

היום ששה עשר יום שהם שני שבועות ושני ימים בעומר Today is Sixteen Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of Gevura and fear the Hashem shows to the world in general, and you in particular, and how His intention thereby is to arouse mankind to glorify Hashem. We see an example of this was that after Hashem split the Sea and drowned the Egyptians, the Jews immediately publicized the glory of Hashem by singing the Shira. We also know that King Chizkiyahu was denied the right to become the Messiah because he did not sing a song of praise after seeing the Gevura of Hashem which destroyed Sancheirev. On a personal level, reflect on the statement of the Talmud which says "How far does 'Yisurim' (suffering) extend? Even if person puts his hand in his pocket and takes out the wrong change." The Ba'al She Tov explains that this type of suffering acts as a cleansing agent for sin only if you take to heart Hashem's divine supervision, which sent you this suffering out of compassion for you. He sent you this relatively minor suffering in order to arouse you to achieve atonement for your sins.
 - Praise Hashem for all your sufferings, major or minor, accept them as a cleansing of your sins.
2. When people praise you for your outstanding acts of kindness when you share your wisdom and money, and you respond appropriately by increasing your acts of kindness, still you should overcome your inclination with great Gevura to not become arrogant from all the praise you receive.
3. Take to heart the statement of the Talmud: "He who is greater than his friend, has a greater Yetzer Hora." Therefore, when you merit to be in any position of communal power, which automatically brings honor with it, still you must overcome your inclination, in order not to come to any form of sin. Do not become arrogant, lest you kick against Hashem.

Bein Adam Lachaveiro - Between Man and Others:

1. Overcome with alacrity with all your strength to clarify your learning until you come to the 'truth of Torah.' Especially when studying the written Torah. Be particular to do this when teaching others.
2. When necessary, act with Gevura & strictness, when teaching the written Torah, so that the students will have reverence for you and will accept your teachings.
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 glorifying Hashem.

Body Part:

1. Use your upper body when doing these acts of Gevura.

Time of Day:

1. Make effort to fear Hashem and do acts of Gevura in the daytime, especially on a Tuesday.
2. Concentrate on the blessing of "Re'eh Na" in the evening Amida.
3. Concentrate when saying the name of א-להים during the evening prayer.

Quality to Acquire Torah: Moderation in Sleep - במיעוט שנה - Aside from depriving a person of Torah study, excessive sleep causes sluggishness and dulls the mind. A certain amount of sleep is necessary for the preservation of health. It is said that the Rambam slept eight hours an evening before he was fifty years old. After fifty years however, the body does not require as much sleep and five or six hours is generally sufficient. Sleep is like 1/60 of death, while Torah is life. Excessive sleep is incompatible with learning Torah, and will prevent you from learning sufficiently.