

היום חמשה ועשרים יום שהם שלשה שבועות וארבעה ימים בעומר

Today is Twenty Five Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the principles of faith (which are rooted in Netzach) which contain good advice on how to vanquish the Yetzer Hora. For example, reflect on that fact that...
 - Hashem has detailed supervision over what happens to you.
 - He rewards the righteous and punishes the wicked.
2. Reflect on the prophecies that talk about what will happen at the end of days. This will cause you to inspect your actions and insure that they reach your goals and they will remain with you eternally until the end of days.
3. Take to heart, that even if you have merited to consistently defeat your Yetzer Hora, you need to additional victories. You are still in great danger even after all your victories, as you can easily fall from your strong state. You must still defeat your own heart. For example, even after your victories, you should be...
 - Not be haughty - so you must anguish your arrogance
 - Exhibit humility

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to teach others the fundamentals of faith, especially to people who are dying who will soon be entering the eternal world. This will arouse them to defeat their Yetyzer Hora.
2. Be faithful in weights and measures when engaged in business affairs. This comes from your strong faith that Hashem decides how much money you make regardless if you are honest or not.
3. When you are victorious over someone else (when it is permitted), see to it that your victory aroused the person to recognize his mistake and return to choose an eternal life of Torah. You will achieve this by sourcing your victory in the words of the prophets - especially those of Moshe Rabbeinu.

Body Part:

1. Use your right leg in all your victories, whether they are in overcoming the enemy or maintaining with consistency.

Time of Day:

1. Make effort to defeat your Yetzer Hora and maintain your actions in the daytime, especially on a Wednesday.
2. Concentrate on the blessing of "Bareich Alien" in the Amida about the times that you acted small-mindedly when engaged in business (cheated or acted dishonestly) and behaved with a lack of faith in Hashem to provide you with Parnasa.
3. Concentrate when saying the name of **יה-וה צבאות** when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

Quality to Acquire Torah: Is Content With His Lot in Life - השמה בחלקו - There is nothing more detrimental to a person's mental alertness, his memory and his power of concentration than depression and anxiety. A person who is satisfied with his lot, however, is able to devote himself to Torah study with a free and open mind. In addition, a person should be satisfied with learning a little at a time and should review his studies until he knows them perfectly.