

היום ששה ועשרים יום שהם שלשה שבועות וחמשה ימים בעומר

Today is Twenty Six Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Just like a person is obliged to thank Hashem when his life has been preserved, all the more so should he thank Hashem for preserving his soul by helping him serve Hashem properly by defeating the Yetzer Hora either by performing Mitzvos or avoiding sin. This will enable him to sustain his observance, since one Mitzvah leads to another, after you fulfill your Mitzvah with Simcha.
 - Say the prayer of Nechunya ben Hakana after learning - see Day 19.
2. Even if you continue to merit to learn and do good deeds on a daily basis, don't take sole credit for it. The Yetzer Hora fights a person every day, and if you are still standing strong and you are standing on the straight path, it is a sure sign that Hashem has been helping you the entire time. So thank Hashem for continually renewing His assistance towards you.
3. When a person is in the midst of making an important decision whether it be in spiritual, ethical, or material areas, and Hashem sends you good advice in your mind, and you see Divine assistance helping you in these areas - thank Him for it.

Bein Adam Lachaveiro - Between Man and Others:

1. When you see your friend defeat his Yetzer Hora or vanquish an enemy who wanted to oppress him; and did not consider thanking Hashem over it, teach him to show gratitude to Hashem for his success. It will be beneficial if you can bring proof to your words from the words of the prophets.
2. You should praise the good activities of others and publicize them so that it will strengthen them to continue their good work, and it will inspire others to learn from them. Praise those people who strengthen or contribute to shuls, study halls, printing holy books, etc. as these are eternal charitable acts. You should put their names on plaques. This all creates great Kiddush Hashem.
3. Thank a person who gives you good advice. Draw an a fortiori logic: If the Talmud tells us to show gratitude to inanimate objects, all the more so you should thank your friend who gives you good advice.

Body Part:

1. Use your right leg when thanking others and showing gratitude for their good deeds to you.

Time of Day:

1. Make effort to praise Hashem and show gratitude to others in the morning, especially on a Wednesday.
2. Concentrate on the blessing of "Mekabeitz Nidchei Amo Yisroel" in the Amida about the times that you not defeat your Yetzer Hora, and the times you interrupted your prayers and learning with idle words, and for not being consistent in your praise of Hashem.
3. Concentrate when saying the name of א-להים צבאות when reading verses from the prophets or verses referencing Moshe, the greatest of all prophets.

Quality to Acquire Torah: Limits His Words - העושה סייג לדבריו - In teaching he does not expose his words false or misleading interpretations. He restricts his speech and guards his tongue. If you don't overindulge in speaking, people will take your words of praise seriously.