

היום שנים עשר שהם שבוע אחד וחמשה ימים בעומר Today is Twelve Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Push away the Yetzer Hora immediately, in a way that your Gevura will be beautiful and praiseworthy. Don't allow the Yetzer Hora do infiltrate to the point where the test will be so strong, that even if you overcome it, will be an embarrassment for you. You want to avoid what happened to Rav Amram as related in Talmud Kiddushin 81a, where he had to result to embarrassing himself in order to avoid succumbing to sin.
2. Always think of the statement of the Talmud: "If it were not for Hashem's assistance, no one could overcome his evil inclination." Therefore, immediately thank and praise Hashem every time you are able to fulfill the will of Hashem by overcoming the lusts of your evil inclination.
3. Instead of taking credit for your successfully achieving fear of Hashem or the attribute of alacrity, constantly thank Hashem for your success.

Bein Adam Lachaveiro - Between Man and Others:

1. Whenever you successfully minimize your expenditures on indulging with accesses, give the money you saved to Torah scholars - especially those who have mastered Mishnayos.
2. Whenever you see your friend successfully overcome his inclination or serve Hashem with alacrity, strengthen him by praising his upright behaviour. Try to find a praiseworthy source from the prophets when praising him. You will be supporting your friends Gevura or alacrity through your praises.
3. When using Gevura to rebuke others, perfect your rebuke by adding in praise of others who have overcome the very issue that you are rebuking your friend about. Also praise Hashem when your friend accepts your rebuke and improves his behaviour or when you accept your own self rebuke and improve your own behavior.

Body Part:

1. Use your left hand when when you thank others and show them gratitude for what they have done for you.

Time of Day:

1. Make effort to thank Hashem and to show gratitude to others in the afternoon.
2. Concentrate where mentioning the blessing of "Mekabeitz Nidchei Amo Yisroel" in the afternoon Amida.
3. Concentrate when saying the name of **א-להים צבאות**, especially when 1) reading verses from the prophets, 2) reading verses which speak of Aharon Hakohen, 3) during the afternoon prayer.

Quality to Acquire Torah: Deliberation - בישוב - A student should not jump to premature conclusions. He should thoroughly examine every aspect of the subject. As it says in Pirkei Avos: "Be deliberate in judgment." So don't answer questions quickly - think it over for a long while and deliberate on your answer.