

היום שבעה עשר יום שהם שני שבועות ושלשה ימים בעומר

Today is Seventeen Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on how Hashem is glorified through the Jewish people in general, and specifically by you. As Yeshaya says: "Yisroel, which I am glorified through you" regarding the Jews in general. Have in mind for yourself in particular when you say the early morning blessing of "Oteir Yisroel Besifara." Thereby you glorify Hashem for choosing you to glorify Him. You thereby merit to fulfill the Pasuk: "You have selected the Lord this day, to be your God.... And the Lord has selected you this day to be His treasured people."
2. Reflect on the actions of Hashem, which simultaneously combine Kindness and Justice, to create perfect things which are glorious - yet these objects do not take any credit for themselves. They just personify Hashem's glory - like the sun does. You should emulate these creations by not taking credit for the harmony and perfection you were created to have - just glorify Hashem by praising Him.
3. After you have achieved some degree of perfection in your Midos and good deeds, do not be satisfied with that - rather, increase more levels of perfection. Reflect on Sadya Gaon - that when he achieved a new level of perfection, he would do Teshuva on his past level of perfection, and continue to add more levels of perfection - achieving a virtuous circle of perfection. The more you know Hashem, the more you realize how much better you should have served Him before! We find that Torah scholars are held up to a higher standard of performance when it comes to transgressing Chillul Hashem, which is not the case for commoners.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to be compassionate on mankind by glorifying their good deeds and teaching them the written Torah, until they come to glorify each other, have compassion towards each other, and teach others the written Torah.
2. Strive very much to search for the truth in all of your actions to the point of fulfilling the verse, "And speak truth in your heart." This means to not change what you were originally planning in your heart to do - as was demonstrated by the behaviour of Rav Safra. This applies, all the more so, when it comes to Mitzvos, that you should fulfill what you originally planning in your heart to do. You should do the same thing even in mundane actions. Especially when you are learning the written Torah and teaching it to others - do not veer away from the truth at all. Rather, accept the truth from whoever says it.
3. If Has he has blessed you with any kind of wealth, seek ways to further enhance, in detail, your performance of helping others. Don't think: "I have already done what I am supposed to have done with my wealth - what is there more to do?" Think of novel ways to upgrade the already beautiful kindnesses that you do.

Body Part:

1. Use your upper body when doing these acts of compassion and when engaged in the study of the written Torah.

Time of Day:

1. Make effort to glorify Hashem and do acts of compassion in the daytime, especially on a Tuesday.
2. Concentrate on the blessing of "Refa'einu" in the evening Amida.
3. Concentrate when saying the name of יה-וה during the evening prayer.

Quality to Acquire Torah: Moderation in Pleasure - במיעוט תענוג - Especially if you are affluent and capable of indulging. Although you have the ability to increase your physical pleasure, which could lead to your having more strength to learn Torah - don't overindulge.