

היום שנים ושלישים יום שהם ארבעה שבועות וארבעה ימים בעומר

Today is Thirty Two Days Of the Omer

Bein Adam Lamakom - Between Man & God:

1. Kind David always thanked Hashem even under very difficult circumstances. Likewise, when we are tested in times of "Mochin Dekatnus," we still need to defeat the Yetzer Hora. Realize that even at what seems to be the worst of times, Hashem is still maintaining your life, and certainly will bring things to a positive conclusion. Use the power of Netzach to settle your mind and appropriately praise Hashem.
2. The Midrash says: If a dog comes upon you and does not bite you - praise Hashem. This teaches us to consistently praise Hashem daily over every single goodness He does for us. We accomplish this by looking at every little detail in life, and see what there is to praise Hashem for.
3. In order for your praises to be desirable before Hashem, one must achieve victory over his Yetzer Hora, especially when it tries to prevent us from reflecting on the fundamentals of Jewish belief which includes Hashem's Divine supervision and how He alone makes everything happen in the world. This will prevent you from sinning; thereby enabling your praise to Hashem to be sincere.

Bein Adam Lachaveiro - Between Man and Others:

1. Based on previously mentioned knowledge of the fundamentals of faith, remember that when you are thanking someone for doing a kindness to you, that the person is only an agent of Hashem, and Hashem wanted you to receive the kindness. And Hashem is commanding you to show appreciation to this messenger. Bear that in mind should your friend subsequently coerce you to doing something wrong, and you might feel obliged to go along with him, since you feel that you must show gratitude for his doing you a favor in the past. No ! It was always Hashem who did it for you.
2. If you see that your family and friends do not thank others and show gratitude to others who help them, use the power of Netzach to constantly thank them for whatever kindness they may have done for you, even though they do not thank you for the kindness you do for them. They will ultimately be inspired by you and will learn to show gratitude as well.
3. When showing gratitude to someone else, do it in a way that it will have lasting impression on them, so that they will forever remember that you were grateful to them. This will encourage them to continuously do kindness to others.
 - Buy meaningful, long lasting gift to people who do you favours.

Body Part:

1. Use your left leg in all your victories whether they are in overcoming the enemy or maintaining with consistency.

Time of Day:

1. Make efforts to defeat your Yetzer Hora and maintain your actions in the morning , especially on a Thursday.
2. Concentrate on the blessing of "Bareich Aleinu" about the times you associated your personal successes to yourself and not to Hashem, who ultimately is the source of all our success.
3. Concentrate when saying the name of **יה-וה צבא-ות** when reading verses from the prophets or verses referencing Aharon the Priest.

Quality to Acquire Torah: Loves Admonition - אוהב את התוכחות - He loves to be admonished and he also loves to reprove those who require it. This shows that you are concerned of seeking the truth for yourself and that you are taking responsibility for others finding the truth.