



Young Israel of Bal Harbour The Dose

Monday August 24, 2015, Elul 9 , 5775

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Rav Chaim Vital writes that his Rebbi, the Arizal, was more careful about avoiding anger than about any other sin. He quotes Kabbalistic sources describing the intense damage inflicted by anger on a person's soul (not to mention the damage it creates in one's interpersonal relationships). Anger leads to many physical elements as well, such as high blood pressure and emotional stress which is very damaging to a person's physical wellbeing. During this month of Elul as we prepare for the day of judgement, it would behoove us to work on this particular character trait which will benefit us greatly in this world and the world to come.

Wishing you a great and inspiring day!

Rabbi Moshe Gruenstein