

היום אחד ושלישים יום שהם ארבעה שבועות ושלושה ימים בעומר

Today is Thirty One Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Reflect on the fact that the heavenly entourage stop their own praises to Hashem when they hear the Jewish people praising Hashem. Afterwards, they upgrade their praises to Hashem saying, “Fortunate is the King for creating this nation.” Thinking about this glory that Hashem receives from our praise, will inspire us to continue to praise Hashem.
2. Reflect on the fact that for your praise to be perfected, you must praise Hashem properly and accurately - in a way that brings glory to Hashem. Do not excessively praise Hashem or minimize your praise of Him. See the examples of incorrect praise in Talmud Brachos 33b.
3. Reflect on the fact that you are glorified above for proper praise you give to Hashem down below. Improper prayers and praises bring prosecution upon a person, bringing up his past evil activities, which are embarrassing.

Bein Adam Lachaveiro - Between Man and Others:

1. Say your praises to Hashem in a glorious way, imagining as if you were wearing royal clothes and standing before the king. Be especially careful when praising Hashem in Birchot Hamazon, especially try to inspire others to emulate your behaviour, which will create a Kiddush Hashem.
2. When showing appreciation to others, make efforts to help them learn the Written Torah, which brings honor upon those who learn it - thereby giving that person honor.
3. Make sure to honestly praise others. Don't praise excessively which would appear as false flattery. Don't minimize your praises, which would appear to be denigrating the person. This is especially true when eulogizing a person.

Body Part:

1. Use your left leg when learning and teaching others the Written Torah.

Time of Day:

1. Make efforts to learn and teach the Written Torah in the morning, especially on a Thursday.
2. Concentrate on the blessing of “Refa'einu” about the times you associated your healing to mere mortals and only showed them gratitude; and were not grateful to Hashem, who really was the only one who healed you, and chose others to be His messenger for your healing.
3. Concentrate when saying the name of יהוה when reading verses from the prophets or verses referencing Aharon the Priest.

Quality to Acquire Torah: Gladdens Hashem & Mankind - משמח את המקום, משמח את הבריות - Honestly praising Hashem and mankind brings them the greatest glory and happiness.