

היום שמונה ושלשים יום שהם חמשה שבועות ושלשה ימים בעומר

Today is Thirty Eight Days Of the Omer

Bein Adam Lamakom - Between Man & God:

Pirkei Avos says: "Which is the right path for man to choose for himself? Whatever is harmonious for the one who does it, and harmonious for mankind." One should be careful in 3 areas of Kedusha:

1. **In Action:** You should be so careful in the areas of Kedusha that other people will praise you for your excellent reputation. This is how you will be glorified through your Kedusha. The Talmud relates how even the prostitutes would swear by the names of Rav Chanina and Rav Oshiya because when they worked in the marketplace making shoes these Rabbis would make sure not to look at the prostitutes passing by.
2. **In Thought:** The Talmud tells us that Rabban Gamliel even said the evening Shema on his wedding night so as not to nullify the yoke of Heaven from him for even a moment. We see his holiness to such an extent that his mind was clear enough to think about Hashem even when he would be anticipating intimacy that night. Others are prohibited to do this, as it would reflect an arrogance of being on such holy level which they were not on. We see that you should exhibit Kedusha based on your 'spiritual profile.' If you generally behave with a lot of Kedusha, then such behaviour is appropriate.
3. **Prevent Suspicion:** The Talmud says that a person should not walk in the market place with his wife, in place where they do not know that they are married, because people will suspect she is married to another man. Your Kedusha should bring glory from others to not suspect you of improper behaviour, even if you are doing the right thing.

Bein Adam Lachaveiro - Between Man and Others:

1. Be careful to learn or teach aspects of Seder Taharos or holy books on the topic of Tzniyus dealing with the holiness of the Bris, in a glorious way. For example, speak about these delicate topics in a refined way. Teach them in the right place and at the right time. This will grant you Divine assistance that you and others will not come to any impure thoughts or any mistakes in your learning. Rather, you and others will elevate your spiritual refinement in this area of Kedusha.
2. Train yourself to glorify and praise Tzadikim and their actions, especially those who withstood tests of lewdness or speech. These actions will impact on your own growth in these areas.
3. The Talmud says that: "He who brings merit to the masses, sin does not come to his hands." Especially help the masses in the areas of learning and keeping Torah and the attribute of truth.

Body Part:

1. Use your tongue when you are engaged in the Written Torah - don't just think about your learning.

Time of Day:

1. Make effort to glorify Hashem, engage in the Written Torah, and praise the actions of Tzadikim in the morning, especially on Friday when taking care of Shabbos needs.
2. Make efforts to concentrate on the blessing of "Refa'einu" in the Amida for blemishing your holy Bris in general and specifically for not abstaining in areas of the permitted, and not bringing out the glory of Hashem, causing Kedusha to distance itself from you.
3. Concentrate when saying the name of יה-וה especially in the morning, especially on Friday and Shabbos.

Quality to Acquire Torah: Judges Him Favorably - מכריעו לכף זכות - In his desire to help another to seek knowledge, he will overlook his faults and accentuate his virtues. In addition, if you see that your friend is wavering between the side of doing evil and the side of doing good, help him lean towards doing the good.