

True Humility

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Look how hard we work and pray to attain *mochin d'gadlut* (an expanded awareness of God). Then, because we think that humility requires our seeing ourselves as nothing, we submit to *katnut* (a constricted awareness of God) and insignificance (Likutey Moharan II, 22).

Humility does not mean walking around with your head down, feeling depressed and dejected. It does not mean thinking of yourself as small and of no value. The only way to attain true humility is to pray to God for His guidance in discerning what true humbleness is (Likutey Moharan II, 72).

Basically, humility is recognizing our insignificance vis-a-vis God. This produces modesty which then filters down to our relationships with people. Much more can be said and yet nothing more can be said, because the particulars and situations which govern the true nature of humility are endless. As the Rebbe says, only prayer will take us there. And, of course, prayer helps.

We must ask God to grant us proper control over our arrogance and anger. We have to plead with Him for the ability always to be conscious that "He rules!" Actually, praying in itself is a sign of our acceptance. When we pray, we acknowledge His control over all our plans, schedules and blueprints. It is

proof that, to whatever degree, we recognize that He is in control of the seder and that we reject our own arrogance. Why else would we be praying to Him?!

A Glimpse of True Humility

Rabbi Shlomo Zalman Auerbach was universally accepted as one of the greatest Poskim/arbitrators of Jewish Law. In this video he is referred to as the greatest Posek of the generation – a title which he refuses to accept.