

## היום חמשה ימים בעומר

## Today is Five Days Of the Omer

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

1. The prophet Yeshayahu says: “An ox knows his owner and a donkey his masters crib; Israel does not know, my people does not consider.” A person must increase his praises and thanksgiving to Hashem for all the kindnesses that Hashem does for him. Why? Hashem created the world in order for people to recognize His kingdom and to subjugate themselves with their praises of Him. The prophet is saying that the ox and donkey deserve to benefit from their masters because they recognize and appreciate what they do for them; as opposed to the Jews who were not. When a Jew does praise and give thanks to Hashem for His kindnesses, he will receive more kindness from Hashem. As the prophet says in Chronicles II: “And he (Chizkiyahu) commanded the inhabitants of Jerusalem to give the portion of the priests and the Levites, in order that they be strengthened in the Law of the Lord.” This shows that the recipient of kindness is meant to praise Hashem - this is the entire reason why Hashem bestows kindness upon us.
2. A person must train himself to praise Hashem, regardless if Hashem acts towards him with kindness or justice, in order to achieve love of Hashem. We see this in the words of King David: בְּאֵלֵהִים אֶהְלֵל דְּבַר בִּיהוָה אֶהְלֵל דְּבַר: - With God[’s justice] I will praise a word; with the Lord[’s kindness] I will praise a word. Consequently, he was regarded to be considered as a Chosid (pious Jew).
3. The Chovos Halvavos teaches us to be concerned that when he receives abundant good from Hashem, it could be for his detriment as Hashem may be paying him out in this world for his good deeds. However, if he is able to do kindness to others with the blessings that Hashem has given him, he should thank Hashem that all these kindnesses he has received were indeed for his benefit, as he has become a conduit for Hashem’s kindness to flow through. He thereby reveals Hashem’s kindness through his praises.
4. Acknowledge the beauty of the environment that surrounds us, which is so conducive to our development and spiritual well being.

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

1. You should increase your acts of kindness and love to Torah scholars, who are masters of Mishne (which is sourced in Hod).
2. When you see a friend who has erred and then admits and recognizes his mistake, and wants to do Teshuva; you should immediately judge him favourably and show him love and do kindness toward him - because now he is called “beloved, charming, close, and a friend” of Hashem. Be especially careful not to remind him of his previous misdeeds.
3. Do the kindness of comforting a friend who is suffering by explaining to him how he is presently receiving a kindness from Hashem - so that he will eventually praise Hashem for what He is doing to Him.
4. Make sure to thank everyone who does something kind to you, and appreciate that they were a conduit of Hashem’s kindness to you.

**Body Part:**

1. Use your right hand when giving thanks and recognizing kindnesses that others do for you.

**Time of Day:**

1. Thank Hashem and others in the day - especially in the morning.
2. Concentrate on the blessing of “Mekabeitz Nidchei Amo Yisroel” in the morning Amida.
3. Concentrate when saying the name of **יה-וה צבאות**, especially when 1) reading verses from the prophets, 2) reading verses which speak of Aharon Hakohen, 3) during the morning prayer.
4. Concentrate on the “Borei Nefashos” prayer, where we thank Hashem for creating us in a way in which we lack things that only He can fill for us.

**Quality to Acquire Torah: Awe - באימה** - Have reverence for those that are teaching you Torah. Have reverence for the Divine presence of Hashem which hovers over those who learn Torah. This reverence for Hashem’s Shechina rewards you with the revelation of the secrets of Torah.