

היום שמונה ימים שהם שבוע אחד ויום אחד בעומר

Today is Eight Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the acts of kindness and love the Hashem shows to the world in general, and you in particular, and how His intention thereby is to bring mankind to develop Fear of Hashem. For example, the concept of the tranquility that the wicked experience in this world as a reward for their good deeds in this world in order for them to have nothing in the world to come. This will bring person to fear of Hashem. Specifically, you should fear that perhaps you too are receiving your good reward in this world in order to be removed from the world to come, God forbid - for you now that Hashem is bestowing more good to you than what you deserve. This will bring you to fear of Hashem.
2. Even when you are engaged in overcoming your evil inclination, don't forget to be kind to your body and give it a little bit of pleasure. The Midrash relates that after Hillel would leave the study hall he would do himself a kindness and give himself something to eat.
 - Make a siyum after finishing a course of study.
 - Give yourself a small reward after doing a mitzvah.
 - Reward yourself during the stressful time of packing up the Pesach dishes and getting the Chametz back in place. Go out and buy some yummy chametz tonight.
3. Reflect on the fact that in order to either overcome your evil inclination to refrain from sinning or to acquire the attribute of alacrity when doing a positive Mitzvah or a kindness, you should be aware of the great kindness you will achieve in this world and the next world on account of that. The more you know this, the more you will strengthen your attribute of Gevura in accomplishing these goals. This is what is meant in Pirkei Avos that says: "Consider the cost of a mitzvah against its rewards." Only by considering how much kindness you will receive from Hashem for accomplishing a mitzva, will you be able to accomplish and maintain your Mitzva that you wish to do.

Bein Adam Lachaveiro - Between Man and Others:

1. When you need to exhibit Gevura when fulfilling the mitzvah of giving rebuke, make sure to do it out of a feeling of love to the other person. As the Talmud says, "Have the left hand push away and the right hand bring close." The Talmud says that a person should not place excessive fear upon his family. Only by prefacing your love towards others, will your rebuke be heard.
 - Gently remind your family regarding Shabbas preparations.
 - Settle yourself before rebuking your children.
2. Help your friend when he has been involved in a Din Torah, whether it is before or after the judgment is rendered. Whether you can provide testimony which will assist his case or offer him financial or moral support after he loses a court case. Help him to be able to accept the judgment. You are thereby doing a kindness in order to uphold judgment. Your reward will be great for we are taught that when judgment is rendered down below in this world, there is no need for the higher world to exact judgment.
3. The same is true when a friend of yours is suffering in this world and he needs help in accepting Hashem's will in his life.
4. Whenever doing an act of kindness towards someone - especially those that come to you naturally, or logic dictates that you should do it, concentrate on the fact that you are doing it for the sake of a Mitzvah of Hashem.

Body Part:

1. Use your left hand when doing these types of kindnesses, which are perfecting your Gevura.

Time of Day:

1. Make effort to love Hashem and do acts of kindness, which perfect your Gevura, in the afternoon.
2. Concentrate where mentioning the blessing of "Slech Lanu" in the afternoon Amida, which Yitzchak established.
3. Concentrate when saying the name of א-ל, especially during the afternoon prayer.

Quality to Acquire Torah: Joy - בשמחה - If you do not enjoy learning Torah and find it burdensome, you will abandon its study. If you enjoy your learning, you will continue learning. Learning Torah is a very difficult endeavour you must find a way to enjoy it in order to continuously learn it with relish. A person in a happy frame of mind is able to learn more in one hour than he would learn in many hours if he was depressed. When a person delights in his studies, whatever he learns will be grasped more quickly and retained much longer.