

היום ארבעה וארבעים יום שהם ששה שבועות ושני ימים בעומר

Today is Forty Four Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of Gevura and fear that Hashem does in the world in general, and with you specifically. This will bring you to coronate Hashem over the world in general, and specifically over you. This is what happened at Kriyas Yam Suf, where Hashem acted with great gevura to drown the Egyptians, and the Jews immediately sang their Shira which concluded with their acceptance of the yoke of Heaven when they said, "Hashem will rule forever." Similarly on Rosh Hashana and in the days of judgment we increase the mentioning of Hashem's Kingdom and our acceptance of it. Specifically reflect on the acts of Gevura that Hashem has done for you, whose purpose was to arouse and remind you that there is a King in the world and that you should coronate Him over you.
2. Reflect that in order to merit to coronate Hashem over you and to accept the yoke of Heaven upon you, you must comport yourself with the Mida of Malchus, which requires you to show Gevura and judgment over your Yetzer Hora, which you will ultimately merit greatness, just like what happened with Yosef who rose to power after he overcome his test with the wife of Potiphar.
3. Reflect that in order for your soul to rule over your body, you need very powerful Gevura. When you see the Yetzer Hora contending with you, don't just push it away, but overpower it, subdue it, and be victorious over it.
 - At these times remember your day of death, which will enable your soul to overcome the power of your imagination, as you envision your physicality stripped away from your soul. See your body as already worn out and nullified from the world, and you will not yearn for wasteful lusts while in this world.

Bein Adam Lachaveiro - Between Man and Others:

1. Strengthen yourself to protest with all your strength and ability against those wicked people who throw off the yoke of heaven from themselves. Take to heart the fact that the rabbis established the text of every blessing to include "King of the World", and these wicked people are pushing away the Kingdom of their Creator from the world! They are causing great pain to the Shechina. Therefore, your rebuking them causes a little bit of satisfaction and honor for the Holy Shechina, as you are questioning their behaviour. In addition, your rebuke may even change their hearts to do Teshuva and accept the yoke of Heaven upon themselves.
2. Pray to Hashem that His compassion should overcome His anger, and that He should dig a hole under His throne of glory to allow thoughts of Teshuva to penetrate the hearts of these evil people. So that they too will merit to coronate Hashem over themselves as well. To fulfill the words that we say in the High Holiday Amida: "Let everything that has been made know that You are its Maker, let everything that has been molded understand that You are its Moulder, and let everything with life's breath in its nostrils proclaim: Hashem, the God of Israel, is King, and His Kingship rules over everything."
3. Overcome your Yetzer Hora that prevents you from giving charity to the poor and impoverished, and overcome those who prevent doing kindness and oppress the poor and impoverished.

Body Part:

1. Before refraining from doing a sin, use your mouth and say, "I am fulfilling this Mitzvah out of my fear for Hashem." When doing an act of Gevura to someone, use your mouth, such as when giving rebuke.

Time of Day:

1. Make effort to fear Hashem at night - specifically at midnight.
2. Concentrate on the blessing of "Re'eh Na" in the Amida that Hashem should forgive you for your blemish of throwing off the yoke of Heaven from upon you or when you refrained from rebuking someone who required it, which you also are blamed for his sin. This has caused the lengthened exile and has prevented the redemption.
3. Concentrate when saying the name of א-להים in his prayers and when learning the Oral Law, especially at night, especially at midnight.

Quality to Acquire Torah: Studies in Order to Teach - הלומד על מנת ללמד - Even though he is a great scholar, he continues to study with a view to teaching others. This will help him to remember his own Torah that he has learned, since he is repeated over what he has learned through his act of teaching. Just like The Rabbis tell us that when praying for someone else in an area that you also need help, Hashem rewards you and responds to you first, so too when your whole purpose of learning is to teach others, Hashem will answer you first and help you understand and retain your learning.