

## **Nourishment for the Neshama**

<http://ivracha.com>

### **Sunday, January 01, 2012**

#### **How does proper self-esteem help us sort out how to conduct ourselves in challenging circumstances, including current events?**

When a person is grounded in comprehending that our self-esteem comes from our ability to maintain our mental attachment to Hashem's thoughts and will – for His thoughts and will are reality whilst ours are unreality because they are filtered through our imperfections – it becomes easier to comprehend that no matter what the insult or threat, no matter how it might seem that we have a right to do something (i.e. like Rachel had a right to not tell Leah the signals), it can never be in contrast to a stated principle of Hashem's thought (i.e. do not stand by while the blood of your brother is shed – embarrassment is likened to death).

Thus, in current events, we have a right to stand up for what we believe in but it can only be done in a context that does not infringe upon a mitzvah of the Torah, and that includes loving your fellow Jew, no matter what. The beauty of following the Torah and Hashem's mind is that when we relinquish to Hashem our needs for what our rights stand for, in order to uphold His Torah and Will, we essentially bitul ourselves and become part of His Elokus, and there is no greater pleasure or protection than that.