

## היום תשעה ימים שהם שבוע אחד ושני ימים בעומר

### Today is Nine Days Of the Omer

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

1. Reflect on Hashem's acts of Gevura and fear in the world in general, and with you in particular, where the intention of those acts is to arouse mankind to fear Him. The Talmud tells us that thunder was created in order to straighten out the crookedness of the heart of mankind. One should especially reflect on this when suddenly gripped with fear in his heart from something that could cause him harm - whether from something in nature or from other people. A person should think that his cause for fear is rooted from Above, as Hashem Divinely orchestrated this event in order that he would come to reflect on Hashem's great power and control, and come to fear Him.
2. Reflect on the Pasuk: " And You shall fear the Lord, your God," - אַתְּ יִהְיֶה-לְיָיָהּ אֱלֹהֶיךָ תִירָא , as The Talmud explains that "this includes that you should fear Torah scholars." The Talmud also says that, "Let the fear of your teacher be like your fear of Heaven." Reflect on the fact that there is power in this fear of your rabbis to enable you to achieve fear of Heaven.
  - Stand up when a Torah scholar walks into the room, show respect, do not contradict him, etc.
3. Show restraint when actually doing Mitzvos, so that when reflecting on the battles you wage against the evil inclination, that they should not become a means to indulge oneself in other areas after performing the Mitzvah. Rather they should be done only be for the sake of heaven. Do not use the same Gevura used to achieve a Mitzvah , to indulge in excesses later on. One must add Gevura to his Gevura. For example, if you must employ the trait of Gevura in order to spend sufficient money in buying tasty food to honor the Shabbas - do not do it with a focus for your own personal pleasure, which can subsequently be misdirected in buying tasty foods to indulge yourself during the weekday, when it is not a Mitzvah, and can even lead you to sin. The Gevura in achieving the initial Mitzvah in honor of Shabbas requires a follow up Gevura to restrain you from misdirecting your Gevura where it does not belong.

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

1. Overcome your inclination by not responding negatively to those who insult and curse you. take to heart the statement of the Talmud that: The world is maintained only because of those who keep their mouths closed at their time of strife," Increase your overcoming your inclination by seeking out the welfare of those who curse you. ( Story with the Satmar Rav and the secular Israeli journalist ).
  - Pray for these people that they should be able to do Teshuva ( All wicked people, even non-Jews who pained Rabbi Yehuda Hachasid, ultimately became righteous people.)
  - Quickly forgive these people when they ask for forgiveness,
2. Have absolutely no mercy for those people who actively attempt to missionize and take other Jews away from Judaism, in accordance with the Torah's ruling: " Have no compassion upon him." Take to heart the words of the Midrash, when referring to King Saul: "Anyone who becomes compassionate in a place where he should be cruel, will ultimately be cruel at time when he should be compassionate."
3. Whenever doing an act of Gevura towards someone - especially those that come to you naturally , or logic dictates that you should do it, concentrate on the fact that you are doing it for the sake of a Mitzvah of Hashem.
  - Even when warranted, discipline your children only because it is a commandment from Hashem to do so.

#### **Body Part:**

1. Use your left hand when doing acts of Gevura.

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

1. Make effort to fear Hashem and do acts of Gevura in the afternoon.
2. Concentrate where mentioning the blessing of "Re'eh Ne" in the afternoon Amida, which Yitzchak established.
3. Concentrate when saying the name of א-להים, especially during the afternoon prayer.

**Quality to Acquire Torah: Attendance on Scholars - בשמוש חכמים** - A student must wait upon scholars and attend to them to learn their methods of study and reasoning. By attending scholars, the student will learn the actual practice and observance of Halacha in everyday circumstances. A student can not learn from a teacher on an occasional basis - rather it must be continuous - at all times. That only happens if you are even attending to their needs.