

היום שני ימים בעומר Today is Two Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of awesome power and control that Hashem does upon His creatures in general, and you in particular, - and how His intention is to arouse us in order to bestow good to us. For example, suffering that comes to either 1) cleanse sin or 2) to arouse one to do Teshuva. This is all intended to bestow good for us in this world and in the next world. This will cause you to love Hashem, as you understand that this restraint itself is loving kindness.
 - Think about why the Jews had to suffer so greatly for the last 86 years in Egypt.
 - Think about why God may be inflicting suffering upon you. Ask yourself: "Why is Hashem doing this to me? What does He want from me? What opportunities for growth is He presenting to me."
2. Further reflect that for your own good and repair, and for your own closeness to and ability to love Hashem, you need to overcome your evil inclination and to subjugate the physical desires of your body. You should take to heart that although you may presently have pain and suffering from your restraint, it is nothing compared to your love for Hashem, and the good you will achieve in this world and in the next world.
 - Eat less at your meals
 - Refrain from or, at least, limit your use of the internet, cell phone, and media.
 - Stop doing a particular sin you find difficult extricating yourself from.
3. Reflect that although the purpose of creation was for God to bestow kindness, which would cause the attribute of kindness to spread out indefinitely - God saw that this would ultimately harm the creatures. Therefore, he combined the attribute of restraint and judgement in order to maintain that goodness for them. We should learn from this that when we are doing good deeds, especially acts of mitzvos and kindness, that we should set boundaries in order that they may be consistently maintained, through this activity of restraint and control.
 - Evaluate if you need to limit certain kindnesses you are doing for other people, and if we should limit how much time we spend when doing certain mitzvos.
 - Do not spoil your children by overdoing it on the Afikoman presents.
4. Do not spend too much money on Mitzvos, lest you impoverish yourself.

Bein Adam Lachaveiro - Between Man and Others:

1. When fulfilling the Mitzvah of kindness, focus your mind on how you are doing kindness and good for that person and how you are not being kind, as you may be doing something temporarily good, which ultimately will cause harm. (story with Yoav ben Tzeruya)
2. Evaluate if the beneficiary of your kindness is emotionally able to receive your kindness without it ultimately damaging him. By restraining your kindness, you will be able to perfect your act of kindness. Give shape and boundaries to our giving.
3. Make an effort to do your act of kindness with alacrity and strength.
4. Find someone whom you don't like and do something for them.

Body Part:

1. Use your left hand when you are doing actions of strength, discipline, restraint, or alacrity.

Time of Day:

1. Make efforts to fear / be aware of Hashem and overcome your evil inclination in the daytime - especially in the morning.
2. Concentrate on this during the Shacharis prayer especially during the blessing of "Re'eh Na..."
3. Think of Hashem's restraint and power when saying His name of "E-lohim" - especially during the morning prayer.

Quality to Acquire Torah: Attentive Listening - בשמיעת אוזן Proper, accurate, and thorough listening precludes carelessness, inattention, and distraction.