your tongue when acting with Gevura to give rebuke.

Time of Day:

1. Make effort to fear Hashem and do acts of Gevura in the morning, especially on Friday when taking care of Shabbos needs.
2. Make efforts to concentrate on the blessing of "Re'eh Na" in the Amida for blemishing your holy Bris in general and specifically for not abstaining in areas of the permitted, and not fearing Hashem; thereby causing deficiency of Kedusha in the world and distancing the redemption from us.
3. Concentrate when saying the name of **א-להים** especially in the morning, especially on Friday and Shabbos.

Quality to Acquire Torah: Shares the Burden of His Fellow Man - נושא בעול עם חברו - When he sees a friend in pain, he is in pain together with him. he shares his friend's pain, which will ultimately draw him closer to Torah. He also studies with a partner so that they together share the yoke of Torah study.