

היום שלשה ושלשים יום שהם ארבעה שבועות וחמשה ימים בעומר
Today is Thirty Three Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Thank Hashem for having the ability to thank Hashem. i.e. Have an inner feeling of gratitude that you have merited to stand before Hashem and be able to thank Him.
2. Thank Hashem whenever you are able to fulfill a vow you made in a timely fashion.
3. Thank Hashem specifically for the following things:
 - That He chose us from all the people in the world
 - That He fights on our behalf in every generation
 - Especially against Egypt with the ten plagues and especially the plague of boils
 - That He took us out of Egypt with power and might
 - That He gave us a Torah amidst thunder and lightening
 - That He commanded us to not covet what others have
 - That He bequeathed to us the secrets of the Torah through the holy Tanna Rashby
 - That He commanded us to rejoice on Shmini Atzeres over the good He has given us

Bein Adam Lachaveiro - Between Man and Others:

1. When you see that your friend has perfected a good Mida or good action, immediately praise Hashem and say "Fortunate is the king that this happened for Him in His world." You should also ask Hashem that He should merit that you too should reach the same perfection as your friend. Take to heart that this type of jealousy is a Mitzvah and is beneficial, as the Talmud says "Jealousy of scholarship increases wisdom."
2. Choose a proper Rebbe to teach you the secrets of the Torah. The Rebbe should not take credit for his success and should be totally subjugated to Hashem in his praise of Him. He should not be a rabbi who praises the wicked. Reflect on how Rashby had all these wonderful qualities of a Rebbe. We say in the "Bay Ana Rachitz" prayer that Rashby nullified any trust and thanks of mere mortals, and only trusted Hashem. Rashby sacrificed in order to not praise the evil actions of the Romans. You should similarly act this way if you are a teacher of the secrets of the Torah.
3. Make sure that all praises to Hashem from you or from others should be done with no trace of prohibition or impurity. Make sure it is not done in a lewd fashion. There should be no immodestly dressed people in your presence when you praise Hashem - especially important on Lag Ba'omer parties and at the Tomb of Rashby. Rebuke people who are not careful in this area.

Body Part:

1. Use your left leg when praising your friend and showing gratitude to him.

Time of Day:

1. Make efforts to praise Hashem and show gratitude to your friend in the morning, especially on a Thursday.
2. Concentrate on the blessing of "Mekabetz Nidchei Amo Yisroel" about the times when 1) you associated your personal successes to yourself and not to Hashem, 2) Delayed fulfilling your vows of thanksgiving to Hashem, and 3) Engaged improperly in learning the secrets of the Torah.
3. Concentrate when saying the name of **אל-הָיָם צְבָא-וֹת** when reading verses from the prophets or verses referencing Aharon the Priest.

Quality to Acquire Torah: Loves Straightforwardness - **敖וה באת המישרים** - He does not indulge in flattery and is not a hypocrite. He loves to follow an even path in learning, and does not get involved in farfetched and inconsequential problems.