

## היום שנים וארבעים יום שהם ששה שבועות בעומר

### Today is Forty Two Days Of the Omer

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

1. Coronate Hashem over all of your actions as they relate to your holiness and purity. Direct all your actions for the sake of serving Hashem and not others. We see this behaviour modelled by Yosef who told the wife of Potiphar that he is refusing her overtures because "How can I do such a great evil thing and sin to Hashem?" Pray (sourced in Malchus) for Divine assistance in this area.
2. Pray to Hashem that you be able to attach yourself to true Tzaddikim and not imposters who only externally appear to be righteous.
3. Increase giving Tzedakah and saying comforting words to the poor, which atones for blemishing the Bris of your mouth, which is ultimately rewarded with the bringing of the redemption (which is sourced in Yesod).

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

1. Do things that will bring merit for you to have sons that are righteous Torah scholars, by doing the following things that are sourced in Malchus:
  - Honor Torah scholars, especially those engaged in the Oral Torah.
  - Light candles that will illuminate on Shabbos.
  - Pray to have such children.
2. Do the following to bring peace (sourced in Yesod) between Hashem and mankind:
  - Give Tzedakah to the impoverished and verbally comfort them. This will calm their complaints against Hashem.
  - Arouse them to ask Hashem forgiveness.
3. Arouse the hearts of those who are not particularly careful about the holiness of their Bris, by informing them of the pain they are inflicting on the Shechina (sourced in Malchus). His actions cause the Shechina to be exiled amongst the external forces of evil, similar to a Nida or a lepor who is distanced from her husband.

#### **Body Part:**

1. Use your tongue when you coronate Hashem over all your actions and say "Lesheim Yichud..." - do not be satisfied by just thinking about it.

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

1. Make effort to give Tzedakah to the impoverished in the morning, especially on Friday for Shabbos expenses.
2. Make efforts to concentrate on all your prayers in general, and specifically where you mention the Kingdom of Heaven and the Kingdom of Dovid, and pray that Hashem should atone for your blemishing your Bris, which caused pain and prevention of the Kingdom of Heaven and the Kingdom of Dovid to be revealed. This results in the Kingdom of iniquity to gloat over the Kingdom of Dovid.
3. Concentrate when saying the name of א-דני especially in the morning, especially on Friday and Shabbos. Make extra effort to connect the blessing of the redemption to the Amida when praying Maariv and Shacharis.

#### **Quality to Acquire Torah: Asks Pertinent Questions and Answers to the Point - שואל ומשיב**

Through questions and answers, the knowledge of Torah becomes engraved in his heart. His questions and answers should be relevant to the subject matter and motivated by the pure desire to learn the truth, not merely to challenge the teacher or exhibit his own knowledge.