

## Hayom Yom: 29 Iyar

---

Day 44 of the Omer

עֲלִית הַנְּשָׁמָה הִיא שְׁלֹשׁ פְּעָמִים בְּכָל יוֹם בְּהִגַּ' תְּפִלוֹת, וּבִפְרָט נִשְׁמַת הַצַּדִּיקִים דִּילְכוּ מִחֵיל אֶל חֵיל, וְדַבֵּר וּדְאִי, אֲשֶׁר בְּכָל עֵת וּבְכָל מְקוֹם קְדוֹשׁ הַיּוֹתֵם, נוֹשָׂאִים רְנָה וְתַפְלָה בְּעַד הַמְּקוֹשְׁרִים אֲלֵיהֶם וְאֶל פְּקוּדֹתֵם וְשׁוֹמְרֵי פְקוּדֵיהֶם, וּבִפְרָט בְּעַד תַּלְמִידֵיהֶם וְתַלְמִידֵי תַלְמִידֵיהֶם, לְהוֹשִׁיעַ בְּגִשְׁמִיּוֹת וּבְרוּחָנִיּוֹת.

The soul ascends<sup>1</sup> three times a day, during each of the three prayer services. This is especially true of the souls of tzaddikim, of whom it is said,<sup>2</sup> “They proceed from strength to strength.” It is certain that at all times and in every holy place they may be, they offer supplication and prayer for those who are bound to them and to their directives, and to those who carry out their directives – especially their students and their students’ students – that they be delivered materially and spiritually.<sup>3</sup>

---