



Question

'Here is my question: I don't reflect on what has happened during the day. However, when I wake up, I think about all the things I need to do and my traits for that particular day. Does that tie in to your theory?'

Mildred Hanoach

Answer

'At night one could look in retrospection.

Discoveries teach us whether we are satisfied or not about our behavior.

Forgive yourself your failures, but promise yourself to repair them and next time to prevent them and even to do better: and take action based on the discoveries and intentions.

We are on earth to become a person that is in balance with most of his midot.

"*Sjewitie ha sjem, negdi tamiet*" (one is always in communication with G'd), so all experiences are people's direct interaction with G'd.

On purpose one is born imperfect, so that the invitation is to work on oneself.

To become the best version of oneself.

In the morning one could decide to be highly aware of each *begira* point (a point, where one makes the decision to choose for either *yetser ha ra* or *yetser ha tov*). Be highly aware of the following: "Where do I want to go? Which action do I take? What are the consequences? And is that what I hoped to accomplish?"

Choose with *Chesed* (love), add *Gevoerah* (strength), in a proper dose, to create *Tiverret* (harmony).

All midot are interconnected.

Sometimes one assumes to work on a certain midah, while in retrospect it could appear that another midah (or other midot) was (were) in place.

That is why it is great to work with a *gevroetah* (study friend), to receive and to give feedback.

And if one goes to a *Va'ad*, one can listen to all aspects in peoples' lives related to the struggle midot can bring.

Hope you enjoyed my feedback'.

Marga