Ga'avah

Posted by Chachaman - 09 Aug 2012 23:42

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How does one get rid of ga'avah?

[No, reminding myself of Hashem's presence doesn't help, because I don't have yiras Hashem either. How do you get that, too?]

How does one attain more than an *intellectual* awareness of Hashem's presence and ga'avah, and instead internalize it?

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Re: Ga'avah

Posted by nederman - 10 Aug 2012 01:37

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The most effective way I know to change is to "act as if" and let the brain rationalize it. Try to picture how you would act differently if you had less ga'avah, then act that way. Over time you'll start concluding that you are not an important person.

However I must tell you that I suspect a person who wants to get rid of ga'avah unless he has a good reason. If you are doing it to climb up the spiritual ladder then the final result will be more ga'avah, not less. To me a good reason would be because your ga'avah caused you to hurt someone.

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Re: Ga'avah

Posted by JustKeepGoing - 10 Aug 2012 03:06

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Hey nederman thank you for that, I always wondered how do I work on gaavah without getting MORE gaavah which happens here and there, I get low and think hmm NOW im REALLY humble.. HAH these guys arent working on their egos! haha! Im so great! ding ding ding Gaava!

R Miller says to work on yiras shamayim. First he explains that to mean yirah meaning "knowledge of" and how does one gain the greatest knowledge of Hashem and the greatest awareness of Hashem? Through thinking about Hashems kindliness to us. Pick up a chovot halevavot shaar habechina or one of R Millers books and hell explain that concept, probably in any book of his you take, maybe Rejoice O youth, Awake my glory, or Sing you Righteous.

Also I dont believe you have ZERO yiras shamayim maybe an over-exageration?

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