



Part 3: Practical Love

Soul Perspective

1. Let's say you have accomplished that which we just discussed—you despise the body-self and all you celebrate is the joy of the soul alone. Now you have a direct, easy route to fulfilling the mitzvah of loving another Jew as yourself. And this love will be towards every Jew, great and small.

You see, since you despise the body-self, obviously that will not be the critical factor in your relationship with another Jew. That leaves only your soul and spirit—and who can know how great and how high is the soul and the spirit of another Jew in their root and their source in the living G-d?

Especially when you consider that all souls are matching and that we all have one Father. That is why all Jews are called brothers—because they literally are brothers at the root of their souls in G-d's oneness. It is only their body-selves that differentiate them.

It turns out that those who make their body-self their principal concern and provide their soul only a background role can never experience true love and brotherhood. Whatever love they experience will be conditional.

-Tanya; Chapter 32, Rabbi Shneur Zalman of Liadi

Positive Focus

2. "To be bigger than your friend, there is no need to pull him down. Simply elevate yourself!"

- Rabbi Shmuel of Lubavitch, The fourth Rebbe of Chabad

3. "Kindness doesn't mean that we don't express our anger, but the kindness informs how we choose to express the anger. You can throw spears at your partner. Or you can explain why you're hurt and angry, and that's the kinder path."

-Dr. Julie Gottman, Social Scientist

The little Things