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Ego Workshop: “I Don’t Care What You Think”

with Eitan Yardeni

Prologue of the Zohar, Volume 1

Verse 139, Sulam Commentary by Rav Ashlag

As long as the recipients have not reached perfection so as to be able to fully receive His complete goodness that he conceived for us in the thought of Creation, the guidance (conduct of the Creator) must be in ways of good and evil, reward and punishment. Because our Receiving Vessels are still filthy with selfish receiving that is much reduced in its capacity and it also separates us from the Creator blessed be he. And the complete goodness, in its greatest extent that he conceived for us is nothing but sharing which is boundless pleasure without any restriction. This is not so with selfish receiving, which is very limited and restricted, because satiation immediately extinguishes the pleasure.

...and we wish to swallow all the goodness of the world for our stomach for our pleasure and for our glory. No wonder, therefore, that we are still unworthy of receiving His complete goodness.

NOTES

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Rav Ashlag, Letter 6; 1921

I do regret though, and complain, about the corruptions that still haven't appeared, but which are destined to appear, for a hidden corruption is hopeless, and its surfacing is a great salvation from heaven. The rule is that one does not give what he doesn't have. So if it appears now, there is no doubt that it was here to begin with, but was hidden. This is why I'm happy when they come out of their holes because when you cast your eye on them, they become a pile of bones.

But I do not settle for it even for a moment because I know that those who are with us are more than those who are with them. But weakness stretches time, and those contemptible ants are hidden and their place is unknown. The sage says about it, "The fool folds his hands and eats his own flesh." Moses let down his hands, but when Moses lifts his hands of faith, all that should appear promptly appears, and then Israel triumphs, "in all the mighty hand, and in all the great terror."

"What you wrote me at the end of your letter, that you'd like me to voice my pleasant voice to you, because for me it is no labor at all to delight a bitter soul from its hardships, for a heart full of love sweetens them at their root, the root of all pleasantness.

I will reply to you in brief, that there is a time for everything. You evidently saw that in my first letter, I wrote you and inscribed a very nice thing for its time, rejoicing the heart of God and men, interpreting the true meaning of "They will be satiated and delighted by Your kindness," for it is true, and its end will be pleasant for every palate that longs for true words.

You see how I can exert and delight you with words of truth at this time. God forbid that I should sin in delighting you with falsehood, like the false prophets during the time of the ruin, for there is no falsehood in my domain at all. You already know what I say about those who draw their students to the truth with a network of falsehood and lies, or with luxuries. I have never been defiled by their idols, and not in those is Jacob's lot. Therefore, all my words are said in truth, and where I can't disclose the truth, I keep completely silent."

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“I CARE TOO MUCH WHAT YOU THINK” THOUGHTS

1) Are you absolutely sure this thought is a reflection of the entire truth?

2) How do you react when you believe this thought?

3) How does this thought serve you?

4) How does this thought hurt you?

5) Who would you be without this thought?



The Great Escape

No more ego. As I look into my soul, I can feel the sore places where I have been wounded by my ego: worry over people think about me, needing to be right, angry when things don't go my way. As I let it go and reach for Light on higher plane, those places in my soul open up. I am free, my shackles are removed as my ego diminishes and I concentrate on what really important: love, friends, family, spiritual fulfillment, connection. Is not all about me and what I need. I will tap into a universal truth. When I look back at specific past events, I see the role my ego played in the situation, blocking me from true happiness. I take that moment and let it go, re-plant the seed so that something positive will grow. I feel full and strong. I am free.

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