היום שבעה ימים שהם שבוע אחד בעומר
Today is Seven Days Of the Omer

Introduction: There is common denominator between the eighth day of Pesach and Shmini Atzeres following Sukkos. They both act as a bridge between the holidays of Pesach and Sukkos to the mundane days that follow. Therefore, we are lenient in eating "gebrokts' and other similar things on the last day of Pesach and that although we sit in the Sukkah, we do not make a blessing. The reason for all this is to not suddenly descend from the holiness you have achieved on the holy Days.

- Malchus is the coronation of God; the total permeation and integration of godliness into this world. It is the fruit of Yesod.
- All problems in this world ultimately stem from a void in malchus.
- Recognize the holistic nature of God's kindness and His total involvement in this world in Malchus Shebechesed.
- Nachshon ben Aminodov jumped into the Sea before it split because of his complete faith in Hashem and Moshe. This was complete act of Malchus, because the torah tells us that a king breaks down boundaries. Nachshon acted selflessly with Mesiras Nefesh for the sake of the people .
- Malchus ultimately requires us to "get the job done" regardless of our apprehensions - and to just "jump in."

Bein Adam Lamakom - Between Man & God:

1. Reflect on rejoicing in doing a kindness purely for the sake of Hashem and for no other reason. There are those who are kind to the poor , yet do not accept the yoke of Heaven upon themselves through that act of kindness. They may naturally be kind and are unable to see the pain of others. Their sole intention may be to push away their own personal pain and not be concerned that they should be doing it because Hashem commanded him to do it. Rather one should focus on seeing one's act of kindness as a means of accepting the yoke of heaven upon himself.
2. Reflect on the fact that whatever deficiencies that exist in this world below, whether they be in the areas of health, wealth, etc. are merely manifestations that reflect the deficiencies, as it were, in the heavenly realm. Consequently your primary intention of correcting the deficiencies below will be in order to correct the deficiencies above, thereby perfecting the Godly Kingdom above - i.e. the Shechina.
3. One should pray for Divine assistance for him to achieve this perfection of the attribute of kindness.

Bein Adam Lachaveiro - Between Man and Others:

1. Pray for the salvation of the Divine realm via your own personal salvation, when you are a recipient of a kindness or charity from others.
2. Make efforts to honor and give Tzedaka to those who love Hashem and to those who judge others favorably.
3. Be extremely careful with the Mitzvah of Shmita in all its details and encourage others in this Mitzvah. The Sefer Chinuch says: "Another benefit of this Mitzvah is that one acquires the attribute of 'Vatranus' (to yield to others) for there is no philanthropic act as one who was no hope of compensation for doing it." The Rambam says: "All the Mitzvos regarding Shmita are designed to show compassion and expansiveness to others, which will bring a person to the attribute of philanthropy."
4. Pledge charitable during your Yizkor prayer, having in mind to correct whatever deficiencies still exist in the beloved souls you are remembering.

Body Part:

1. Use your right hand when giving charity to the poor and for synagogue needs.

Time of Day:

1. Give charity, engage in the oral law, and honor those who engage in the words of Halacha in the day - especially in the morning.
2. Concentrate on all your prayers in general, and specifically in places where mentioning the Kingdom of Heaven and the Kingdom of the house of Dovid in the morning Amida.
3. Concentrate when saying the name of **אדני**, especially during the morning prayer.

Quality to Acquire Torah: Humility - בענוה - Moshe received the Torah because of his great humility. A humble person is willing to learn from all people, even from someone who is intellectually on lower level than him.