

היום ששה וארבעים יום שהם ששה שבועות וארבעה ימים בעומר

Today is Forty Six Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the fact and take to heart that in order to be remembered and saved together with the Shechina at the end of days (sourced in Malchus), you have to increase NOW your eternal victories over your evil inclination (who is making efforts to seduce you to sin so that it will not be good for you at the end).
2. Eliyahu the prophet made a decree that there should be no rain in the land of Israel, because the Jews were sinning. Hashem listened to him and withheld the rains. We learn from this that when a person coronates Hashem over himself and accepts the yoke of Heaven, by having constant victories over his Yetzer Hora, this causes a parallel effect that Hashem, the King rules in the heavens in accordance to your will.
3. Reflect that in order to have your soul rule over your body in a strong, eternal way, you must defeat your lusts when eating, and to eat only what your body needs in order to be sustained. This is a life long battle. Yochanan , the High Priest became an apostate at age 80 because he one time ate improperly. King Solomon says that a "Tzaddik eats to satiate his soul" - not his body. The Tzaddik only eats in order to release the holy sparks that are in the food, which then satisfy his soul. The wicked eat for their bellies pleasure, which never is satisfied.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts for yourself and to arouse others to consistently and carefully study the laws (which is sourced in Malchus) of Shabbos, which the Talmud says is a "taste of the World to Come" - the eternal world.
2. Be aware how precious every moment of life is in so far that it can provide you with eternal existence, if used properly. Honor (sourced in Malchus) people who use their time in spiritually wise way. This will inspire yourself and others to do likewise.
3. Constantly review for yourself and verbally arouse others to not strengthen and believe in the success of the wicked and their false victories, which give them temporary dominance. Rather we must accept upon ourselves the yoke of Heaven and serve Hashem according to the faith tradition has handed down to us through the prophets (sourced in Netzach).

Body Part:

1. Before engaging in studying the books of the prophets , use your mouth (and feel it in your heart) and say, "I want that this learning should enable me to achieve faith in Hashem."

Time of Day:

1. Make effort to defeat your inclination and maintain that permanence and consistently at night - specifically at midnight. For example, get up at midnight and accept upon yourself belief in Hashem.
2. Concentrate on the blessing of "Bareich Aleinu in the Amida that Hashem should forgive you for your blemish of believing in false victories of the wicked, thereby diminishing the flow of blessing from the Shechina.
3. Concentrate when saying the name of יה-וה צב-אות in your prayers and when learning the Oral Law, especially at night, especially at midnight.

Quality to Acquire Torah: Increases the Wisdom of His Teacher - המחכים את רבו - Asking your teacher questions will lead the teacher to have a fuller comprehension of the law. As Rabbi Akiva said, "I have learned the most from my disciples."