

Everybody Get Together, Try to Love One Another, Right Now: Practical Tips for Loving Your Neighbor (Especially When It's Hard)

A person's every thought, word and deed has two aspects and can be an elixir of life or a deadly poison.

~Reb Nachman of Bratzlav, *Alim LiTerufah*, Letter #27

The general matter of humility is for a person not to attribute importance to himself for any reason whatsoever. This is the exact opposite of arrogance and the effects that result from this are the opposite of those that result from arrogance. When we examine closely, we will find that humility is dependent both on thought and deed. For at first, a person needs to become humble in his thoughts and only afterwards, can he conduct himself in the ways of the humble.

~Rabbi Moshe Chaim Luzzatto, *Messilat Yesharim*

Any day in which we do not perform some act of *chesed* is a day in which we have not really lived....Any day that we do not perform some act of *chesed* we fail to prepare a vessel into which God's *chesed* can flow to us.

~Rabbi Shlomo Berezovsky, *Netivot Shalom*

בָּרוּךְ אַתָּה יְהוָה אֱלֹהֵינוּ מֶלֶךְ הָעוֹלָם חֹכֵם הַרְזִים

Baruch Atah Adonai, Eloheinu Melech ha-olam, Chacham harazeem.

Blessed are You, LORD, our God, King of the Universe, Knower of secrets.

Talmud, Brachot 58a

The Sages taught: One who sees multitudes of Israel recites: Blessed...Knower secrets. Why is this? Because they see a whole nation whose minds are unlike each other and whose faces are unlike each other, and The One Who knows all secrets, God, knows what is in each of their hearts. The Gemara relates: Ben Zoma once saw a multitude of Israel while standing on a stair on the Temple Mount. He immediately recited: Blessed...Knower of secrets and Blessed...Who created all these to serve me. Explaining his custom, he would say: How much effort did Adam the first human exert before he found bread to eat: he plowed, sowed, reaped, sheaved, threshed, winnowed in the wind, separated the grain from the chaff, ground the grain into flour, sifted, kneaded, and baked and only thereafter he ate. And I, on the other hand, wake up and find all of these prepared for me. Human society employs a division of labor, and each individual benefits from the service of the entire world... Members of all nations, merchants and craftsmen, diligently come to the entrance of my home, and I wake up and find all of these before me.