

היום אחד ועשרים יום שהם שלשה שבועות בעומר**Today is Twenty One Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Reflect that in order to achieve perfection in your Avodas Hashem, you have to make great efforts to achieve fear of Hashem in all your actions. To that end, one should **engage in studying books of Musar** (ethical development) that arouse fear of Hashem. The focus of the learning should be viewed as a request for perfection. If you have a reverence for Hashem's kingdom, you will successfully achieve Tiferes.
 - Study Chapter 25 in Mesilas Yeshorim that discusses how to acquire fear of Hashem.
2. One should pray for Divine assistance for him to achieve perfection in understanding the truth of the written Torah - which is the source of the entire oral law.
3. Increase your prayers for Divine assistance in all your actions whether they are rooted in kindness, gevura, or mercy - so that you do not err in their applications.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to greatly honor and give charity to those engaged in the study of the written Torah and those who teach it to others.
2. Make efforts to praise and gladden the little ones that are engaged in the written Torah.
3. Make efforts that your friends should achieve perfection in serving Hashem in all their actions - especially in areas that appear to be insignificant, where people do not pay attention, such as:
 - making Brachos - especially making Kiddush Levana in a proper place.
 - not leaving your siddur in an unprotected place after saying Kiddush Levana.

Body Part:

1. Use your upper body when engaged in respecting your Shul for prayer needs.

Time of Day:

1. Make effort to give charity, engage in the oral law, and honor those who are engaged in Halacha in the daytime, especially on a Tuesday.
2. Concentrate on all your prayers in general, and specifically in places where mentioning the Kingdom of Heaven and the Kingdom of the house of Dovid in the evening Amida.
3. Concentrate when saying the name of **א-דני**, together with the name of **יה-וה** during the evening prayer.

Quality to Acquire Torah: Good Naturedness - בלב טוב - A student who is free of envy and hatred will be able to concentrate on his studies, and also enjoy a rapport with his fellow students. He will be able to share his knowledge with them and rejoice in their spiritual achievements.