

היום שבעה ועשרים יום שהם שלשה שבועות וששה ימים בעומר

Today is Twenty Seven Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the fact that for you to achieve everlasting victories in your other character traits, you must increase your victories against your Yetzer Hora in areas of holiness and purity, such as Shabbos, Tefilin, and the Bris, which are all the foundations of our religion - as they are all called a "sign." To the degree that you merit to vanquish your inclination in this area, you will win in other areas. Yesod is referred to as "kol" - everything - because it incorporates within it all the other midos.
2. Subjugate yourself before Tzaddikim and accept their guidance, especially those Tzaddikim who are outstanding in Tznius and in the foundations of the faith. You will be able to receive good advice from them on how to achieve everlasting victories over your Yetzer Hora.
 - Visit a holy Tzaddik or at least study some Torah from them.
3. Do not become arrogant after you defeat your Yetzer Hora. The Talmud says: Anyone who is arrogant is as if he had illicit relations." Your arrogance can cause you to lose your purity. Rather be careful to humble yourself after victory, knowing that you have not yet merited to kill it.

Bein Adam Lachaveiro - Between Man and Others:

1. Whenever you are engaged in permitted victories over your friend such as when giving him rebuke or in areas of Halacha, be careful to guard your holiness of your body and specifically your tongue. Be careful not to go into impure places or express vulgar words as a result of your zealotry over the mitzvah you are performing. This will cause you to lose your Mitzvah. In addition, your words will not be accepted by your friend.
2. Reflect on the fact that in order to perfect yourself in the fundamentals of faith, you should be careful in the Mitzvah of Hachnosas Orchim - taking in guests with a cheerful countenance and treating them honorably. It is a fundamental of our faith that Hashem is in control of everything that happens in our lives. So if Hashem has sent a guest to you, He knows exactly what your condition is at this time, that you are quite capable of doing this Mitzvah in the best way possible, and you should do the Mitzvah properly - in spite of the fact that the Yetzer Hora may appear to make this Mitzva very difficult for you.
3. When dealing in business transaction with another person, especially in weights and measures, do it with honesty. If the other person forgets and makes an error, you should remind him and make sure he does not suffer from his own mistake.

Body Part:

1. Use your right leg when going to a Tzaddik, or when you want to establish fruits to the foundations of faith.

Time of Day:

1. Make effort to take in guests and to help establish places of holiness and purity, especially those that protect tznius, in the morning, especially on a Wednesday.
2. Concentrate on the blessing of "Sim Shalom" in the Amida about the times that you did not deal honestly in business and / or got into arguments with others, which caused the prevention of good and blessing from entering the world.
3. Concentrate when saying the name of **ש-ד-י** when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

Quality to Acquire Torah: Does Not Claim Credit for His Achievements - אינו מחזיק טובה לנפשו - He does not boast of what he has learned. He knows that regardless of how much he learned, he has not discharged his obligation of Torah study. He also does not take credit for his accomplishments because he also knows that if it was not for Hashem's help in overcoming his Yetzer Hora, he would not have succeeded in his learning. He also does not keep his Torah for himself, but shares it with others.