

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

1. Have your soul, which sees the body but can not be seen, rule over your body, that is seen but can not see the soul, by forcing the body to sing praises of Hashem, Who also can see but is not seen. Do this at midnight, in particular, using the same songs Kind David sang. just like David merited to become a king through these actions, so will you.
2. Reflect on the fact that in order to merit to give honor (which is sourced in Malchus) to Hashem, you must train yourself to praise Hashem for everything that He bestows upon you.
3. Increase your praise to Hashem, after you give charity to the poor and impoverished, for His giving you such merits. The Zohar says that Hashem sends the poor to those that He loves and wants to give merit through the gift of him being able to do the Mitzvah of giving Tzedakah.

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

1. Train your family and arouse your friends to praise Hashem for every Mitzvah that comes their way. Especially train the females to praise Hashem for their unique Mitzvos such as: separating Challah and lighting Shabbos candles. This will arouse them to do these Mitzvos with life and joy (rooted in Malchus)
2. When speaking with friends, train yourself to praise Hashem over every single detail, to the point that your praises will cause that your speech will be an aspect of service to Hashem.
3. Increase your praise to Hashem at every Shabbos meal, so that you will merit to draw down the holiness of Shabbos (sourced in Malchus) upon yourself and your family.
  - Focus on praising Hashem when singing Shabbos Zemiros.

**Body Part:**

1. Use your mouth when you praise Hashem or show gratitude when praising a friend.

**Time of Day:**

1. Make effort to praise Hashem and to show gratitude when praising a friend at night - specifically at midnight. For example, get up at midnight and praise Hashem.
2. Concentrate on the blessing of "Mekabeitz Nidechei Amo Yisroel" in the Amida that Hashem should forgive you for your blemish of taking credit for your own success and minimizing your thanks to Hashem, thereby preventing the Redemption of the Shechina. Included in that redemption is the ingathering of the exiles.
3. Concentrate when saying the name of **א-להיה צבא-ות** in your prayers and when learning the Oral Law, especially at night, especially at midnight.

**Quality to Acquire Torah: Notes Accurately What He Has Learned - שמועתו - He is careful to absorb and repeat whatever he has learned from his teacher in the exact manner in which he received it.**