

**היום אחד וארבעים יום שהם חמשה שבועות וששה ימים בעומר****Today is Forty One Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Reflect on the fact that in order to merit raising children who are holy and pure you need to sanctify yourself when doing the Mitzvah of being with intimate with your spouse, as much as possible. Engage yourself with the learning of Torah before intimacy.
2. Train yourself to abstain from that which is permitted to you such as in the areas of eating, drinking, sleeping, speech, and other types of pleasures which are not necessary. If you indulge in excess, you will be opening up the door for the Yetzer Hora to cause you to sin and lose your Kedusha.
3. Try as much as possible to connect to true Tzaddikim who inspire others in guarding the fundamentals of faith and the holiness of the Bris. Train your children, especially the youngsters in this area of guarding the Bris.

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

1. Make efforts for yourself and to arouse in others to stand against the breach of the holiness and purity of the camp, like ruler and policemen. Take to heart that this is not an easy matter, because these areas affect the roots of Judaism and the pedigree for generations for the chosen holy Jewish people. However, do this discretely, pleasantly and with a settled mind.
2. Make efforts to increase peace (which is rooted in Yesod) to the world in general, and specifically between spouses. Train your offspring to live in peace and to increase peace. Have in mind when you are the Chazzan to pray that Hashem shall dwell in peace amongst the congregation, by His removing from them jealousy, hatred, and strife.
3. Make efforts to increase joy, gladness, and song (all rooted in Yesod) with holiness and purity during 1) Shabbos meals, 2) a Bris Milah, and 3) weddings; and encourage others to do so likewise then and at all times. For a person who is sad and depressed is very liable to come to desecrating his purity. Also make efforts to sing songs that arouse a yearning for the redemption.

**Body Part:**

1. Use your tongue when you sing songs of yearning for the redemption and when engaged in telling stories of the righteous, which can arouse the guarding of the Bris and the fundamentals of faith.

**Time of Day:**

1. Make effort to host guests and arouse them to the holiness of the Bris , which includes Bris Mila and the tongue, in the morning, especially on Friday and Shabbos.
2. Make efforts to concentrate on the blessing of "Sim Shalom" in the Amida to ask Hashem forgiveness for the times you were suffering sadness and depression and did not appear happy to others, which resulted in your not guarding the purity of your tongue, which caused strife, which delays the redemption.
3. Concentrate when saying the name of שדי especially in the morning, especially on Friday and Shabbos.

**מתוישב לבו בתלמודו - He Composed in His Learning** - He studies in a regular set fashion - not sporadically. He learns methodically - not quickly. After he studies, he thinks the material over until it settles in his mind. Before he teaches Torah to others or before delivering a discourse, he prepares himself well and knows exactly how to present the material.