Inculcating Self Esteem Into Ourselves

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*Love your neighbor as yourself*

Rabbi Shimon said, “Be careful in reading the Shema and in prayer, and when you pray, do not regard your prayer as an appointed routine but as an appeal for mercy and favor before the Omnipresent. As it is said: ‘For He is gracious and full of mercy, slow to anger and abundant in loving-kindness, and relenting of the evil decree’; and do not consider yourself wicked when left to depend on your own efforts”.

Self esteem

The roots of self esteem

* Ikarim 1, 4, 10-13
* Tzelem elokim

Shmot 34:6-7/Yonah 4:

Chaser

She’asani kirtzono

She’asah li kol tzarki

Ha-notain l’ya-aif co-ach

Make for Me a mishkan and I will dwell amongst you