

## היום שמונה ועשרים יום שהם ארבעה שבועות בעומר

### Today is Twenty Eight Days Of the Omer

#### **Bein Adam Lamakom - Between Man & God:**

1. Reflect that in order to merit to stay on the level of consistently defeating your Yetzer Hora, you must ***accept upon yourself the yoke of Heaven in all your actions***. This mean that you must make a lot of effort to repair your characteristics ***as a servant serves his king***. Your characteristics should be so strongly rooted in you, that you will not need to fight your Yetzer Hora - rather you will rule over your characteristics at your will.
2. Increase your prayers to Hashem in order to merit Divine assistance to be saved from the Yetzer Hora. This will help you to consistently defeat your Yetzer Hora.
  - Concentrate on the words “ Do not allow the Yetzer Hora to dominate me” and “Save me today and every day from the Yetzer Hora” , which we say every morning at the end of Birchas Hashachar.
3. Increase in your study of the holy Torah in general, and specifically the Oral Torah (which is rooted in Malchus), wherein lies the First light of creation was concealed by Hashem. this was the light that enabled first Man to see from one end of the world to the other. This study will provide you with good advice in all your endeavours. The Ba'al Shem Tov says: “The Torah that you learn today will provide you with the guidance you need in making decisions today.”

#### **Bein Adam Lachaveiro - Between Man and Others:**

1. Make great efforts to honor and give Tzeddakah to those engaged in the words of the prophets and who teach it to others.
2. Make efforts to pray and light candles in Shul in order to elevate the souls who have passed away unto the land of eternal life.
3. Try to gladden the heart and remove the sadness from friends who are not happy and on the verge of being defeated by their Yetzer Hora. Expand his intellect so that he can defeat his Yetzer Hora,

#### **Body Part:**

1. Use your right leg when going to daven in Shul and learning the Oral Torah.

#### **Time of Day:**

1. Make effort to learn the Oral Torah and honor those who are engaged in words of Halacha in the morning , especially on a Wednesday.
2. Make effort to arise early before dawn to stand in prayer for the honor of Hashem and the lowly kingdom of the house of Dovid
3. Concentrate when saying the name of אד-ני when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

**Quality to Acquire Torah: Is Beloved - אהוב** - He makes himself beloved by virtue of his noble conduct. Because men will delight in him, they too, will desire to learn Torah.