

היום שמונה וארבעים יום שהם ששה שבועות וששה ימים בעומר

Today is Forty Eight Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Take to heart that in order to merit coronating Hashem, which resides in your soul, over your body and to accept upon yourself the yoke of heaven, you should make great efforts to grab onto holiness and purity in general, and specifically the holiness of the Bris and your tongue.
2. Also take to heart that in order for the supernal attribute of Malchus to bring down a flow of holiness and purity, you must be careful not to blemish your own holiness and purity. The Mida of Malchus is most particular about this area. Remember that as great as King David was, full of Torah and good deeds; it did not help him when he sinned with Bas Sheva, until he received his punishment. Why ? Because David sinned in the area which he was connected to, which is Malchus. So when he didn't properly guard his Yesod of holiness one time, the strong bound was loosened, and he was punished in accordance to what was demanded of a person on such a high level.
3. Make efforts to pray to Hashem for purity and to be able to cleave to Tzaddikim, which can arouse you to purity. These Sefira days are a most auspicious time for growth in this area, so you should make efforts to grab as much as you can in these last days.

Bein Adam Lachaveiro - Between Man and Others:

1. Make efforts to be able to say Birchot Hamazon with a Zimun and a cup of wine (rooted in Malchus). This will require you to invite guests (rooted in Yesod) for meals which you are eating.
2. In order for your prayers (rooted in Malchus) to be desirable and accepted before Hashem, see to it to be at peace with all people, especially with your spouse and children (rooted in Yesod).
3. Make efforts to train your descendants in the way of pure service of Hashem that has in it the acceptance of the yoke of Heaven. For example, do Mitzvos before them with great enthusiasm, and explain to them that you are doing this activity in order to serve Hashem, and that you are honoring Him through these actions. This will etch your actions into them so that they will emulate you.

Body Part:

1. Use your mouth when you make peace between two people and between spouses.

Time of Day:

1. Make effort to learn the Order of Taharos and in portions of the Torah that are auspicious to draw holiness and purity to those who learn it, at night - specifically at midnight.
2. Concentrate on the blessing of "Sim Shalom" in the Amida that Hashem should forgive you for maintaining an argument with other people, causing pain to the Shechina.
3. Concentrate when saying the name of **ש-די** in your prayers and when learning the Oral Law, especially at night, especially at midnight.

Quality to Acquire Torah: Quotes a Thing in the Name of the One Who Said It - האומר דבר בשם

אומר - The Talmud says that this brings redemption to the world, as we see from the book of Esther. Not only should he refuse to pass off as his own whatever he has heard from others, but he should also mention by name the person from whom he heard it. When we don't plagiarize Torah from others, it will inspire you to create novel Torah insights that will be attributed to you.