

היום תשעה ושלשים יום שהם חמשה שבועות וארבעה ימים בעומר

Today is Thirty Nine Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the fact on how important training in simple faith is in order to succeed in acquiring a wholesome level of Yesod. For example, if your inclination attempts to cause you to sin or if another person curses or insults you , you should immediately understand that Hashem alone directs everything that crosses your path in life. Therefore, He is sending these challenges your way in order to ultimately benefit you. Hashem is the one who sent the person to curse you. Hashem has also given you the ability to stand up to the test and win. All this Emuna will enable you to win these battles. Chavakook, the prophet says: "A Tzaddik lives with his Emuna."
2. Be especially careful do not veer from your holy and pure state at all times, even during times of constricted consciousness; so that you will be able to return back to the times of expanded consciousness still in pure and holy state. This requires a lot of consistency and vigilance when dealing with matters of Yesod. These weaker moments can be caused by:
 - Your body desiring too much permitted excess.
 - When you see all your friends are not being careful.
 - When you don't consider the pain one receives by going after the vanities of the world.
 - When you think mistakenly think you have already achieved the epitome of Perishus from this-worldly pleasures, and that nothing can effect you.
 - During times of mourning and tragedy.
3. Even after all your outstanding successes in the area of Yesod, reflect on the fact that the Yetzer lies in ambush to suddenly trap you in his net of sin through the tests, big or small, of place and time, in order to push you away from your purity. Always talk out loud about defeating your Yetzer Hora, being constantly aware of the sudden changes of events that can happen.

Bein Adam Lachaveiro - Between Man and Others:

1. Make effort to teach others in general, and your family in particular, to reflect on their simple faith in Hashem, to the extent that that they should live their lives with the faith of Hashem's particular supervision over their lives. This will enable them to live with the Mida of Yesod.
2. Publicize people who have been involved in helping the community in this area. This will maintain the vigilance in the community and will encourage others.
 - Print the names if the people who help produce Seforim on this topic.
 - Publicize those who maintain the Mikvah.
3. Even after achieving much success in helping others, do not sit back and take it easy. Continue on the offensive realizing that the throne of Hashem is not complete until this form of evil is entirely eradicated. Even if you never see complete victory, do not minimize all the smaller victories that continue to be won.

Body Part:

1. Use your tongue when you review the fundamentals of faith - don't just think about your learning.

Time of Day:

1. Make effort to defeat the Yetzer Hora and maintain your successful position in the morning, especially on Friday when taking care of Shabbos needs.
2. Make efforts to concentrate on the blessing of "Bareich Alien" in the Amida for blemishing your holy Bris of the tongue, when you failed to defeat your Yetzer, and failed to believe that Hashem is the one who provides for all, and that you can be provided for even if you are careful to guard the Bris. Your failure caused the Kedusha to distance itself from you and bring you closer to the 'other side', which ultimately reduces your Parnasa.
3. Concentrate when saying the name of **יה-וה צב-אות** especially in the morning, especially on Friday and Shabbos.

Quality to Acquire Torah: Directs Him Back to the Truth - מעמידו על האמת - He does not make light of person's quest for knowledge. He answers his questions in a manner that will lead him to choose the right path.