

**היום שלשים יום שהם ארבעה שבועות ושני ימים בעומר****Today is Thirty Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Reflect on how the creations use their Gevura and alacrity in order to praise Hashem. Many verses describe how the sun and the celestial hosts sing the praise of Hashem via their actions as it says in Tehilim 19: "The heavens recite the glory of God, and the sky tells of the work of His hands....for the sun He made a tent therein. And it is like a bridegroom emerging from his chamber; it rejoices like a mighty man running a course." Reflect on the Tzadikim who use their Gevura to get out of bed in the middle of the night to sing praises of Hashem. Yearn to be like them and overcome your physical coarseness to get up with alacrity like a lion to praise Hashem.
2. Reflect on Hashem's acts of Gevura when saving the Jews from trouble, such as Hashem saving the Jews from Haman in the Purim story. Reflect on how Hashem has done miracles and amazing things for you and your family in particular when you were in troubled times. This abundance of miracles requires reflection and praise.
3. Protect your mouth and tongue from evil speech, so that they should be pure vessels, from which you may offer your prayers of thanksgiving to Hashem.

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

1. Praise others with so much excitement, alacrity, and sweetness, so that they will learn from you how to praise Hashem and others,
2. Say your praises to Hashem with Gevura...ie...with excitement and alacrity, with a loud voice, in a large gathering of people...so that others will emulate you, which will bring honor to Hashem.
  - Say Amen, Yehei Shmai Rabah...loud and clear throughout the day.
3. When you see that evil people are succeeding and miraculous things are happening for their benefit, and many people are mistakenly following them and praising the miracles that are coming from the side of evil - overcome your urge and do not follow after them. Think of how Hashem has given them their last reward, and now they will be utterly removed by Hashem. This is what Rabbi Shimon Bar Yochei who self sacrificed to not praise the evil deeds of the Romans, and was forced to hide in a cave because of it.

**Body Part:**

1. Use your left leg when doing actions of Gevura that brings out praise to Hashem..

**Time of Day:**

1. Make effort to fear Hashem in the morning , especially on a Thursday.
2. Concentrate on the blessing of "Re-ah Na" about the times you failed your test and thanked and praised the strength and apparent miraculous success of the wicked, which caused them to be strengthened - all of which delays the ultimate redemption.
3. Concentrate when saying the name of **א-להים** when reading verses from the prophets or verses referencing Aharon the Priest.

**Quality to Acquire Torah: Loves Mankind & Acts of Charity and Kindness - אוהב את הבריות** - **והצדקות** - Because he loves God, he loves all men, for he knows the mankind is included in God's purpose and is one of the creations in which God delights. You should also desire that these qualities should be acquired by others as well.