

היום ארבעה ימים בעומר

Today is Four Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on Hashem's eternal existence. Also reflect on the fact that His flow of kindness draws forth from Him to maintain the world, in general, and you, in particular, constantly exist for eternity. This will cause you to love Hashem.
2. Make efforts to spar with, debate, and even dispute with Hashem for the benefit of the Jewish people, as this, intimately, His will. This is like the behaviours of Avraham and Moshe, who stood and argued with Hashem, when they saw His anger kindled to punish others. At the end, they obtained Hashem's love for doing that. As opposed to Noach, who did not take to heart to spar with Hashem and plead for his generation - he was called a foolish shepherd. If you do this, you will ultimately achieve His love for you by your defeating His plans of punishing others.
3. You should defeat your evil inclination and force it to the side of Good. The Rabbis says: A person should not say: 'I don't want to eat meat and milk together or to wear Shatnez.' Rather one should say: 'I want to do it, but what can I say, as my Father in heaven decrees that I do not.' In this way, you arouse your evil inclination a little bit in order to ultimately defeat it. This will enable you to obtain Hashem's love for you through your use of this attribute of eternally / victory.
 - Overcome your Yetzer Hora in your area of personal weakness - even if it is in a small area and even if it is only one time. All the better if you can defeat it for the entire day in one specific area.
 - Get up early enough in the morning in order to be on time for [prayers].

Bein Adam Lachaveiro - Between Man and Others:

1. Be persistent with your kindness to others, so that your kindness is given eternally. You can achieve this by remembering that this is what Hashem does for us constantly. The world would be desolate if Hashem would not constantly pour existence into it.
 - Even if you have lent someone money to keep him afloat, lend him again and again to keep him staying afloat.
 - Give a person a ride to work with you on a daily basis.
2. Do your kindness in a way that it will remain eternally.
 - If a person needs money which you are capable of lending him, but if you are capable of setting him up in a business or providing him with a job - do that, so that he can take care of himself properly for the long term and no longer need to borrow money.
 - Do a kindness that will perpetuate beyond your lifetime (as in the story of Choni Hame'agel).
3. You can do kindness with others by giving good advice. This is especially true when you give advice that will maintain the other person's personal position or in terms of defeating his Yetzer Hora.
4. Think of the things your parents, teachers, or friends did to you in the past that made a lasting impression on you, and think of ways of doing the same with your children and others.

Body Part:

1. Use your right hand in all your battle, whether they are used in overcoming something, whether it is to maintain a behaviour.

Time of Day:

1. Try to defeat your evil inclination and maintain your good actions, especially kindness, in the day - and especially in the morning.
2. Concentrate on the blessing of "Mevarreich Hashonim" in the morning Amida, when praying for Parnasa.
3. Concentrate when saying the name of **יהוה צבאות**, especially when 1) reading verses from the prophets, 2) reading verses which speak of the greatness of Moshe, 3) during the morning prayer.

Quality to Acquire Torah: Understanding - בבית הלב, בשכלות הלב - Don't merely say words without thinking when orally reviewing your learning, as you will quickly forget what you learned. Rather say the words with great concentration and understanding of what you have learned. This will maintain what you have learned.