

## Cultivating New Habits, Jewishly (part 2)

*Rabbi Lily Solochek*

### **Rabbi Israel Salanter** (19th cen)

When I was a young man I wanted to change the world. But I found it was difficult to change the world, so I tried to change my country. When I found I couldn't change my country I began to focus on my town. However, I discovered that I couldn't change my town, and so as I grew older I tried to change my family.

Now as an old man I realize the only thing I can change is myself, but I've come to recognize that if long ago I had started with myself, then I could have made an impact on my family. And, my family and I could have made an impact on our town. And that in turn could have changed the country, and we could all indeed have changed the world.

*(Rabbi Israel Salanter, 19th cen. Lithuania; founder of modern Mussar movement)*

### **Iggeret haGra 1:9** (18th cen.)

... since one must work hard on one's speech and character traits, and only through good habits can we control ourselves. All beginnings are hard. But afterwards, one is worthy of praise.

### **5 hindrances in Buddhist tradition**

Desire

Ill will

Laziness

Restlessness

Doubt

### **Shulchan Aruch, Orach Chayim 1:1** (16th cen.)

“Arise like a lion to serve your Creator in the morning”

### **Pirkei Avot 1:15**

שמאי אומר עשה תורתך קבע אמור מעט ועשה הרבה והוי מקבל את כל האדם בסבר פנים יפות  
Shammai said: Make your Torah fixed, say little and do much, and receive every person with a cheerful countenance

## Brachot 4b

כְּדַתְנִיָּא, חֲכָמִים עָשׂוּ סִיּוּג לְדַבְרֵיהֶם, כְּדִי שְׂלֵא יִהְיֶה אָדָם בָּא מִן הַשָּׂדֶה בְּעָרְב, וְאוֹמֵר: "אֵלֶּה לְבֵיתִי וְאוֹכֵל קִימָעָא וְאִשְׁתָּה קִימָעָא, וְאִישׁוֹן קִימָעָא, וְאַחַר כֵּן אֶקְרָא קְרִיאַת שְׁמַע וְאֶתְפַּלֵּל", וְחוֹטְפִתּוּ שְׂיִנָּה וְנִמְצָא יִשְׁוֹן כָּל הַלַּיְלָה. אָבָל, אָדָם בָּא מִן הַשָּׂדֶה בְּעָרְב נִכְנָס לְבֵית הַכְּנָסוֹת, אִם רָגִיל לְקְרוֹת — קוֹרָא. וְאִם רָגִיל לְשִׁנוֹת — שׁוֹנָה, וְקוֹרָא קְרִיאַת שְׁמַע וּמִתְפַּלֵּל, וְאוֹכֵל פֶּתוֹ וּמְבָרַךְ.

It was taught that the Rabbis created a “fence” for their rulings, so that a person would not come home in the evening and say, “I’ll go home, eat a little, drink a little, sleep a little, and then say Shema and pray,” but sleep would seize them, and they’d remind asleep all night. Rather, a person should come in from the field at night, and enters the synagogue. If they have a habit of reciting Torah, they recite; if they have a habit of reading Mishnah, they read Mishnah; then they say Shema and the Amidah, and then eat their bread and bless.

## Pirkei Avot 1:6

יְהוֹשֻׁעַ בֶּן פְּרַחְיָה אוֹמֵר, עֲשֵׂה לָךְ רֵב, וְקַנֵּה לָךְ חֵבֵר, וְהָיוּ דָן אֶת כָּל הָאָדָם לְכַף זְכוּת:  
Yehoshua ben Perachia says, "Make for yourself a mentor, acquire for yourself a friend and judge every person as meritorious."