

Nourishment for the Neshama

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Rabbi Noah Weinberg's Core Wisdom

The battle for life is a battle for sanity

The essence of wisdom is to know yourself

The key to greatness is doing a spiritual accounting. Everyday, set aside time to ask yourself: What am I living for? What do I need to change?

Love is the pleasure of focusing on the virtues of another

It is a greater pleasure to love than be loved. So why spend so much energy on gaining the approval of others? Work on loving them instead.

The Talmud says that every person must say, "The world was created just for me." That means that each of us is responsible for the entire world

The essence of free will is to choose to be a soul, not a body. The battle is to do what your soul wants, not what your body feels like doing.

We all want greatness. No one says, "I wish to

be mediocre". Everyone harbors this secret desire to save the world

Gd is our father in heaven. Like a father all He wants is for us to get the maximum pleasure in life.

"I can't" is idolatry. If the Almighty helps us, we can change the world. And if he doesn't help, we can't do anything.

Happiness is choosing to take pleasure in what you have.

The natural state of every human being is joy. We learn how to make ourselves miserable.

When people say you'll grow up, what they really mean is "you'll give up like I did."

The six constant mitzvot are the goals of Judaism

Judaism isn't all or nothing. Every mitzvah is a gold mine.

Every effort is a success, even if you don't see the results.

There are no accidents. The Almighty is always sending us messages, and He is a very articulate teacher.

If you don't know what you are willing to die for,

you haven't really begun to live.

If being good is worth dying for, then it is worth living for. And if it is worth dying and living for, then it is certainly worth enjoying.