



**Young Israel of Bal Harbour
The Dose**

Tuesday June 2, 2015, Sivan 15 , 5775

**Sponsored by:
Louis and Manette Mayberg and Family**

King Solomon tells us in Mishlei (16:5) that a haughty and arrogant heart is an abomination to G-d. What the almighty wants is miut atzmi (the diminution of self). A person many times thinks and acts as if the world revolves around him. People become so caught up with their wants and needs that they lose sight of everything else. Relationships become tense and strained and the greater the self-absorption the greater the strain on the relationship. When one unfortunately lives life with the credo “me, myself, my shadow and I” it can only be a recipe for disaster to yourself and the people around you. However if one thinks and acts with humility that’s the greatest merit to bring down a flow of blessings from the one above.

*Sefer: An offer you can't refuse
Rabbi Yissocher Frand*

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein