

**היום חמשה ושלשים יום שהם חמשה שבועות בעומר****Today is Thirty Five Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Reflect on coronating your soul over your body and accept the yoke of heaven upon yourself; to such an extent that you will automatically express song and praise to Hashem.
2. Pray to Hashem for success in thanking Hashem properly. Even though it is truly impossible to thank Hashem as is befitting for Him, even for the minutest amount of what He has done for you, still you must try to make efforts and to fulfill the words you say in the Modim blessing.
3. Regardless of how Hashem leads your life, whether you become powerful or impoverished, also thank Hashem for your goodly portion.

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

1. When you try to learn by yourself or teach others the parts of the Oral Torah that has words of wisdom, such as Gematriyos, Calculations, Astrological calculations, etc., you should get excited and thank Hashem that you were given the merit to engage in His holy Torah.
2. When you see that your friend is happy, especially in the wake of success in business, remind him to thank Hashem and not to take credit for his own success.
3. Correct your friend when he mistakenly praises the actions of the wicked, who deny the Kingdom of heaven. Accomplish this by praising the great honour of the holy Temple, the kingdom of David, Jerusalem, and how we wait its being rebuilt. This will cause your friend to recognize where proper praise should be directed.

**Body Part:**

1. Use your left leg when going to daven in Shul and learning the Oral law.

**Time of Day:**

1. Make efforts to give Tzedakah, engage in the Oral Torah, and honor those who are engaged in words of Halachah in the morning, especially on a Thursday.
2. Make efforts to rise early for prayers before dawn so that by morning you will be praying over the Kingdom of Heaven and the destroyed kingdom of the house of David.
3. Concentrate when saying the name of אדני when reading verses from the prophets or verses referencing Aharon the Priest.

**Quality to Acquire Torah: Is Not Conceited With His Learning - ולא מגיס דעתו בתלמודו**

Not only does he shun public recognition, but does not permit himself to feel pride even within his own heart. He always feels small compared to others; therefore, he tries harder to learn more. He always thinks that whatever he learned on any given day, is a small amount compared to what he could have learned. He always strives to learn more.