

Part 2: Anger, Ego & I

1. "There are certain character traits which a person is forbidden to accustom himself in, even in moderation. Rather, he must distance himself to the opposite extreme. One such trait is haughtiness...

"So too is anger an exceedingly bad quality; one from which it is proper that one distance himself to an extreme. A person should train himself not to anger even on a matter regarding which anger is appropriate. And if a person wants to instill awe upon his children -- or if he is an administrator and wants to anger at the community members in order that they mend their ways, he should only feign anger in their presence in order to rebuke them, but his mind should be composed within. He should act as one impersonating an [angry] man while not being angry himself.

"Therefore, [the Sages] instructed us that one should distance himself from anger so much so that one accustoms himself not to feel even things which [would ordinarily] incite one to anger. And this is the ideal path.

"It is the way of the righteous that they are insulted but do not insult back; they hear themselves being disgraced and do not respond. They act out of love and rejoice in suffering..."

-Maimonides: Laws of Understanding, Chapter 2

EGO

2. 'For my sake the world was created.'

- Sages of the Mishna

3. "Every human being is an entire world. This is the experience of every human being since Adam and this is the truth according to Torah: Adam was created to be unique and singular in this world, just as G-d is unique and singular above all. That's why every human being sees himself as an entire world. And if he is, G-d forbid, destroyed, that entire world goes down with him."

-Rabbi Yehudah Lowe of Prague (The Maharal)

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ANGER

4. "But now do not be sad, and let it not trouble you that you sold me here, for it was to preserve life that G-d sent me before you... You did not send me here, but G-d, and He made me a father to Pharaoh, a lord over all his household, and a ruler over the entire land of Egypt...

-Joseph to his brothers, Genesis: 45

PERSONAL BAGGAGE

5. "Don't be a fool to try to find the root of these thoughts and elevate them. This is only for tzaddikim (enlightened souls). But for the regular person, how can he raise these thoughts upward when he himself is tied below?"

-Tanya chapter 28

SADNESS

6.

Concept

Merirut: a constructive grief

Atzvut; a destructive grief

7. Depression is not a sin; but what depression does, no sin can do.

-Chassidic saying