

**היום חמשה וארבעים יום שהם ששה שבועות ושלשה ימים בעומר****Today is Forty Five Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Reflect on the fact that in order to coronate Hashem over you, you must maximize in glorifying Hashem and minimize self- glorification. Don't be stingy when dealing with areas of the honor of Heaven. Rather demand more from yourself to glorify Hashem.
2. Reflect on the following words of the Rambam if you want your soul to rule over your body and its inclinations: "the early Sages instructed a man to evaluate his traits, to calculate them and to direct them along the middle path, so that he will be sound {of body}. For example: he should not be wrathful, easily angered; nor be like the dead, without feeling, rather he should [adopt] an intermediate course; i.e., he should display anger only when the matter is serious enough to warrant it, in order to prevent the matter from recurring." This is conducting your affairs with the Mida of Tiferes, incorporating both kindness and judgment. Merge both parts of your heart in service to Hashem.
3. Increase your study of books of Musar, which have the ability to arouse a person to subjugation and yearning to do Teshuva. When a person merits to have thoughts of Teshuva, he will search for balance. He will enable his soul to rule over his body.

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

1. When engaged in the study of the Oral Torah (which is rooted in Malchus) in general, and specifically Halacha, and when teaching others - see to go deeply to the source of the topic and search for the source from the Written Torah (which is rooted in Tiferes).
2. When engaged in business deals with others. make sure to speak out what you honestly feel in your heart. Truth is the source of all structures you want to build in life. Falsehood does not endure.
3. When giving charity to the poor and impoverished, do it in a merciful way, and not angrily or just to fulfill your obligation. When honouring Torah scholars and those engaged in the Oral Torah and Halacha, do it in the way of balanced Tiferes.

**Body Part:**

1. Before engaging in studying the Written Torah , use your mouth and say, "I am fulfilling this Mitzvah out of my love for and fear of Hashem." When aroused to have compassion on someone, use your mouth, such as when appeasing them.

**Time of Day:**

1. Make effort to arouse yourself to glorify Hashem at night - specifically at midnight. This is just like what King David did getting up every midnight so give glory to Hashem.
2. Concentrate on the blessing of "Refa'einu" in the Amida that Hashem should forgive you for your blemish of seeking glory for yourself, thereby diminishing the honor of the Kingdom of Heaven. This causes great sickness in the world.
3. Concentrate when saying the name of יהוה and merging it with the pronunciation of אדני in your prayers and when learning the Oral Law, especially at night, especially at midnight.

**Quality to Acquire Torah: Studies in Order to Practice - הלומד על מנת לעשות** - He continues to study in order to remember the practical application of the Halacha and make certain he performs the mitzvos perfectly. Learning is best retained when your focus is on the practical realities that will come out of your learning. This shows that you are learning for Hashem's glory - not your own.