

## היום עשרה ימים שהם שבוע אחד ושלושה ימים בעומר

### Today is Ten Days Of the Omer

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

1. Reflect on the perfectly harmonious actions of Hashem in the world in general, and specifically with you. Reflect on how these actions reveal His glory. This will bring you to fear of Hashem.
  - Reflect on how Hashem created the heaven by combining the opposite forces of fire and water. (general)
  - Reflect on how Hashem connects a man and woman (totally opposites) and perfects them by making them parents through their producing children. (personal)
2. Reflect on the miracles that Hashem has done which incorporated kindness and judgment simultaneously, thereby revealing His glory, which arouses mankind to fear Hashem.
  - Reflect on the plague of blood, where Hashem punished the Egyptians while simultaneously benefiting the Jews financially from it.
  - Reflect on the splitting of the Sea of Reeds, enabling the Jews to cross to safety while simultaneously drowning the Egyptians.
3. Reflect ( especially when reciting the Kedusha) on how the angelic realm in the myriads praise and glorify Hashem and say the various praises as found in the Kedusha prayer. Reflect on how they all sing in fear and trepidation.

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

1. When performing the Mitzvah of giving rebuke to a friend, see to it that it is done in a glorious and respectful manner. Do not say: "You did this and this and your punishment will be that and that!" This will harm him by bringing down the attribute of justice upon him. Instead, veil your rebuke in the form of a story, so that your friend will figure out his mistake on his own. This all the more so applies when you see your parent or Rabbi make an error, where by law you are forbidden to rebuke them directly. Instead, you should merely ask them in a refined glorious way: "Didn't the Rabbi teaches us this?" or "What is the meaning of the following law?"
2. Make sure that when you use your Gevura to overcome your Yetzer Hora, that it is done in manner that will bring mankind to glorify your act of Gevura. It goes without saying that your actions should not evoke criticism from others. Reflect on the statement of the Talmud: "Who is a pious fool? Someone who sees a woman drowning and refuses to save her out of concerns of modesty." Keep your acts of Gevura balanced. This type of activity was personified by Rabbi Akiva who went away from his wife for 24 years but was not punished by having his wife become barren, since he left with her consent.
3. See to it to judge your neighbour in a very favourable and truthful way when when you are checking out his actions. Reflect on the statement of the Talmud: " The world is maintained by truth, justice, and peace."

#### **Body Part:**

1. Use your left hand when doing acts of mercy upon others and when you are engaged in the written Torah.

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

1. Make effort to glorify Hashem and have mercy on mankind in the afternoon.
2. Concentrate where mentioning the blessing of "Refa'einu" in the afternoon Amida, which Yitzchak established.
3. Concentrate when saying the name of יה-וה, especially during the afternoon prayer.
4. Concentrate on the two names of Hashem יה-וה which refers to His kindness & א-לוהנו which refers to His judgment when saying the Shema. We declare that the two names are one.

**Quality to Acquire Torah: Debate With Colleagues - בדקדוק חברים** - This will afford you an opportunity to hear other views and interpretations of your master's lectures. However, the debating should be done respectfully. While debating with colleagues, you will learn to be more discriminating while analyzing Torah study on your own.