

היום תשעה וארבעים יום שהם שבעה שבועות בעומר

Today is Forty Nine Days Of the Omer

Introduction: The Torah says: "You shall count until the day after the seventh week, [namely,] the fiftieth day" - עד ממחרת השבת השביעת תספורו חמשים יום. The Koshnitzer Maggid says: Even if a person has not done Teshuva and has not aroused himself immediately at the beginning of Sefiras Ha'omer, do not despair. Rather you still have a Mitzva to count until the last day of Sefira and you can illuminate all 50 days through your Teshuva today. That is the deeper meaning of this Pasuk: Even until the day after the seventh week, the last day, "you shall count."

Bein Adam Lamakom - Between Man & God:

1. Besides having your soul rule over your body in everything you do, make sure that is your sole intention: To give honor only for Hashem and not for yourself.
2. Take to heart that in order to have the strength to enable your soul to rule over your body, you must still allow the body to rule over the soul just enough to keep the body strong enough to obey the soul. For example, you must allow the body to rule and be able to sleep a little bit - just enough to be able to get up like a lion the next morning.
3. Increase your prayers before Hashem to give you Divine assistance in all your efforts in your Avodas Hashem. In order for your prayers to be accepted, see to it that you have the right intentions when doing your Avodas Hashem. For example, have in mind that you are working to make money solely to have the money to honor the Shabbos and holidays. If your requests are for Hashem's desires, He will answer them for you.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to honor (rooted in Malchus) all mankind, and especially those who forego their own honor in order to increase the honor of Heaven. These people only desire that everyone should recognize that Hashem rules over everything.
2. Make efforts to increase giving charity to the poor and destitute, and to comfort them and to verbally speak to their hearts. Especially do this for their needs to honor the Shabbos and the holidays, Our Rabbis have strongly urged us to take care of these needs for others.
3. Take to heart and arouse your friends that in order to merit to see and apprehend the revelation of the honor of Hashem at the end of days, you should greatly yearn **now** for the honor of Hashem. This can be accomplished by paying attention to the blessings that come out of your mouth in general, and specifically when praying - as they all have the words "Melech Ha'olam." Presently, the honor of Hashem is concealed, but will soon be revealed to all. See every moment as a precious opportunity to coronate Hashem over you, and you will merit to see your supernal world in your lifetime.

Body Part:

1. Be extremely careful to guard your mouth from speaking to your friend when you are in a house of prayer, especially during prayers. You must be extra careful in this area on Shavuos night, when the holy Jewish people are engaged in learning Torah the whole night thereby adorning the Shechina. On this night you merit to escort the Shechina to be united with Hashem with your prayers in the day. The Baal Shem Tov has informed us that in order to merit to be incorporated into the Holy Kingdom as it ascends, you must be very careful to not interrupt your service with mundane chatter from the beginning of your learning at night until the end of your Musaf prayers in the morning. Fortunate is the one who is able to seal his service in the days of Sefira by sanctifying and guarding his mouth, thereby perfecting the organ of Malchus through the actions of Malchus, which is the Shul, the guarding, the speech, the prayers, the evening, the Shechina and the counting of the Omer.

Time of Day:

1. Make effort to accept upon yourself the yoke of Heaven and to coronate the Creator over everything He created in His world, at night - specifically at midnight.
2. Concentrate on all your prayers in general, and particularly when mentioning the Kingdom of Heaven and the kingdom of the house of David. Arouse yourself to do Teshuva for the times where you primarily prayed for your own physical needs and did not remember to increase your prayers for the honor of Hashem and His presently captive Kingdom in oppressive hands.
3. Concentrate when saying the name of **אדני** in your prayers and when learning the Oral Law, especially at night, especially at midnight.

Quality to Acquire Torah: Review of All the Qualities - חזרה על כל הקנינים