

Nourishment for the Neshama

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Top Ten Ways to Help Yourself and Save the World In the Process

10. Stop hating who you are – be the better person you know you have it in you to be - bring kindness from forgotten places inside your heart into the world

9. Remember every day that we all die – we are here on a mission. If you live today as if this is your last day of life, there will on one day be a day on which you will definitely be right.

8. When faced with making a big choice, free yourself from negativity that interferes by remembering that life is short. Thinking of death leaves you with what is truly important. Remembering we will die keeps us from weighing trivialities as important. If it won't matter a year later, it is probably trivial. Don't let it keep you from going forward. Pass your tests by choosing to do what is good in the eyes of the Creator.

7. Stop hating other people – negative emotions simply block the experience of pleasure in what we have that we can be grateful for. Don't be trapped by living in a mirror that reflects what you think other people think of you. Also, don't let the emotional experience of other's opinions drown out your inner voice, your curiosity and your intuition. That is ego – but your true self-esteem comes from a higher place and is not diminishable because it is the eternal part of you that is fashioned in the image of the Creator.

6. Self-esteem comes from the Creator – you are far more than a body and egocentric goals. Try to become more like the Creator, but either way, just that potential means you have value and respectability.

5. Apologize when you make a mistake.

4. Love what you do – understand that setbacks are part of life – don't give up your dreams. Keep moving forward toward what you love. Trust that your experiences are purposeful and have meaning – when you look back on life, it will be understandable. When going through it, or looking forward, a person cannot see the conclusion. But know what happens to you is purposeful and meaningful.

3. Follow your curiosity and intuition – it is coming to you from a high place. They know what you truly want to become. Use them to find something you love to do.

2. Be grateful, not jealous – We are not entitled to anything. Look around at all the illness, disability, poverty and more. From whatever place we are, we can express gratitude to the Creator for the good we enjoy.

1. Believe that there is a Creator – He really is there and He loves you. Call home! Talk to the Creator and let Him know you love Him and want to do His will. He can help every situation!