

Morning Mindfulness & Gratitude: *Malkhut*

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Lives interweave with other lives, and out of the tapestry arise hints
 at answers to questions that raze to the bone of life:
 What are the building blocks of character, of contentment, of lasting achievement?
 How does a person come into self-possession and sovereignty of mind
 against the tide of convention and unreasoning collectivism?
 Does genius suffice for happiness, does distinction, does love?
 Two Nobel Prizes don't seem to recompense the melancholy radiating from
 every photograph of the woman in the black laboratory dress.
 Is success a guarantee of fulfillment, or merely a promise as precarious as a marital vow? How, in this blink of
 existence bookended by nothingness, do we attain completeness of being?

Maria Popova, *Figuring* (2019)

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Rebbe Nachman of Bratslav, *Likutei Moharan*

56:1 This aspect of *malkhut* that each person possesses [manifests] in the revealed and in the hidden... That is, even though overtly it appears that one has no rule whatsoever over these people, covertly and in a most concealed manner, one nevertheless rules these people; their souls are <subordinate> and submit to one's rule.

56:3 Every person, commensurate with your aspect of *malkhut*, is the aspect of a watchman. You are responsible to caution and admonish people who are from your root, over whom you have the aspect of *malkhut*. If you caution and admonish them, you have then fulfilled your obligation and saved your soul, as it is written (Ezekiel 3:17, 19), "I have made you a watchman over the house of Israel..." However, if you do not caution and admonish them, then the punishment is upon you.

Pirkei Avot 4:13

Rabbi Shimon said: There are three crowns: the crown of Torah, the crown of priesthood, and the crown of royalty, but the crown of a good name supersedes them all.

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Dear God,
 let me feel close to You.
 Grant me satisfaction with my life.
 Let me rejoice in that closeness,
 and let me turn that satisfaction
 into a sense of self-worth –
 not one based in arrogance
 or in feelings of self-importance,
 but a humble self-esteem
 rooted in holiness.

Likutei Moharan 1:22