

היום שלשה וארבעים יום שהם ששה שבועות ויום אחד בעומר

Today is Forty Three Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the fact that in order to merit to coronate Hashem over you and accept the yoke of Heaven upon yourself, you must conduct yourself with the attribute of Kingship, which is its way and desire to cling to the attribute of kindness. Then you will be able to have your soul (which loves to do kindness) rule over your body.
2. Even though your soul should rule over your body, do not be repulsed to do kindness with your body, as that too is the will of the King. Even though it is against the nature of the soul to indulge the body, the soul must tolerate the needs of the body, as directed by the Torah.
3. When you are praying to Hashem, pray that He should increase His kindness to the world, to the point that mankind will be inspired by and will recognize Hashem's actual kindness that He does; thereby they will accept the yoke of heaven upon themselves with love.

Bein Adam Lachaveiro - Between Man and Others:

1. Increase kindness and love to the poor and impoverished, especially to those that are exiled, beaten, and fleeing. Also make efforts to show them hospitality and give them enough food to be satiated.
2. Reflect on the fact that in order to merit to honor mankind in general and specifically those in engaged in the Oral Law and Halacha, you have to love them and increase your acts of kindness to them. Do the following:
 - Serve them with your body.
 - Support them with your money.
3. When engaged in business with other people, see to it to concentrate that all your actions should be for the sake of serving Hashem.
 - After calculating your profits, separate your Ma'aser with good eye and distribute it to those who love Hashem and are his pious ones.

Body Part:

1. Before doing positive mitzva, use your mouth and say, "I am fulfilling this Mitzvah out of my love for Hashem." When doing a kindness to someone, use your mouth, such as by speaking to his heart and giving him comfort.

Time of Day:

1. Make effort to love Hashem at night - specifically at midnight.
2. Concentrate on the blessing of "Selach Na" in the Amida that Hashem should forgive you for your blemishing the Kingdom of Heaven and the Kingdom of the house of Dovid and the Holy Temple; which caused the prevention of Hashem's kindness to the Shechina, which became separated from her 'husband', Hakadosh Baruch Hu.
3. Concentrate when saying the name of א-ל in his prayers and when learning the Oral Law, especially at night, especially at midnight.

Quality to Acquire Torah: Listens and adds to His Learning - שומע ומוסיף - He endeavours to enrich his own knowledge by listening and continuing to listen to the teachings of others, He uses his knowledge that he has heard, to increase to understand other areas of learning.