

**היום ארבעים יום שהם חמשה שבועות וחמשה ימים בעומר****Today is Forty Days Of the Omer****Bein Adam Lamakom - Between Man & God:**

1. Increase your praise to Hashem for all your success in purifying and sanctifying yourself in the Mida of Yesod until now. Train yourself to praise Hashem immediately after every test that you pass, especially those involving holiness and purity. This will grant you additional Divine assistance in the future to increase your holiness and purity. By thanking Hashem, you are showing Him that you want to be holy, which leads to His helping you. This is similar to Rabbi Nechunya ben Hakana's prayer to Hashem after leaving the study hall.
2. Not only should be holy in action, you should cling to holiness of thoughts. Try to push away any improper thoughts. Purity of thought creates an external radiance on your face that 'speaks for itself', which is detected by others, which is the greatest praise of Hashem.
3. When you are the Chazzan (which is rooted in Yesod) , concentrate on the fact that your only desire is that you want to praise Hashem on behalf on the entire congregation. You desire to glorify Hashem with the beautiful voice that Hashem bestowed upon you.

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

1. Praise your friends who have successfully been able to purify and sanctify themselves in the Mida aof Yesod, which will solidify there desire to continue to grow in this area of life.
2. Make great efforts to educate your family and descendants (which is rooted in Yesod) and train them to use their tongues to praise Hashem for every detail He provides for them. Specifically focus your supervision on the youngsters. When they get older, teach them Sefarim that discuss the laws of blessings and praise.
3. In addition, teach your descendants and friends that all praises that come out of their mouths should include praises of Hashem. Pay particular attention to this at the songs they sing at a Bris and on Shabbos.

**Body Part:**

1. Use your tongue when you thank Hashem or show gratitude to other people.

**Time of Day:**

1. Make effort to thank Hashem and strengthen others to serving Hashem in holiness in the morning, especially on Friday when taking care of Shabbos needs.
2. Make efforts to concentrate on the blessing of "Mekabeitz Nidchei Amo Yisroel" in the Amida for blemishing the attribute of Yesod, causing the holy sparks to scatter from their places and leave them captured in the hands of Tumah, and for blemishing your tongue with songs and praises when you did not mention thanks to Hashem in them.
3. Concentrate when saying the name of **א-להים צב-אות** especially in the morning, especially on Friday and Shabbos.

**Quality to Acquire Torah: Directs Him to Peace - מעמידו על השלום** - He attempts to Make Compromises between the litigants who come to the Beis Din. When you need to correct someone in areas of Torah, make sure it is done so in a way that will end peacefully.