Inculcating Self Esteem Into Ourselves –part 2

*with Aliza Bulow* [*alizabulow@gmail.com*](mailto:alizabulow@gmail.com)

"To be a person of truth, be swayed neither by approval nor disapproval.

Work at not needing approval from anyone and you will be free to be who you really are."

--- Rebbe Nachman

1. Hashem is the Creator and Ruler

He made you this way, He runs the world, it’s not your fault, it’s not to your credit

1. Hashem is the first and the last

Before and after, ain od milvado, He’ll always be there, He’s all that matters

10. Hashem knows all of man’s deeds and thoughts

There is no hiding, just working with what you’ve got

11. Hashem rewards and punishes

What you do matters

12. Moshiach

It’ll all turn out right in the end, it’s not dependant on you, but you are dependent on you

13. Resurrection of the dead

It really does matter, death is not an escape

HaAluv v’aino ne’elav,

Ha-Shomeya Cherpato v’aino mashiv,

ha-mikabel Yisurim B’ahavah,

c’tzait ha-shemesh b’gevurato

Ex. 34:6

The LORD, The LORD God, merciful and gracious, slow to anger, and abundant in goodness and truth,

Jonah 4:2

thou art God, merciful and gracious, slow to anger, and of great kindness, and repentest thee of the evil

Emet, din, Rachamim

Teshuva

Past

Future

Zechut Avot/Zechus Avos

Modeh ani lefanecha, melech chai v’kayam, she-che’chazarta bi nishmati b’chemlah, rabah emunatecha.